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Hot and Cold: Extreme Temperature Safety

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[Extreme heat temperatures](#) [Extreme cold temperatures](#)

Overview

-  If you're planning to travel outdoors, be prepared to deal with all sorts of weather. This might mean extremely rainy days or extremely dry days, and from the hottest daytime hours to the coldest nights.
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-  Every human body has a normal core temperature between 97°F and 99°F, but on average, normal body temperature is 98.6°F (37°C). To maintain this temperature without the help of warming or cooling devices, the surrounding environment needs to be at about 82°F (28°C). Clothes aren't just for looks — they're necessary to keep warm. You can usually bundle up in more layers during colder months, and you can use fans or air conditioners in warmer months to maintain a healthy core temperature.

In some cases, you may find yourself in an environment with extreme temperatures. It's crucial to know what health concerns you may face as well as how to avoid any temperature-related health problems.

