



Izaak is dehydrated, heat exhausted, and approaching heat stroke. Your priority is to cool him and keep him cool. Spray him with water using a mist bottle and fan him until his temperature drops and he is no longer hot. If possible, move into the shade. While cooling him, give him sips of water at one liter per hour to combat his dehydration and some salty crackers or any snack containing carbs and sodium. Due to his sunburn, it's unlikely you will be able to hydrate him before hiking. Remain in the shade until the temperature drops in the evening, then resume hiking to the trailhead.