

HOW TO SURVIVE: HYPOTHERMIA

IT'S ALWAYS COLDER IN THE MOUNTAINS SO NO MATTER WHERE YOU'RE HEADED ON YOUR NEXT BACKPACKING ADVENTURE OR WHAT TIME OF YEAR IT IS, BRING THESE COLD FACTS WITH YOU.

DIAGNOSE



IF YOUR CORE TEMP DIPS BELOW 95°F, HYPOTHERMIA SETS IN. BODY AND BRAIN FUNCTIONS WILL SLOW.



RAIN, SWEAT OR SNOW CAN CAUSE HYPOTHERMIA TO OCCUR IN TEMPERATURES AS HIGH AS 40°F.



WATCH FOR THE "UMBLES": STUMBLES, MUMBLES, AND GRUMBLES INDICATE DROPS IN MOTOR COORDINATION AND CONSCIOUSNESS.



ALCOHOL GIVES A FEELING OF WARMTH, BUT WILL DROP YOUR TEMP AND CAN CAUSE HYPOTHERMIA.

TREAT

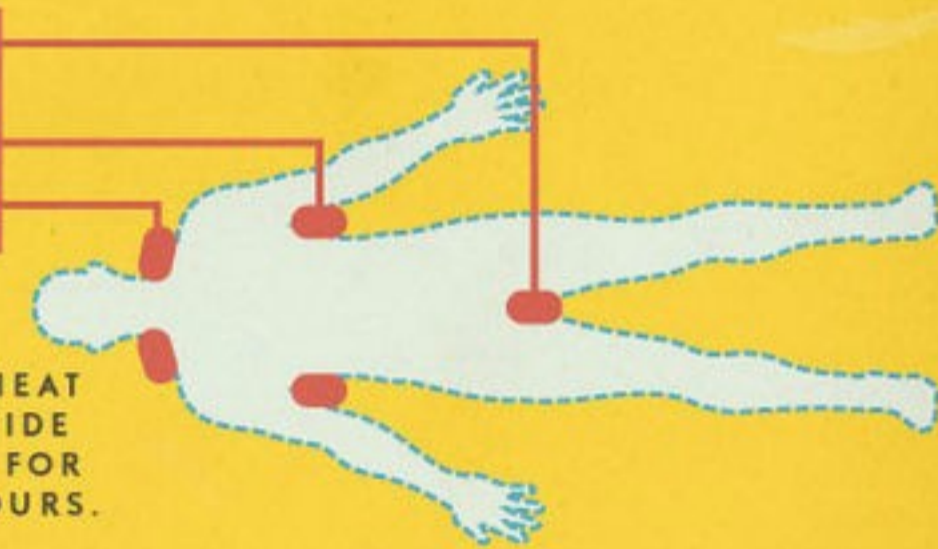
STUFF YOUR LOOSE GEAR INTO YOUR SLEEPING BAG. THIS WILL REDUCE THE VOLUME OF AIR INSIDE, ALLOWING IT TO WARM UP FASTER.



PACK DRY LEAVES, FERNS OR ANY OTHER FOREST DEBRIS AROUND THE SIDES OF YOUR SLEEPING BAG, FOR ADDED INSULATION.

CURL INTO THE HEAT ESCAPE LESSENING POSITION (HELP). IT REDUCES HEAT LOSS WHILE YOU WAIT FOR ASSISTANCE.

PLACE CHEMICAL HEAT PACKS ON MAJOR ARTERIES TO WARM YOUR BLOOD: THE NECK, ARMPITS AND GROIN.



CHEMICAL HEAT PACKS PROVIDE UP TO 110°F FOR UP TO 10 HOURS.



IF YOU'RE SHIVERING, YOU'RE PROBABLY GETTING WARMER. SHIVERING IS YOUR BODY'S DEFENSE AGAINST COLD, AND CAN INCREASE YOUR BODY TEMP BY 36°F PER HOUR.

FATALITIES

DON'T TAKE SYMPTOMS LIGHTLY. HYPOTHERMIA KILLS PEOPLE EVERY YEAR: 647 ON AVERAGE.



= 10 FATALITIES



20-50% OF FATAL HYPOTHERMIA CASES INVOLVE A PHYSIOLOGICAL PHENOMENON THAT IS CALLED PARADOXICAL UNDRRESSING:



THE UNEXPLAINED BEHAVIOR OF REMOVING ONE'S CLOTHING.



SOURCES:

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