



HYDRATION FACT SHEET

Dehydration occurs from many sources including:

- Altitude
- Training
- Hot Dry Climates
- Air travel
- Not Drinking Enough!

How do you stop dehydration?

- Drink a variety fluids

Does it matter when and what I drink?

- YES it does

When you get dehydrated, you lose both water and electrolytes. Although water is the most obvious and important to replace – you need to also look after the electrolytes.

A variety of fluids includes:

Sports drink with electrolytes

Water (not ultra pure – but natural spring waters or plain tap water)

Soups

Fruit Juices

Fresh fruits and veggies

Hot Chocolate

Herbal teas (caffeine free)

Milk Shakes

Avoid or cut back on caffeine (coke, tea, and coffee) – they are diuretics – which tend to make you lose water. Stay out of the hot tub, steam rooms, and sauna (they accelerate water loss through sweating). These above points are very important when acclimatizing to changes in the environment.

If you know you tend to get dehydrated in certain environments and you know you are headed there – try pre-loading drink plenty in advance and plan to have plenty of fluids available to you once you are there- don't wait until you start feeling the symptoms before you react. Try to stay one step ahead!



Normal Fluid Needs: 2-3 Liters per day

Training Needs: additional 250mL for each hour you are out, use ½ water, ½ sport drink (polycose, fructose, and electrolyte mix)

Add ½ Liter for a typical 4 hour training session if:

- The altitude is greater than 6,000 ft.
- The weather is warm and sunny
- The humidity is less than 60%