



Metoprolol is a beta-blocker and diuretic used to treat high blood pressure. Unfortunately, beta-blockers also reduce blood flow to the skin, slowing radiant and convective cooling and predisposing Charlie to heat stroke. You'll need to seek shade and rest during the heat of the day—a good idea anyway. Make sure your raft has a shade umbrella or awning, and Charlie is not rowing if you plan to be on the water during peak sun hours. Be prepared to cool Charlie at any time by misting and fanning him if he starts to complain about the heat. Since diuretics increase urination, you'll need to monitor Charlie's hydration status closely.

Have all the trip members, especially Charlie, try to acclimatize to triple-digit temperatures before the trip starts.

(If you used the link in the heat article to look it up in the pdf file, good on you!).