

Medical Aspects of Reenacting

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I. How Much Do You Sweat?

You can sweat up to 4 liters of water a day when it is hot & humid out! Drinking One canteen of water is not enough. Drink water all day. You should be using the Facilities at least every 4 hours in the daytime, and at least once during the night.

II. Preparing For an Event/Setting Up

- A. Watch the Weather – If they are calling for heat & humidity, pre hydrate 8-10 glasses of water a day at least!
- B. Hydrate, hydrate, hydrate-water, water, water – Avoid carbonated beverages, Just stick to good old water or diluted Gatorade 50/50
- C. But beer has water... Avoid alcoholic beverages during the day when you are Sweating the most. Avoid caffeine, or at least chase your morning coffee with a glass of water.

EVERY TIME YOU COME ON LINE, YOU WILL HAVE A FULL CANTEEN OF WATER ON YOUR PERSON

If you don't have a canteen, borrow one from med staff, or put at least **3** bottles of water in a haversack. Canteens hold about 3 bottles worth of water.

III. Staying in Shape

- A. Check with your doctor – Does the doc say you are fit to reenact?
- B. Walking - A great form of exercise. Walk daily to acclimate yourself To all the walking you will be doing at an event

IV. Eating at an Event when it is Hot and Humid

- A. What is good for you - Melons, Pickles, bananas & Nuts
- B. What is bad for you - Heavy red meats & stews (your metabolism has to work Harder to process the heavy foods)

V. Heat Emergencies

- A. Heat Cramps - Usually the first indication (along with a headache) of an Impending heat emergency. Remove any unnecessary clothing items, sip room temp/cool water or Gatorade/water mix, put cold rags on back of neck, wrists & ankles. Ice pack on groin & under armpits. Put patient in a shady, ventilated area.
- B. Heat Exhaustion - May or may not lose consciousness, fatigued, irritable, Thirsty, overheated, sweating. Possibly vomiting. Get med staff to check patient.

- C. Heat Stroke - Not sweating, hot, dry skin, dehydrated, may be Unconscious, DEADLY. Patient will need to be transported ASAP to hospital

VI. When to call 9-1-1/Summon Medical Staff – If you suspect heat exhaustion, or heat stroke, Or if the patient doesn't seem himself. Someone from med staff is in camp (except during battles) 24/7.

VII. Basic First Aid

- A. First Aid Kit - Keep a first aid kit in your officer or 1st Sgt's tent where Everyone on your street may access it
- B. Blisters -Are better off not popped. Cover with a bandaid & triple Antibiotic cream until it pops on its own. Keep covered.
- C. Minor Cuts -Clean wound with soap & water if possible, or bactine spray Cover with bandaid & triple antibiotic cream. Change bandage as needed.
- D. Bug Bites -As long as there is no allergy or major redness or swelling, just spray with bactine. Benadryl may help itchiness.

VIII. Use Common Sense/We Can't Fix Stupid

- A. It's E.M.T. not C.V.S. - Keep your own basic first aid kit, Tylenol, ibuprofen, etc. You don't supply caps for the regiment, we can't supply first aid equipment either.
- B. B.Y.O.Medications, Equipment – Diabetes testing equipment, insulin, medications, Etc. and especially EPI PENS FOR BEE STINGS, KEEP THE EPI PEN IN YOUR HAVERSACK. IT WON'T SAVE YOUR LIFE IF IT IS ON YOUR COT OR AT HOME!!!!
- C. Keep List of Medications/Cell Phone On You – if you have a few medical conditions, Keep a list of your meds on your person. If you have a serious medical condition, keep your cell phone on you in case you are transported so you can keep in touch with your unit.
- D. Buddy System/Keys/Phone Numbers – Buddy up with someone in your unit. Keep Their cell phone numbers in your cell & on you. Know where Keys are kept in case you need to load up a buddy's vehicle while they are in the hospital. Med staff keeps a list of local hospital phone numbers & addresses.

Bring a cooler. Keep ice packs & Gatorade in your cooler & cool yourself off when you come back from a battle. Strip & relax.