



SA AIA / ADVENTURE IN THE HEAT

Why We Start Early

An early start is part of your adventure's safety plan. Your guide may ask you to leave at 05:00 or 06:00 so the most demanding part happens in cooler conditions.

01 Less heat, more comfort

Earlier departures can reduce time in direct sun and exposure to the hottest part of the day.

02 Room to take your time

Extra time allows for rest stops and a slower group pace without rushing the return.

03 Prepared for changing conditions

Timing is one part of the plan. Visibility, terrain, weather, transport and the activity all matter.

04 Before you set your alarm

Confirm the meeting time, transport and any lighting requirements with your operator. Early does not always mean safer.

Arrive prepared. Follow the briefing. Speak up if you feel unwell.

www.saaia.org.za

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

Sources: Wilderness Search and Rescue (WSAR); South African Weather Service

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ONLINE FLYER

