



## AAC Publications

---

### Heat Stroke

California, El Cajon Mountain

**On August 22, two climbers completed Meteor (multi-pitch sport, 5.8) and multiple rappels to the base of the climb.** After separating during the hike back to the car, Climber 2 realized his partner was delayed. He hiked back up and located Climber 1 on the trail, unresponsive. A satellite messenger was used to connect to emergency services, and Lakeside Fire personnel responded and transported Climber 1 to the hospital. There he was diagnosed with severe heat stroke, requiring life support and multiple organ transplants during his long road to recovery.

### ANALYSIS

Climbing the main wall at El Cajon requires an arduous two-mile approach of 1,800 vertical feet. The hike and south-facing crag have little shade and can heat up quickly, particularly in the summer. These climbers took rest breaks and were prepared with plenty of water and a satellite messenger that allowed rapid rescue and medical treatment, which likely saved this climber's life. (Sources: Instagram and GoFundMe posts.)

**Editor's Note:** [Click here](#) for an Essentials article from this edition covering climbing and heat illnesses.

**Images**

Article Details

Author	The Editors
Publication	ANAM
Volume	12
Issue	74
Page	40
Copyright Date	2021
Article Type	Accident reports