

Basic Hot Weather Gear Checklist

Clothing and Apparel:

Lightweight, Breathable Clothing: Preferably moisture-wicking fabric to keep you dry.

Wide-Brimmed Hat: To provide shade and protect against sun exposure.

Sunglasses: With UV protection.

Sunscreen: High SPF, water-resistant.

Bandana or Neck Gaiter: Can be wetted to help cool down.

Ventilated Footwear: Breathable shoes or sandals with good traction.

Shelter and Bedding:

Sunshade or Tarp: Provides shade during the hottest part of the day.

Reflective Emergency Blanket or Bivy: Can also be used to signal for help.

Lightweight Tent with Ventilation: For shelter at night.

Sleeping Pad: Preferably with reflective material to reflect heat.

Hydration:

Water Bottles or Hydration Bladder: Durable and easy to refill.

Electrolyte Tablets or Rehydration Salts: To replace minerals lost through sweating.

Water Purification Tablets or Filters: For purifying found water.

Food:

High-Energy Food Bars: Compact and lightweight.

Easy-to-Prepare Meals: Requiring minimal cooking or water.

Portable Stove and Fuel: Compact and lightweight, if cooking is necessary.

Fire Making Gear:

Firestarter: Matches, lighter, or firesteel.

Tinder: Commercial tinder or homemade.

Tools and Equipment:

Multi-Tool with Knife: Compact and versatile.

Compact Shovel: Useful for digging a sunshade or fire pit.

Reflective Signal Mirror: For signaling for help.

Rope or Paracord: Multiple uses, including shelter building

Lighting:

Headlamp or Flashlight: With extra batteries.

Solar Lantern: Compact and rechargeable.

Navigation and Signaling:

Maps and Compass: For navigation.

GPS Device: With extra batteries.

Whistle: For signaling for help.

First Aid and Health:

First Aid Kit: With provisions for heat-related illnesses.

Insect Repellent: To protect against insect-borne diseases.

Personal Medications: Especially if sensitive to heat.

Power and Electronics:

Solar Charger: For charging electronic devices.

Portable Power Bank: Charged and ready for use.

Miscellaneous:

Cooling Towels: Provide relief from the heat.

Moist Towelettes: For personal cleaning.

Emergency Radio: Battery-powered or hand-crank.

Education Resources:

Hot Weather Survival Manual or Guide

Local Regulations and Permits for Fire and Shelter