

Health Tips for Heat (gathered from <http://www.runnersworld.com/run-nonstop/running-in-the-heat>)

1. Wear apparel that's light in color, lightweight, and has vents. Microfiber polyester and cotton blends are good fabric choices.
2. Wear a hat with a wide brim, shades, and sunscreen with an SPF of 30 or higher. Reapply sunscreen about every hour (just to be safe!).
3. WATER. *The following is instructions for when you are staying hydrated before and after working in the heat. PLEASE DRINK WATER and not just the sports drinks. **NO DAIRY!***
 - a. "Drink early and often: Top off your fluid stores with 16 ounces of sports drink an hour before you head out. Then toss down five to eight ounces of sports drink about every 20 minutes while working out. Sports drinks beat water because they contain electrolytes, which increase your water-absorption rate, replace the electrolytes you lose in sweat, and taste good, making it easy to drink more."
 - b. Mrs. Judd's Suggestion: Drink a couple of cups of water more than you normally do each day, a couple days before camp starts. That way you start with a hydrated body!
4. Spend some time outside more often a couple weeks before band camp. It takes time for your body to adapt to hot weather.

Health Tips for Heat (gathered from <http://www.runnersworld.com/run-nonstop/running-in-the-heat>)

1. Wear apparel that's light in color, lightweight, and has vents. Microfiber polyester and cotton blends are good fabric choices.
2. Wear a hat with a wide brim, shades, and sunscreen with an SPF of 30 or higher. Reapply sunscreen about every hour (just to be safe!).
3. WATER. *The following is instructions for when you are staying hydrated before and after working in the heat. PLEASE DRINK WATER and not just the sports drinks. **NO DAIRY!***
 - a. "Drink early and often: Top off your fluid stores with 16 ounces of sports drink an hour before you head out. Then toss down five to eight ounces of sports drink about every 20 minutes while working out. Sports drinks beat water because they contain electrolytes, which increase your water-absorption rate, replace the electrolytes you lose in sweat, and taste good, making it easy to drink more."
 - b. Mrs. Judd's Suggestion: Drink a couple of cups of water more than you normally do each day, a couple days before camp starts. That way you start with a hydrated body!
4. Spend some time outside more often a couple weeks before band camp. It takes time for your body to adapt to hot weather.