



John is dehydrated and likely suffering from mild lithium toxicity and heat exhaustion; lithium is a contributing cause. Erect a tarp for shade, use your mist bottle and fanning to cool him, and have him start drinking the remaining water. Send one person ahead to fill water bottles and return (leaving their gear at camp). Continue to give Jon water at roughly a liter per hour and keep him cool. Once his urine is clear and he feels better—it will take several hours—slowly hike to camp and water. Jon should carry the empty pack to reduce his exercise level. With both rest and water, Jon should feel normal within 12-24 hours. Consider completing the remainder of your trip in the wee hours of the morning or at night to prevent another episode.