

# HEAT WARNING



Each year hikers suffer serious injury or death from heat exhaustion

## TIPS

Hike when it's cooler, early morning or evening

Turn around when your water is halfway gone



## HEAT EXHAUSTION WARNING SIGNS



- fainting or dizziness
- excessive sweating
- clammy skin
- nausea or vomiting
- rapid pulse
- muscle cramp

911

In case of emergency, call 911!