



Bill is dehydrated and suffering from heat exhaustion. Sitting quietly in the breeze at the overlook will initiate the cooling process. If the wind wanes or he dries off and his temperature has not returned to normal, use a mist bottle and fanning to continue cooling him. Keep cooling him until his temperature is normal; avoid cooling him to the point of shivering as shivering generates heat. During the cooling process have him sip water and eat a few pretzels or a granola bar with sodium and carbohydrates to replace his electrolytes. Continue to slowly give him water and replace his electrolytes throughout the remainder of the hike. Keep the pace slow with numerous rest stops.