

MAINTAINING HYDRATION



FIT TO LOG

FUELING UP

- Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- Even mild dehydration can reduce your physical endurance and your ability to stay focused.



HOW MUCH WATER YOU NEED TO DRINK



- Drinking small amounts of plain water frequently is the best way to stay hydrated.
- SIP don't chug your water! A small hydration bag helps to make it easy to drink regularly.
- Aim for 1/2 cup of water every 15 minutes of physical work and increase if you sweat heavily.

PPE + WATER LOSS

- Summertime temperatures can cause very high sweat rates.
- Working muscle generates a lot of heat, even in the winter.
- PPE restricts heat loss, which makes you sweat even more.



SPORTS DRINKS



- Use a sport drink or add a small amount of salt (1/8 tsp) and sugar (1/4 cup) per liter:
 - + If you are a heavy sweater.
 - + When temperatures are high.
 - + When you can't carry much water with you.
 - + You see white streaks on a dark work shirt when it dries.