

What Items Go Into a Cooling Kit?

Extreme heat is when temperatures are well above seasonal averages and over 31 degrees Celsius can be dangerous for our health. Consider these items to put together your own "Cooling Kit".



Thermoemter to monitor indoor temperatures



Gel Compress - keep in freezer and apply to areas such as neck and armpits



Towel - wet towel and apply to skin to cool down, or dampen your shirt



Water Bottle - drink plenty of water to stay hydrated, even when you don't feel thirsty



Spray Bottle - fill spray bottle with cool water and use as a mister on your skin

Seek medical support if you experience symptoms such as:

- Dizziness
- Heavy sweating
- Cool skin
- Fast heartbeat & breathing
- Trouble concentrating
- Muscle cramps or pain
- Red and dry skin
- Severe nausea or vomiting
- Dark urine or no urine



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