

Stay Hydrated

- Sweat production increases sharply with increasing temperature and can result in loss of more than 10 liters of fluid in 24 hours.
- Sweat rate can reach 2 liters per hour during intense activity in warm weather.
- The average adult requires around 2½ liters of fluid each day.
- An additional 1½ to 2 liters of fluid is required per hour of exercise!
- Thus, under intense conditions, you need LOTS of water! (4 – 6 liters per day)
- Thirst is the one of the last symptoms you get to know you are dehydrated. Drink even when you don't feel thirsty.