

7 | ENJOY MOST – GROOMING AND RESTING

An elephant uses mud as a sunscreen, protecting its skin from ultraviolet light. Although tough, an elephant's skin is very sensitive. An elephant's skin is 2.5cm thick in most places. The folds and wrinkles in their skin can retain up to 10 times more water than flat skin does, which helps to cool them down.

Without regular mud baths to protect it from burning, insect bites and moisture loss, an elephant's skin suffers serious damage. After bathing, the elephant usually uses its trunk to blow dust onto its body and this dries into a protective crust.



1986 THAILAND- cooling off



2013 SRI LANKA -An Asian Tusker enjoys a cool dip and a dig



1991 THAILAND -resting



1980 TANZANIA in the shade



1997 LAOS cooling

At midday, elephants rest under trees and may doze off while standing. Sleeping occurs at night while the animal is sleeping.