

Dehydration Awareness:

Dehydration is an ailment experienced by many people while enjoying outdoor recreation, especially in the dry heat of Southern Nevada. It's important to be aware of your body and observe the way heat may be affecting you.

Always hike with water or hydration fluids. A good rule of thumb is if your water gets to be half full, it's time to turn back to your starting point as typically, you'll consume more water on your return. It's also important to have extra water in your vehicle for when you complete your trip and never have ice-cold water.

Keep water at room temperature if possible.

Common symptoms of dehydration:

- thirst
- dry skin
- fatigue
- light-headedness or dizziness
- confusion /combativeness
- dry mouth
- increased heart rate and breathing
- no tears when crying
- high fever
- irritability

If you notice symptoms of dehydration and feel as though you are past the rehydration point, consult a physician immediately or seek medical attention.

- - Henderson Celebrates
Our Trails and Open Space
"Henderson Happenings"
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