



Heat Stress Prevention Shopping List

Use this checklist to gather essential and recreational items to prevent heat stress during the next outdoor event or activity.



BASIC TOOLS

- | | |
|--|---|
| <input type="checkbox"/> Coolers | <input type="checkbox"/> Pop-up Tent |
| <input type="checkbox"/> Water Jugs and Cups or Individual Water Bottles | <input type="checkbox"/> Umbrellas |
| <input type="checkbox"/> Foldable Rolling Cart | <input type="checkbox"/> Portable Fans |
| <input type="checkbox"/> Extension Cords for Portable Fans | <input type="checkbox"/> Mist ers |
| <input type="checkbox"/> Electrolytes: Liquid, powder, packets, tablets, or ice pops | <input type="checkbox"/> Water source: bottles, sink, or fountain for filling |

HEAT STRESS FIRST RESPONDER KIT

- | | |
|---|---|
| <input type="checkbox"/> Instant Cold Packs (At least 4) | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Electrolyte Replacement Packs (an example is Sqwincher) | <input type="checkbox"/> Blanket for “taco” method of cooling |
| <input type="checkbox"/> Bucket for filling with ice cold water to cool the person down | <input type="checkbox"/> Cloth towels for soaking in cold water and placing on a person |
| <input type="checkbox"/> Radio/Phone for reporting heat illness | <input type="checkbox"/> Contact cards/placard with emergency numbers |

PERSONAL ITEMS

- | | |
|--|--|
| <input type="checkbox"/> Wide brim Hats | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Long-Sleeve Shirts with UV protection | <input type="checkbox"/> Sunglasses with UV Protection |
| <input type="checkbox"/> Cooling Socks | <input type="checkbox"/> Cooling Towels |
| <input type="checkbox"/> Cooling Vests | <input type="checkbox"/> Bug spray |

HEAT AWARENESS TOOLS

- | |
|---|
| <input type="checkbox"/> National Weather Service Heat Index Bookmark |
| <input type="checkbox"/> OSHA/NIOSH Heat Safety Tool Application |