

**Amy Blaisdell**  
Communications Director  
City of Palm Springs  
(760) 323-8250

## **Palm Springs Fire Department Recommends Hikers Take Extra Precautions During Summer Heat**

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As summer temperatures heat up and hiking enthusiasts continue to hit the local trails, the Palm Springs Fire Department is recommending residents and visitors take extra precautions to ensure everyone comes home safely.

“It is critical that hikers take extra steps during the summer months, when the temperatures rise above 100 degrees,” said Palm Springs Fire Chief Kevin Nalder.

Here are a few important tips for residents and visitors hiking in the heat:

- **Start Early.** It is best to hike between 5:30 a.m. and 9 a.m. when it is cooler.
- **Hike with a Buddy.** Never hike alone. In case of emergency, it is always best to have a friend with you.
- **Cover Up.** Long sleeves are your friend. The more your body can shield from the sun, the better. Wear a wide-brimmed hat and remember to shield your eyes with UV-blocking sunglasses and apply sunscreen.
- **Stay Hydrated.** Bring more water than you think you'll need and drink often!
- **Bring snacks.**
- **Remember to rest.** Take frequent breaks and find shade so your body can cool down.
- **Know the signs of heat stroke.** Common signs are headache, dizziness, muscle cramps, nausea, disorientation. If you experience these symptoms turn back or call for help. Don't hesitate to call 911.
- **Take your cell phone.** Make sure it is fully charged.

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