



Your immediate concerns are avoiding heat exhaustion and heat stroke while acclimatizing to the new temperatures. It's important to realize that initial acclimatization will take 3-5 days, that full acclimatization will require at least two to three weeks, and that death from heat stroke typically occurs on the second day of exposure if the person is unable to shed heat accumulated during the previous day.

Your students are likely partially acclimated to daytime temperatures in the 90s and used to shedding any residual heat during the cooler nights. With the current temperatures this high, you need to remain near water and in the shade for the next few days. **DO NOT TRAVEL.** Use a mist bottle to keep cool during the day and rest as much as possible at night. If people are feeling okay upon awakening on the second day, consider taking an hour-long hike in the morning before the day really heats up and again after sunset when it starts to cool down. Carry plenty of water with you and avoid dehydration. Remember to eat some food with sodium throughout the day to avoid hyponatremia. Assuming the temperature continues to remain high and all goes well on day two and three, increase the length of your hikes on days four and five to no more than an hour and a half each with everyone *comfortably* carrying a light pack. Again, assuming the temperature remains high and all goes well on days four and five, you can consider hiking for up to two hours in the morning and early evening (or after dark when the moon comes up). It's vital during this acclimatization period to carry and camp at good water sources to avoid dehydration.

If you can communicate with your program director, let them know that you are okay, your acclimatization and travel plans, and that you may be up to five days late for the resupply if the heat wave continues. Depending on the terrain and evacuation options, your PD may elect to pull your patrol from the field.