



SA AIA / ADVENTURE IN THE HEAT

Preparing for a Hot-Weather Adventure

Ask your operator what your activity involves, how long it may take and what you need for the conditions. Prepare for your own needs as well as the group plan.

01 Plan your water

Confirm the amount to carry, reliable refill points and any treatment needs. There is no single quantity for every activity.

02 Dress for the outdoors

Bring suitable footwear, a sun hat, protective clothing and sunscreen. Include layers or rain protection where needed.

03 Bring what keeps you going

Pack food, snacks and personal medication. Tell the operator privately about relevant medical or support needs.

04 Stay involved

Follow instructions, use rest opportunities and report discomfort early. Ask what happens if conditions require a change.

Water, sunscreen and shade help reduce risk. They do not remove it.

www.saaia.org.za

Published by the South African Adventure Industry Association

General educational guidance. Activity-specific decisions remain the responsibility of the relevant operator and competent personnel.

Sources: Wilderness Search and Rescue (WSAR); CDC / NIOSH

22 October 2026 | V1.0 | Sources accessed 22 Oct 2026

ONLINE FLYER

