1. Heat cramps are caused by a lack of salt in the blood and muscle. Therefore the treatment of choice is to give salt dissolved in water. (e.g., Gatorade). 
   a. True 
   b. False

2. In general, the best indicator of dehydration is:
   a. thirst. 
   b. dark urine. 
   c. delirium. 
   d. flushed skin.

3. The outdoorsperson's rule in a hot environment is:
   a. Conserve water; you may need it later. 
   b. Ration your sweat, not your water. 
   c. Water the flowers.

4. In a hot environment, it is best to remove as many clothes as possible to cool off.
   a. True 
   b. False

5. Which is not a source of body heat loss? 
   a. radiation 
   b. wind chill 
   c. basal metabolism 
   d. respiration

6. Since water has a higher heat capacity than air, wetness is not a problem to be worried about in a cold environment.
   a. True 
   b. False

7. If you may reasonably expect to get wet on a winter hike, your best choice of clothing material would be:
   a. wool. 
   b. down. 
   c. cotton. 
   d. ripstop nylon

8. Which would provide warmer feet in the winter? 
   a. Your boots if they fit well with a thin pair of socks and a thick pair. 
   b. Your boots with two pair of socks, even though the fit is quite snug.

9. If you expect dry wind on a winter hike, your best choice of outerwear would be:
   a. a garment such as a urethane-coated nylon cagoule or parka. 
   b. a garment of breathable fabric such as 60/40 or Gortex. 
   c. a knit wool sweater.

10. A person in Stage II hypothermia (uncontrollable shivering) should be immediately changed into dry clothing, and placed in a sleeping bag to rewarm himself. 
    a. True 
    b. False

11. In the winter, dehydration is seldom a problem because the body uses less water in a cold environment. 
    a. True 
    b. False

12. Which of the following is not recommended in a cold emergency? 
    a. Wear a hat. 
    b. Don't sit directly on the snow or on the ground. 
    c. Nibble candy often. 
    d. Eat snow to replace body water losses.

13. A good treatment for deep frostbite is to rub the affected area with a warm hand to increase the blood flow. 
    a. True 
    b. False

14. Since re-freezing of a frostbitten part is extremely damaging, frostbitten parts should not be rewarmed if there is a good chance of further freezing. 
    a. True 
    b. False
BRING BASIC QUIZ #1

15. Heatstroke is a true medical emergency; heat exhaustion is not.
   a. True
   b. False

16. Heatstroke is characterized by:
   a. hot, dry skin.
   b. cool, clammy skin, and a rapid pulse.

17. Many experienced outdoorspersons use the following method to cross a stream: Take off boots, then take off socks, and replace boots without socks. Use a walking staff placed upstream as a third point of support, cross the stream facing upstream, moving only one point (foot or staff) at a time. Is this a good way to cross a stream?
   a. Yes
   b. No

18. Fatigue refers to the buildup of waste products; exhaustion refers to the depletion of body energy stores.
   a. True
   b. False

19. Dizziness, weakness, tunnel vision, and dark urine indicate:
   a. heatstroke.
   b. heat exhaustion.
   c. dehydration.
   d. diabetic coma.

20. Which of the following is not a correct statement of a winter danger?
   a. Alcohol predisposes the body to hypothermia.
   b. Tobacco predisposes the body to frostbite.
   c. Aspirin predisposes the body to hypothermia.
   d. Carbon Monoxide predisposes the body to frostbite.

21. Hypothermia, and a condition known as "trench foot", which looks like frostbite, may both occur at temperatures well above freezing.
   a. True
   b. False

22. Which of the following is not an important principle in dressing for cold weather?
   a. dress in thin layers instead of a single thick layer.

23. Modern goose down sleeping bags do not require additional insulation under them at night.
   a. True
   b. False

24. Salt tablets should not be taken without plenty of water.
   a. True
   b. False

25. A person with frozen feet may walk on them with little additional damage.
   a. True
   b. False

26. A person with severe chronic hypothermia is in grave danger of going into ventricular fibrillation, or other arrhythmias. Therefore, one must be extremely careful not to bump or jostle such a patient.
   a. True
   b. False

27. Which of the following is not a good place to place hot packs when rewarming a hypothermia victim?
   a. neck
   b. groin
   c. armpits
   d. thigh

28. When a hypothermia patient is rapidly rewarming:
   a. "afterdrop", paradoxical cooling of the body core below its previous temperature, may develop.
   b. blood from the periphery, which is cold, anoxic, and has toxic metabolic products, may return to the core and cause cardiac arrest or ventricular fibrillation.
   c. excessive vasodilation (increase in the volume of blood vessels) in the periphery may cause a relative hypovolemia and result in shock.
   d. all of the above