

BEAT THE HEAT

Stay Cool, Stay 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 a potentially fatal heatstroke. Don't ignore the early warning signs.

If you feel unwell, stop.

Rest in the shade and drink water.

DO NOT drink alcohol or sugary drinks like soft 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, 103°F red hot, dry skin
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	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.



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BE PREPARED TO BEAT THE HEAT

THE BEST WAY TO AVOID HEAT-RELATED ILLNESS ON YOUR WALK IS TO BE PREPARED BEFORE YOU GO



APPLY SUN SCREEN

Make sure you are wearing sunscreen of SPF 30+ 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 cotton 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 idea 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, STAY ON THE PATH AND FOLLOW THE SIGNS

Let someone know where you are going and plan your route well. Do not go off paths and follow all signs. Know where you can top up water if needed before you start walking.

Check the weather before you go

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 prepared.
- Some walks are closed when temperatures are considered too high.
- Check the temperature before your walk and consider postponing if it is more than 32°C / 90°F

STAY COOL

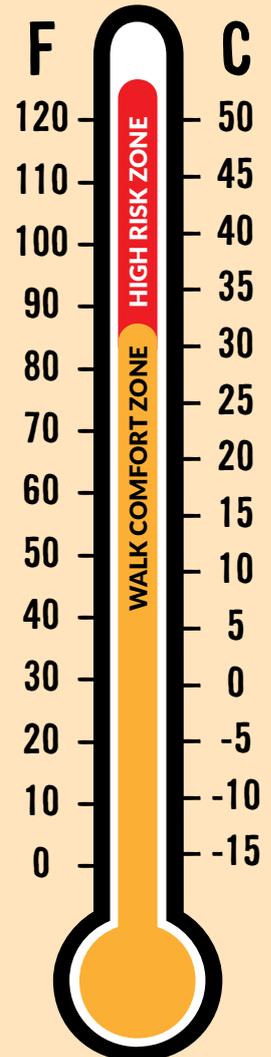
Walk early in the day, wear protective clothing and take rests in the shade.

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.



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