

OUTDOOR ACTIVITY SUMMER SURVIVAL

Summer outdoor activities can be an enjoyable experience if one makes appropriate preparations. Just as you would equip yourself for cold weather outdoor activity, the same principles apply in being prepared for summer recreation pursuits outdoors.

Check List (for hiking)

- ✓ broad-brim hat.
- ✓ sun-blocking lotion if you have sensitive skin.
- ✓ light – colour and cloth weight –clothing that is loose fitting.
- ✓ plenty of liquid refreshment – minimum 2 litres, preferably water.
- ✓ proper footwear – boots that have good ankle support.
- ✓ Walking stick

- ✓ place in prone position with feet elevated
- ✓ encourage drinking water if conscious
- ✓ sprinkle water on body
- ✓ fan with shirt or other suitable item.

Dehydration: Symptoms & Treatment

The human body is approximately 55 - 65 per cent fluid, and when some of this fluid is lost through sweat, it affects the cardiovascular system and the body's ability to control temperature. If these fluids are not replaced as they are lost there is a real danger of cramps, exhaustion or heat stroke.

Chart at right provides guide to help recognize body signals re degree of dehydration.

Note: Lack of thirst is not a reliable sign of heat stress. Exercise dulls your thirst sensation. Your body's drive to drink is not nearly as powerful as its drive to eat, and the thirst mechanism is even less powerful during exercise. The body's thirst mechanism is only triggered when it is partly dehydrated.

First aid treatment : Anyone suspected of suffering from heat stress illness requires the following first aid measures carried out immediately.

- ✓ cease all activity
- ✓ remove to shade
- ✓ remove all unnecessary clothing

Dehydration: Look for Body Signals

The effects of dehydration, or loss of body water, are progressive: thirst, then fatigue, next weakness, followed by delirium, and finally death. Although you need to pay attention to the signals of water loss, all these steps won't happen over the course of a single day.

Loss of Body Water by Total Body Weight

Progressive Effects of Dehydration (partial list)

0 to 1%	thirst
2 to 5%	dry mouth, flushed skin, fatigue, headache, impaired physical performance
6%	increased body temperature, breathing rate, and pulse rate
8%	dizziness, increased weakness, laboured breathing with exercise
10%	muscle spasms, swollen tongue, delirium, wakefulness
11%	poor blood circulation, failing kidney function

More information on summer hike survival can be found on the SLBM Trails website @ this link.

slbmtrails.org/resources/hike_survival.html



Water sources:

Are You Eating Your Water?

While drinks — plain water and other beverages — supply a good portion of your water needs, solid food also provides a surprising amount.

	% Water by Weight		% Water by Weight
Lettuce ($\frac{1}{2}$ cup)	95	Kidney beans, boiled ($\frac{1}{2}$ cup)	67
Watermelon ($\frac{1}{2}$ cup)	92	Pasta, cooked ($\frac{1}{2}$ cup)	66
Broccoli ($\frac{1}{2}$ cup)	91	Chicken, roasted, no skin (3 oz.)	65
Grapefruit ($\frac{1}{2}$)	91	Beef, lean, roasted (3 oz.)	64
Milk (1 cup)	89	Cheddar cheese (1 oz.)	37
Orange juice ($\frac{3}{4}$ cup)	88	Whole wheat bread (1 slice)	38
Carrot ($\frac{1}{2}$ cup)	87	Bagel ($\frac{1}{2}$)	29
Apple (1 medium)	84	Honey (1 tablespoon)	17
Cottage cheese, low-fat ($\frac{1}{2}$ cup)	79	Butter or margarine (1 tablespoon)	16
Yogurt (1 cup)	75	Raisins ($\frac{1}{3}$ cup)	15
Potato, baked w/skin (1 medium)	71	Pecans, dried (2 tablespoons)	5
Tuna, canned, drained (3 oz.)	70	Vegetable oil (1 tablespoon)	0
Rice, cooked ($\frac{1}{2}$ cup)	69		

Source: Calculated from Bowes & Church's Food Values of Portions Commonly Used, 16th Edition, Jean A. T. Pennington, Philadelphia: J.B. Lippincott Company.

Do not exercise strenuously when the temperature is over 32 degrees Celsius or the humidity is over 75 per cent. It is especially important not to work hard when both the temperature and humidity are high. Your body cools off through perspiration. When humidity levels are high, sweat does not evaporate as quickly and your body's temperature can reach dangerous levels.

Stop exercising if you feel dizzy, faint and/or nauseous. These conditions may be signs of heat exhaustion, which occurs when stress from heat begins to overpower your body's ability to regulate its temperature.

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50~kilometre Trail Network
Panoramic Views to Rave About

