

Extreme temperatures



View toward Kata Tjuta



CREDIT: Tourism NT

Stay safe!

Uluru is a beautiful but harsh environment. Heat exhaustion, dehydration and hyponatremia (loss of blood salts) are very real dangers here. Hot weather also occurs outside summer months and temperatures are considered extreme once it reaches 36°C or above.

7 simple safety tips:



If you require assistance or if there is an **EMERGENCY**, use the Emergency Call Devices (ECDs), at various locations in the park, or call **000 (triple zero)**.



Wear a wide brimmed hat, strong walking shoes and use sunscreen.



To stay hydrated in extreme heat, carry and drink at least **one (1) litre** of water per person per hour. Remember to alternate water with food or drink that provides electrolytes. Avoid drinking alcohol or caffeinated drinks which can contribute to dehydration. Alternate sugary drinks with plain water. Consider using an electrolyte product such as Hydralyte or Gastrolyte to replace lost fluids.



Eat regular meals, take frequent breaks and eat plenty of healthy snacks, even if you don't feel hungry.



Walk with another person at all times and aim to walk during the cooler parts of the day (before 11.00 am).



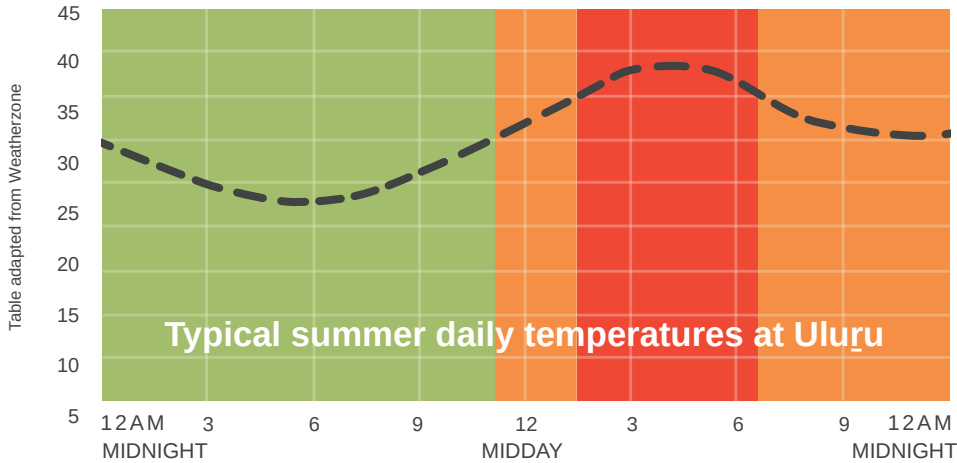
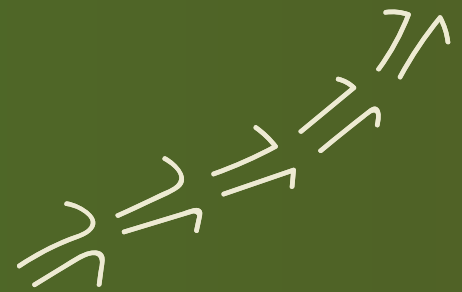
Stay on the walking track at all times, and do not stray from sight of markers. Obey ALL safety directions, notices and warning signs, including any directions from park rangers.



If you have any concerns about your health or fitness, avoid physical activity (including walking) in extreme heat.

Safety is your responsibility: don't risk your life

Tjukurpa atunymanamangku – ngurakutu wanka ankunytjaku



Tip: Pack healthy snacks like dried fruits, nuts and seeds to keep your energy levels up when walking.

Take note of track closures during extreme temperatures

When the forecast or actual temperature reaches 36°C or above the following track closures are implemented:

- **Valley of the Winds track**
 - closed at the first lookout (Karu lookout) from 11.00 am for the remainder of the day.

When the forecast or actual temperature reaches 40°C or above the following track closures are implemented:

- **North-east section, Uluru base walk**
 - closed from 11.00 am for the remainder of the day.
- **Lungkata walk** (between Mala carpark and Kuniya walk intersection)
 - closed from 2.00 pm for the remainder of the day.

What is Hyponatremia?

Hyponatremia is caused by an imbalance of sodium electrolytes within the body and as a result the body develops an inability to regulate water:

- headache
- nausea, vomiting
- lethargy or irritability
- hyporeflexia (absent or reduced reflexes)
- decreased conscious state
- seizure.

How to identify stress and heat stroke

- thirst, dry mouth, or dry lips
- cold or clammy sweating
- painful involuntary muscle spasms
- headache
- irritability
- confusion
- dizziness
- nausea
- high body temperature (more than 38.5°C)
- altered mental state, confusion, disorientation or rapid development of unconsciousness
- dry skin (though this is not often present)
- dry swollen tongue
- rapid, strong pulse at first, then weaker
- fits or seizures, coma.

If you feel ill or have been injured

Stay where you are and tell someone to contact a park ranger. Rangers can be contacted within park opening times by using an Emergency Call Device (ECD) at the following locations. If you can't locate an ECD call **000 (triple-zero)**.

ULURU

- Mala walk carpark
- Base walk (northeast track)
- Kuniya Piti water tank
- Kuniya walk carpark

KATA TJUṬA

- Kata Tjuṭa dune viewing
- Waṯpa Gorge carpark
- Valley of the Winds carpark
- Valley of the Winds walk, T-intersection

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