

# BEAT THE HEAT

Stay Cool, Covered & Hydrated - Stay Alive

## VISITING A NORTHERN TERRITORY PARK? BEAT THE HEAT AND STAY ALIVE!

The Northern Territory is home to stunning natural landscapes, parks and reserves waiting for you to explore. But walking during extreme heat can be dangerous, even deadly. Enjoy your walk in a Northern Territory park – stay cool, stay hydrated and stay alive.

### Overheating can cause death

Even if you are an experienced walker, you must take precautions when visiting Northern Territory parks and reserves. Walking in hot weather can result in heat exhaustion, which may progress to potentially fatal heatstroke. Don't ignore the early warning signs.

**If you feel unwell, stop. Rest in the shade and drink cool water (if possible).**

**DO NOT** drink alcoholic or caffeinated drinks. These can make dehydration worse.

HEAT EXHAUSTION	HEAT STROKE
Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Body temp above 39°C, 102°F red, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	Fits, seizures
	May lose consciousness

**+** If you think someone might have heatstroke, call 000 immediately.

- While waiting for help, move the person into a cool, shady place.
- Remove any unnecessary clothing.
- Wet their skin with water and ice packs if possible.



# BE PREPARED TO BEAT THE HEAT

The best way to avoid heat-related illness on your walk is to be prepared before you go

If you take a short, day or multi-day walk in hot conditions, heat-related illness can sneak up on you. Beat the heat, avoid a heat hangover or worse!



## Apply sunscreen

Make sure you are wearing sunscreen of SPF 50+ or higher. Sunscreen should be applied 20 minutes before going outside and reapplied every two hours during your walk.



## Wear protective clothing

Clothing should be light coloured and made of breathable fabric. Shirts should have long or ¾ sleeves. Collars should be turned up to protect the neck. Hats with a broad brim should be worn to protect the face, ears and neck. A cap won't protect you from the sun's harmful rays or in extreme heat.



## Always carry and drink water

Start drinking water before your walk. When outside, it is recommended to drink at least one litre of water per hour.

**Don't wait until you feel thirsty. Drink water regularly.**

Even in milder temperatures you still need to drink water regularly if outside in the dry climates of the Red Centre or high humidity in the Top End.



## Eat to keep up your energy levels

Ensure you have snacks to replenish your energy levels. Fruit or energy bars are a good snack to take with you.



## Walk early or late in the day

In hot weather, start your walk as early in the morning as possible. In summer months, temperatures often exceed 30°C (86°F) by as early as 9am so an early start is crucial to ensure you avoid extreme heat during your walk.



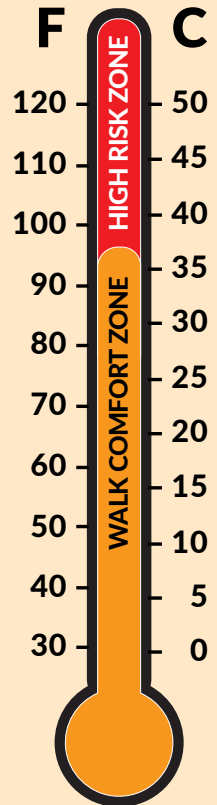
## Plan your route, take a map, stay on the path & obey the signs

Let someone know where you are going and always carry a map and compass with you on extended walks. Before you go, [download](#) your free GPS enabled park map.

## Check local weather forecasts

Central Australia experiences extreme heat between November and March. The Top End can experience hot and humid conditions from October to March.

- If walking during these months of extreme weather, make sure you are well prepared.
- Some walks are closed when temperatures are considered too high.
- Check the temperature before you walk and know your limits. Are you acclimatised to such conditions and can you safely and comfortably complete a walk of the length and grade planned?



## REMEMBER:

### STAY COOL

Walk early in the day, wear protective clothing and take rests in the shade.

### STAY HYDRATED

Drink plenty of water and don't wait until you're thirsty to drink.

### STAY INFORMED

Stay updated on local weather forecasts and don't walk in extreme heat.

