

Advisory: Protesting Safely in Extreme Heat

As there is a heat warning for July 4th 2026, extreme heat poses a significant health risk. These high temperatures can lead to heat exhaustion and later into heat stroke. Use this guide to prepare for our action and minimize your risk for these severe complications.

Essential Preparation

Before heading to the protest site, ensure you are equipped with the following:

- Hydration: Bring at least 3 large water bottles. Freeze them $\frac{1}{3}$ full of water while lying sideways the night before. On the day of the protest, take them out and fill the rest with water.
- Carry electrolytes (an electrolyte pack) and/or a salty snack. When you sweat, you lose both water AND salt, so you will need to replace the salt that you lose.
- Sun Protection: Apply and carry sunblock.
- Appropriate Gear: Wear breathable clothing (we recommend linen or cotton clothing which covers skin) and bring a hat. Consider personal cooling items such as an electric fan around your neck or a cooling towel which you can dip into water. Wear sunglasses.
- Buddy System: Always protest with a buddy to monitor each other's status. If you cannot find a buddy to go with, find one during the protest itself.

Identifying Heat-Related Illness

It is critical to distinguish between heat exhaustion and the life-threatening condition of heat stroke.

Just remember, dizziness, muscle cramps, lots of sweating and nausea and vomiting may mean you have heat exhaustion and need copious amounts of water.

In the case of heat stroke, someone will start to feel confused, and may even become very dry (because you have lost water).

Our goal is to give you water before you develop any of these!

Immediate Action Protocol

If you or someone else shows signs of heat illness, follow these steps immediately:

- **Move to Shade:**
 - Immediately relocate the individual to a cool, shaded area or air-conditioning.
- **Hydrate:**
 - Provide oral rehydration, preferably with electrolytes.
- **Summon help:**
 - Immediately contact a medic, flag a marshal or ask someone around you to help.
- **Cool Down:**
 - Loosen or remove excess clothing.
 - Apply ice or cold packs to the neck, armpits and groin area.
 - Pour water across yourself.