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| Visual | Text on screen | Animated graphic |
| Girl walking in park | Going for a bushwalk is a great way to explore the Territory. | Camera graphic with photo in polaroid. |
| Girl looking hot | But walking in extreme temperatures over the summer months can be dangerous. | Thermometer needle moving from cold to hot (red) |
|  | Heat Exhaustion can progress to heatstroke which can be fatal.  Don’t ignore the signs.  If you feel unwell, stop. Rest in the shade and drink water.  If you think someone might have heatstroke call 000 immediately. | Heat Exhaustion v Heat Stroke Graphic animate each side. |
| Girl walking in bush | The best way to beat the heat is to be prepared before your walk. | Be prepared |
| Girl wearing all black | Wear protective clothing | Red cross over girl |
| Girl putting on white shirt  Girl putting on akubra | Choose light coloured fabric with long sleeves and a broad brimmed hat. | Green tick to the side of girl |
| Girl putting on sunscreen | Make sure you are wearing sunscreen. | Sunscreen bottle icon graphic |
| Girl walking past sign looking at phone | Plan your route before you go.  Tell someone where you are going and take a physical map with you.  You can also use GPS navigation maps like Avenza Maps and take a map on your phone with you as a backup. | Map and compass icons |
| Girl walking | Walk early or late in the day.  In hot weather start your walk as early as possible. | Sunrise graphic.  6am, 7am, 8am, 9am |
| Girl drinking water | Always carry water and drink regularly. Don’t wait until you are thirsty.  You should drink at least 1 Litre of water per hour of your walk. | Graphic of water bottle being filled up to 1 litre mark  1 litre bottle = 1hour on stopwatch  2 bottles = 2 hours on stopwatch |
| Girl eating banana | Eat to keep up your energy levels.  Take fruit or energy bars with you. | Fruit icons. |
| Girl walking | Remember:  Stay cool, Stay hydrated and stay alive! |  |