

11: hyperthermia

suggested answers

tasks

causes of Messner's illness	signs & symptoms	treatment
1) Messner was wearing a "hot" snowsuit when "the heat was causing more problems than the cold."	1) Messner's throat felt parched, burned.	1) Messner rested, laying in his tent.
2) Messner was pushing hard.	2) Messner had no strength.	2) Nina applied ice packs to his forehead.
3) The sun was drying him out.	3) Messner had difficulty breathing.	3) Messner drank can after can of fruit juice.
	4) Messner no longer had his wits about him.	

bonus questions

1) a. hot dry environments like deserts; b) summer

2) a. very early in the day; b. very late in the day

3) long loose clothing (e.g. cotton or silk) & a broad-rimmed hat (preferably with an open weave) to allow heat loss. (Of course, clothing like this isn't practical at high altitude, despite an attempt by Dutchman Wim Hof to climb Everest in shorts! [www.innerfire.nl])

4) **examples:**

a. Regular rest stops help prevent hyperthermia.

b. When resting (& even when making your way from point to point) you should take advantage of whatever shade there is in order to help prevent hyperthermia.

c. Carrying adequate water & continual rehydration help prevent hyperthermia.

additional activities

1) If you can get hold of a copy, the whole article by Messner ("At my limit," *National Geographic*, October 1981) is worth reading.

2) Google "missing Alaskan Robert Bogucki" for an interesting case study.