Day before the event:

* HYDRATE, HYDRATE, HYDRATE! This process begins BEFORE the event. Drink plenty of water and sports drinks such as Powerade/Gatorade
* Do not drink/limit any alcoholic beverages
* Try to eat light foods (lots of fruits and veggies) rather than fried/heavy foods
* Get plenty of rest

On the day of:

* Wear light colored, loose fitting clothing
* Rest frequently – the break room will be located at the back of the office where food/snacks/water and cool air will be provided.
* Drink at least one cup of cool water per 15 to 30 minutes
* Wear a hat and/or sunglasses
* If you become lightheaded, confused, clammy, weak, faint or overheated go to a cool shaded spot immediately and get someone’s attention
* WEAR SUNSCREEN!!!
* Try to stay under shade as much as possible
* Do not wait until you are thirsty to drink
* Do not drink sugary/carbonated drinks

Also – if you would like – please bring a cooler full of ice.

We will be happy to put bandanas in it to help keep you cool during the day!!!