

Naturist Ramblers (NatRam) Guidance for Hot Weather Walks

The suggested guidelines for walks when the forecast temperatures are in the upper 20°C's, are that the walks will generally go-ahead as planned but walkers are given advice on how to handle the heat. Short cut options will be pointed out.

For walks when the forecast temperature is 30°C or higher or if the Met Office has issued an extreme heat warning, then the suggested guidelines are that the walk should be shortened and / or re-routed to maximise shade. Again walkers would be given advice on how to handle the heat.

Advice to Walk Leaders – Pre-walk Precautions

Ultimately, the final decision rests with the walk leader. They will assess the situation based on several safety factors:

- **Temperature:** What is the forecast maximum temperature?
- **Exposure:** Does the route offer plenty of natural shade (like woodlands) or is it fully exposed to the sun?
- **Terrain & Duration:** How long is the walk, and how strenuous is the climbing?

Considering the above factors the Walk Leader may decide to:

- **Request a NatRam Hot Weather Newsflash** by email to the membership.
- **Adjust the Route:** Shortening the distance or diverting to shaded areas. It is suggested that where there is little shade, When temperatures are forecast to exceed 30 C then the route should be reduced to about 5 miles in length.

In addition, if practicable the Walk Leader positioning water supplies along the route.

Advice for Walkers

Members must accept and support the Leader's decision. If the Leader decides the walk can go ahead safely then walkers should be reminded of the precautions to be taken and walkers should come prepared to:

- Pack significantly more water than you usually would. 2 litres should be the absolute minimum.
- Remaining hydrated is an important consideration. Do not wait until you are thirsty to drink. Drink little and often. Be aware that consuming alcohol before the walk may cause some dehydration.
- On arrival at the walk start point, such as at a pub, if drinking something alcoholic, consider taking a soft drink or some water as well, to reduce the dehydrating effect.
- Wear a wide brimmed sun hat and / or a sweat band.
- Apply high-factor sunscreen.

- Consider wearing loose, light coloured to deflect strong sunlight and to aid cooling of air close to the skin via evaporation of sweat.
- A spray bottle to cool you down.
- Consider consuming some salty snacks or electrolyte-replacing drinks during the day to ward off cramps and tiredness.
- Consider using a parasol / umbrella to protect against the sun.
- Consider going for a swim if possible.

Walker safety is our top priority. We encourage everyone to take extra care in hot conditions and to make decisions that are right for their own wellbeing.