

# HYDRATION



"It's a clear case of dehydration."

An hourglass with a large, clear blue water droplet in the top bulb. The bottom bulb contains a small green plant growing out of a cracked, dry, brown soil surface. The background is a light blue gradient.

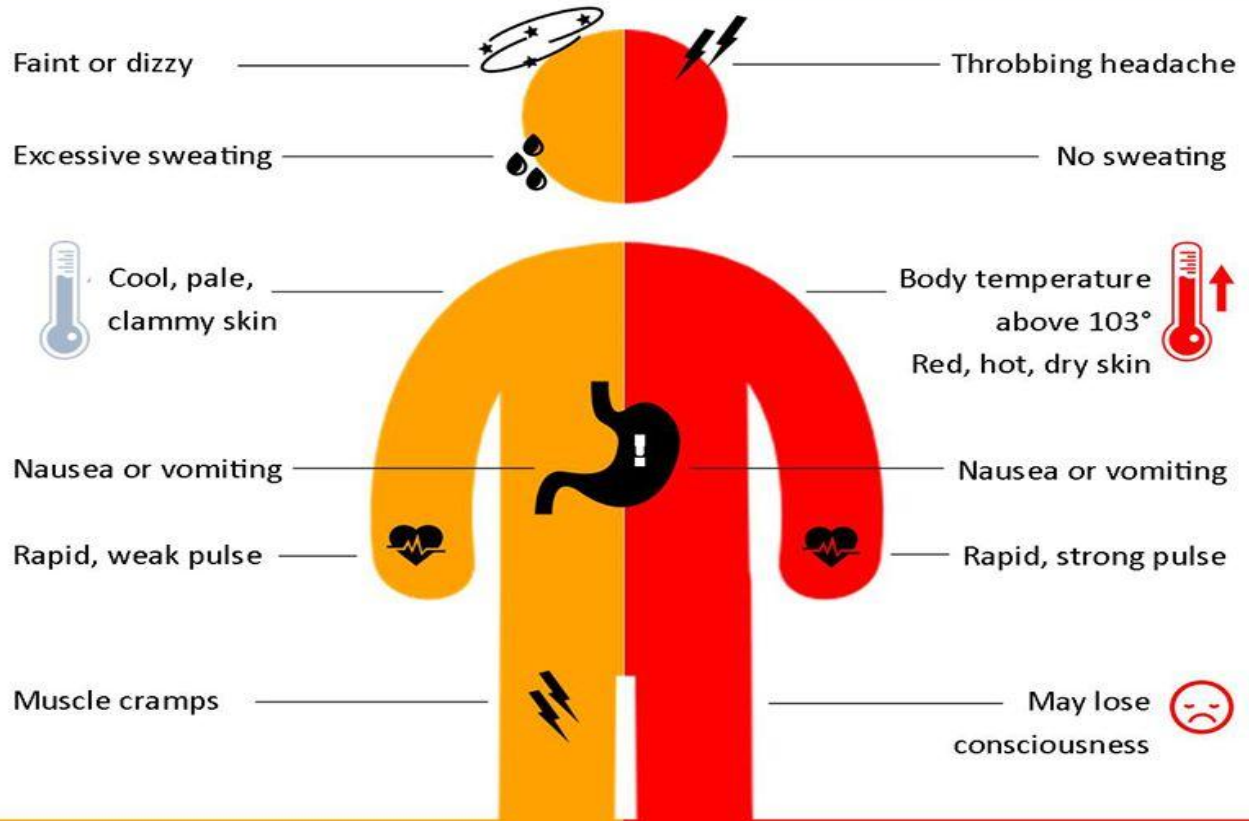
## Symptoms of Dehydration

- 💧 Dry skin
- 💧 Dry mouth and eyes
- 💧 Muscle cramps
- 💧 Heart palpitations
- 💧 Sweating nearly stops
- 💧 Nausea

# HEAT EXHAUSTION

OR

# HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## CALL 9-1-1

- Take immediate action to cool the person until help arrives

# HOW MUCH WATER TO CARRY

How long will you hike? **20 – 30 min per mile**

Depends on fitness level & trail difficulty.

**2 cups (16 oz.) ( ½ L ) per hour of hiking**

Factor in weather conditions. If hot & humid

**4 cups ( 32 oz.) ( 1L ) per hour**

Err on side of caution

Start hydrated

**THIRST= DEHYDRATION**

# ELECTROLYTES

- If your urine is clear to straw-colored before a workout, you're well hydrated.
- You should drink a [sports drink](#) containing electrolytes and carbohydrates if your workout lasts longer than 30 minutes.
- During a **workout**, the primary goal is to replace water and **electrolytes** lost while avoiding excessive dehydration (>2% of body weight lost).
- **Electrolyte** products that contain sodium and carbohydrates are ideal while working out.

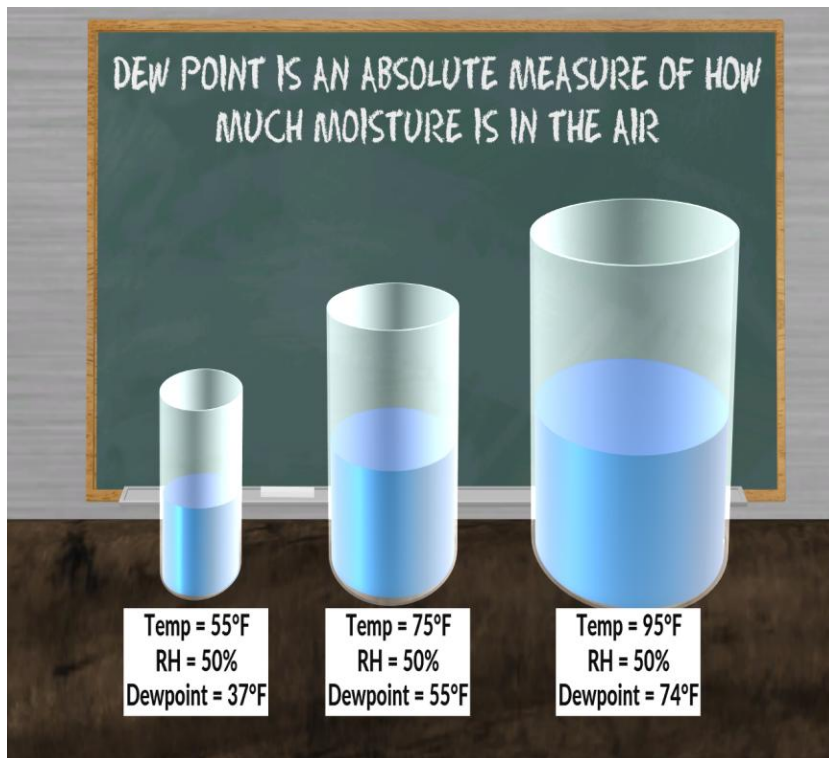
Arizona,  
it's a dry heat.





# DEW POINT

Monsoon Season(AugSept) we can see Dew Points of 60 -70



Dew Point	Comfort Level
< 50	Dry
50 - 55	Pleasant
56-60	Comfortable
61-65	Sticky
66-70	Uncomfortable
71-75	Oppressive
76 +	Miserable