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Physiological state in extreme environments

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### ACCEPTED MANUSCRIPT

## **Physiological State in Extreme Environments**

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#### **Abstract**

Commercial off-the-shelf (COTS) wearable devices are used to quantify physiology during physical activities to monitor levels of fitness and to prevent overexertion. We argue that there are limitations and challenges to measuring physiological data with current state-of-the-art wearable devices, both with the hardware as well as the data itself. These limitations and challenges are exacerbated when wearable devices are used in extreme climate environments. We discuss these through empirical findings from our study where hikers are suited with wearable technologies as they cross the Grand Canyon. We discuss the performance of various wearable technologies in the extreme environment of the canyon as well as the concerns with downloaded data. These findings highlight the needs and opportunities for the wearable devices market, specifically how wearable technologies could mature to quantify performance and fatigue through real-time data collection and analysis.

**Keywords:** wearable devices, extreme environments, physiology, performance

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