

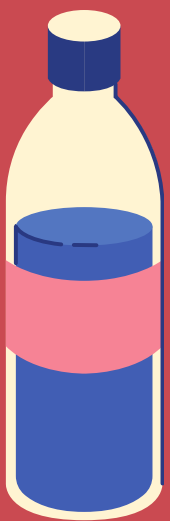


WHAT YOU SHOULD DO DURING HEATWAVES

A heatwave is extremely hot weather in a particular region can last for two or more days. In addition, the temperatures have to be measured in the historical averages for that specific area. Due to climate change, heatwaves can affect the human body and even cause hospitalization in some cases.

KEEP AWAY FROM SOFT DRINKS AND ALCOHOL

These types of drinks worsen dehydration in your body. Soft drinks can exacerbate dehydration. Alcoholic drinks should also be avoided since they can increase urine output, boosting the risk of dehydration.

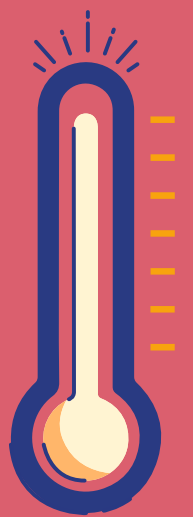


DRINK AN ADEQUATE AMOUNT OF WATER

While you fill your bottle, just soak the The Fieldsheer Hydrologic Cooling Vest in water for 1–2 minutes to activate the SAP fabric, wring it out, and wear it. The cooling effect activates instantly and lasts for 4–5 hours, helping your body stay regulated.

BETTER TO STAY INSIDE THROUGH THE HOTTEST TIME OF THE DAY BUT IF YOU CANNOT

Pair breathable, light-colored clothing with the Fieldsheer Cooling Vest. Its lightweight, flexible design layers easily over or under your outfit, making it perfect for everyday wear, outdoor activities, or medical needs. UPF 50+ Sunsheer™ fabric protects against harmful UV rays.



IT IS RECOMMENDED TO WEAR LOOSE-FITTING AND LIGHT-COLORED CLOTHING

Wearing loose, light-colored clothing helps reflect heat and improve airflow. Pair it with the Fieldsheer Cooling Vest for maximum relief — its optional ice packs target key areas like the chest and back, giving you powerful, lasting cooling exactly where you need it most.

[SALLY IS HERE FOR YOU WITH AN AMAZON SPONSORED LINK](#)

