

NO FREEZING ALLOWED

AVOID HYPOTHERMIA at ALL COSTS

The dictionary defines hiking as:
"An extended walk for
pleasure and health".

HIKINGMICHIGAN.com



SOUTHEASTERN MICHIGANS

HIKING MICHIGAN



It is a beautiful Michigan Winter afternoon. The temperatures are above freezing and you and your friends are headed out on the Trails to Animal Track and Bird watch. Have you be lulled into a false sense of security because the temperatures are not below freezing? Maybe the sun is even shining.

So you put on a pair of jeans, any old boots and run out in excitement to explore your favorite Park. The perfect scenario for possible Hypothermia. You never bothered to fuel up those engines with any food or water. This jeans are a cold and moisture sponge, and with the slight breeze outdoors, the supposed mild temperatures above freezing, feel more like 10 degrees once you are out there, wet with sweat and cold to the bone.

Hypothermia does KILL. And the deeper you are in the forest and the more severe the Hypothermia, the worst the chances are that you will survive.

SIGNS of HYPOTHERMIA

Hypothermia is one of the biggest killers in cold conditions. It can come on very quickly and once upon you, there is little time to deal with it before the consequences can be fatal.

- * If you notice slower movement in your fingers, hands and toes
- * Slight confusion, light-headedness and eventually the uncontrollable shivers
- * As it progresses, blue lips and pale face become apparent
- * Slow breathing and Heart rate
- * Severe shivers, mental disorder, clumsy behavior, and total confusion

50% of all Hypothermia deaths are further exasperated by alcohol consumption. Alcohol does not warm the body under any condition and will only hasten the effects of Hypothermia and possible death.

Rewarming an individual in Hypothermia can be easy or very hard depending on how deeply they have gone into Hypothermia. Recognized early enough, water, a "Power-Bar", a Fire and some Hugs from friends can solve the problem. But being further down the Hypothermia Pathway requires more extreme actions. Actions that if you where deep, enough into the forests, can be near impossible to obtain.

BE PREPARED

Just a little bit of advanced preparations can make all the difference. It can help avoid Hypothermia and even increase the pleasure you get from your outdoor adventure. It just takes a few minutes.



GARBAGE BAG



WATER



FIRE



WHISTLE



WOOL HAT



WOOL SOCKS



WATERPROOF BOOTS



POLYPROPELYNE EVERYTHING



WINGPROOF JACKET

