Heat Exhaustion/Stroke & Hypothermia

Prevent Heat Exhaustion:
• Wear sunscreen! Sun at altitude is intense.
• Wide brim hats and skin covering are best.
• Take twice the water you think you will drink & be sure to replace electrolytes lost during sweating.

Hypothermia:
• Hypothermia is the lowering of core temperature, and can happen at temperatures as high as 45 degrees Fahrenheit.
• Even in the summer, bring layers including a rain jacket, puffy jacket, and winter hat. Try to avoid cotton, instead layer with wool or synthetics.

Average summer temps on Niwot Ridge

https://www.colorado.edu/mrs/safety-mrs