

Arches National Park Summer Heat Preparation Checklist

Understand the Summer Heat

- Daytime highs often exceed 100F (38C) in June, July, and August
- There is very little shade throughout the park
- Heat illness is a real risk: heat exhaustion and heat stroke can happen quickly
- Park is most crowded from 9 a.m. to 2 p.m.

Time Your Visit Wisely

- Arrive early (before 8 a.m.) or late in the day (after 4 p.m.)
- Avoid hiking or outdoor activities during midday heat

Hydration & Nutrition

- Pack at least 1 gallon (4 liters) of water per person per day
- Drink water every 15-30 minutes, even if not thirsty
- Bring electrolyte tablets or sports drinks
- Eat small, salty snacks often to maintain energy

Clothing & Sun Protection

- Wear a wide-brimmed hat
- Use UV-blocking sunglasses
- Wear light-colored, loose-fitting clothing
- Apply sunscreen (SPF 30+) before and during your visit

Hiking Tips

- Stick to short, easy hikes like The Windows or Double Arch
- Avoid long or exposed hikes midday (e.g., Delicate Arch or Devils Garden)
- Take frequent shade breaks and pace yourself
- Let someone know your plans and check in regularly

Watch for Heat Illness

- Know symptoms: dizziness, headache, nausea, confusion, rapid heartbeat

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- If you notice these signs, stop immediately, find shade, and hydrate
- Don't wait heat stroke is life-threatening

Optional Comfort Items

- Cooling towel or neck wrap
- Spray bottle with water for misting
- Portable fan or personal mister

Final Tips

- Reserve lodging or campsites in advance (Devils Garden Campground books up fast)
- Check the weather forecast before your visit
- Stop by the Moab Information Center for updated trail and safety info