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How To Avoid Hypothermia

Posted by Xtreme Dream Team on Jul 26, 2011 in Blog | 5 comments



Photo by Christi Barli

Ironical perhaps that I've been waiting for the peak summer temps in the Gulf Stream here and now that they're here, 86-87 degrees, with the occasional reading of 88, hypothermia is one of the pending factors that could possibly mean doom for the Swim. The first half, maybe a day and half, dehydration will be the issue. Drinking water, electrolytes, any kinds of fluids as often as possible, is our goal. During that second half, even very warm water is going to start to make me shiver. You're immersed in a liquid more than ten degrees below your body temperature. Imagine taking a hot bath. You're rested. You're enjoying a magazine. As soon as the temp goes below 98.6, you reach to add more hot water. Well what if you were losing huge numbers of calories, your metabolic rate were dropping. After some 30, 35, 40 hours of vigorous activity, you're going to feel cold. We marathon swimmers are not allowed to wear neoprene wetsuits, as are triathletes. No flotation devices whatsoever. So I'm experimenting with thin rash guards and sprinter's long suits. They are cumbersome. I'd have to be at a desperate point to

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Diana's Tweets



- [@GeoSocietyPhila](#) Thank you for giving me the opportunity to be a part of an event like this. Looking forward to the fun and the Cuban food. [about 4 hours ago](#) from [HootSuite](#) in reply to [GeoSocietyPhila](#)
- The first annual GEOfest is bringing renowned explorers and filmmakers to the Philadelphia Area - <http://t.co/nWo8aT3u> [about 11 hours ago](#) from [HootSuite](#)
- [@brkfastattiffys](#) Thanks so much for the follow back.. make sure to check out my facebook page! <http://t.co/nf0JK8HG> 06:45:02 PM October 13, 2011 from [HootSuite](#) in reply to [BrkfastAtTiffys](#)
- [@janetober](#) Don't let anything stand in the way of your dreams- courage is never stopping!! 06:40:07 PM October 13, 2011 from [HootSuite](#) in reply to [JanetOber](#)

put this stuff on. These materials aren't even designed for warmth. But at least, if only for psychological comfort, I'll feel I've got something to cover the skin if I'm feeling cold.

- @slatefree1 I'm happy to have followers! The next adventure is whatever jumps out at me next in life.

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5 Comments



Nathan Nelson

July 26, 2011

Well, Diana, that just sounds brutal! Here in Utah, we're starting to enjoy nice temperatures. I've gotten in a few open water swims in the last week, but reading your blog makes me think I should challenge myself more. 😊 Thanks for your blog. Great read!

Nathan

Reply



Ed!

July 26, 2011

My best advice for avoiding hypothermia is to be Lynne Cox!

Reply



Ben O

July 26, 2011

Interesting blog post. Have you considered heating/warming the liquid you drink? I know a cup of hot cocoa does me a world of good when I'm out in a New England snow storm.

I am rooting for you... you're an inspiration.

Reply



Sandra Williford

July 27, 2011

Can't they pump warm air to you through a hose during a feed stop? Or even just have a "warm stop" as well? The worst will be when you have to have your upper body treading it would seem when you feed, and exposed to the air...would that be against the rules? You could even get a warmed up cap...just to get a break...adn what about warmed liquid? What about sleeves and leggings made from swimsuit material? Just have to make tubes so would be very simple...??? Only slip em on when you start to feel the chill....

Reply



Clara

July 27, 2011

I'm soooo with you on this trip.

But I still don't understand how swimming hard in 86 degree water is different than running hard in 86 degree air, both of which use electrolytes and dehydrate, etc; is it just the protection of the clothing on feet and body that make the

difference?
In any case I'm thinking warm thoughts for you!

Reply

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"Diana is more than a swimmer. She's a beacon of hope to us all that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian