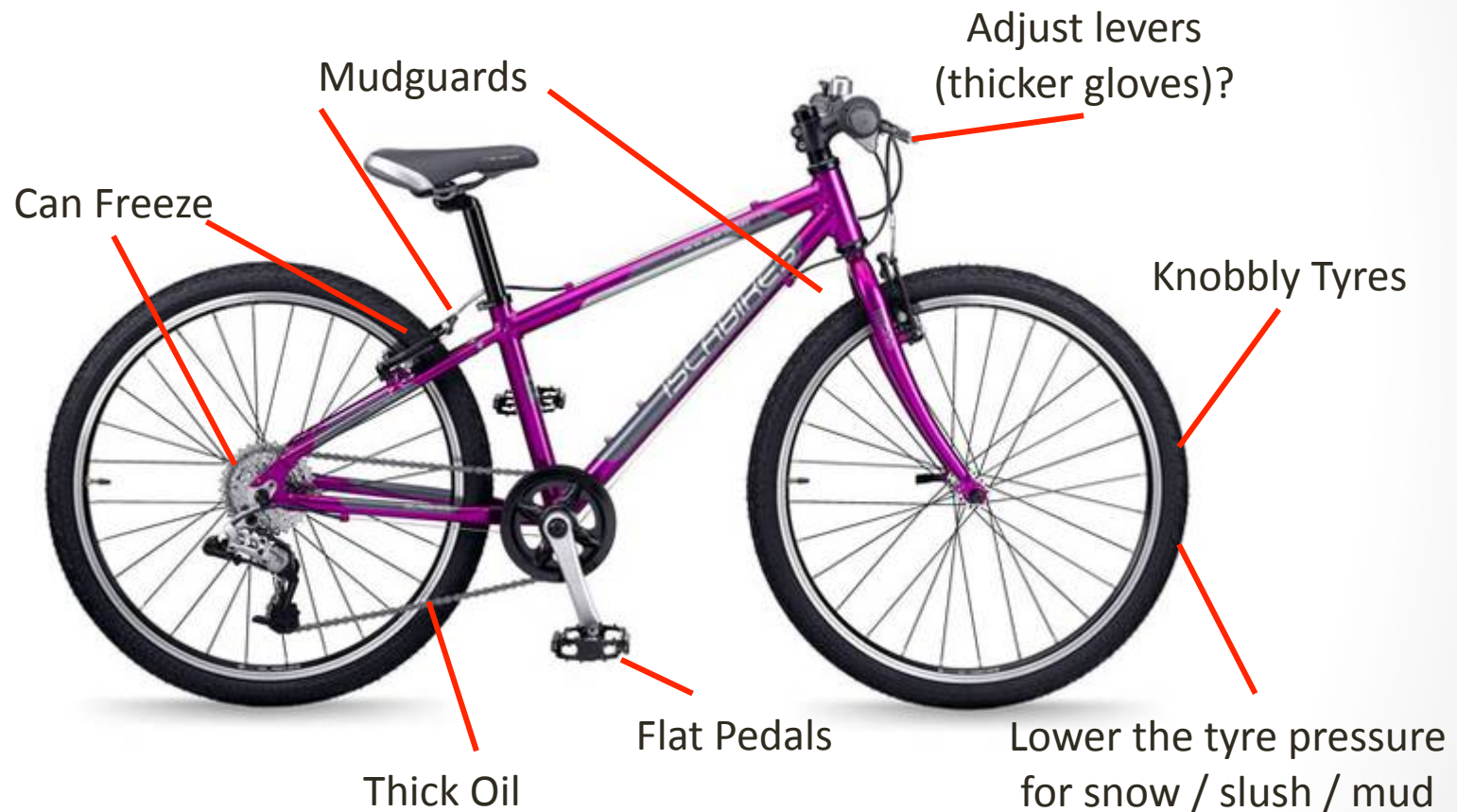
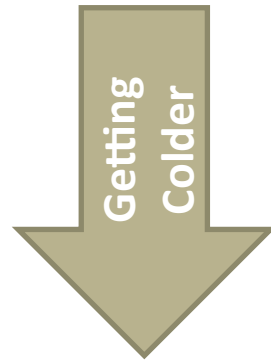


Bike Set-up



Cold

- Guidance
 - Cover skin when temperature below 16 degrees
- Signs - mild hypothermia
 - Grumbling
 - Mumbling
 - Fumbling
 - Stumbling
 - Tumbling
- Recovery
 - Get Shelter
 - Prevent further heat loss – insulate – warm dry clothes
 - Warm drinks and food



In the bag

