

Basic Pointers on helping you staying cool at SDN:

- 1) Roll up the bottom of your pavilion/pop up/carport walls to allow cooler air to flow through.
- 2) Keep your tent/pavilion/etc walls damp (not wet), as this can create a cooling effect.
- 3) Battery operated fans: These fans can keep the air moving and helps prevent 'stagnant' air, which can make people lightheaded and/or dizzy indoors. They often have lights, and can do double duty.
- 4) An empty tote, kiddie pool, etc that can hold water a couple gallons of water to cool the feet. Cooling the feet has an exothermic reaction, resulting in 'heat loss to the surrounding'.
- 5) When possible, stay out of the sun. Heat lingers and will continue to have an effect. Sun damage (sunburn) can take up to 24 hours to complete, once you are out of the sun.
- 6) If you cannot stay out of the sun, keeping the sun off your face/head/neck area is best. A wide-brimmed hat that -breathes- is best. Straw hats are a prime example.
- 7) "But a hat will mess up my hair!": A parasol/natural fiber umbrella will work as a fashion accessory as well as preventing damage to the skin or heatstroke.
- 8) Wear appropriate clothing in the heat of the day. A natural fabric will wick away moisture from the skin, adding a cooling effect when the wind blows through it. Synthetic materials or "finished" materials will not breathe and will trap the heat and moisture against the skin, which can cause a rash.
- 9) Take the time to sit down every other hour to relax and let your body catch up. Exercise in high heat (even walking is exercise) burns a significantly higher percentage of energy.
- 10) Berries, cantaloupe, lettuce and celery are high water content foods. Watermelon is a diuretic.

Definitions:

Breathe: Allows air to flow through and carry away excess heat/moisture.

Finished: Shiny leather or other sealed material. Some finishes are lacquer based.

Diuretic: Items with this descriptor irritate the bladder and make the body 'flush' it out, meaning you go to the restroom a lot more than usual.

Stagnant Air: Still air that does not remove airborne impurities or concentrations of carbon dioxide.

NOTE: Still air has a higher heat transfer ratio.