

# INFORMATION SHEET



## REHYDRATION

Diarrhea is the main reason for using oral electrolyte solutions. Most infections resolve by themselves, but they cause loss of fluid and electrolytes. In addition to this we lose fluids through exercise especially in hot, humid environments or through heavy exercise in a temperate environment and dehydration increases the risk of heat illness.

In high-altitude mountaineering difficulty in adjusting clothing to weather conditions, levels of exertion and respiratory fluid loss from hyperventilation in dry cold air commonly creates a fluid need of 7 - 8 litres per day. Dehydration at high altitude increases the likelihood of altitude sickness, hypothermia and frostbite.

So you should drink at every opportunity and learn to gauge hydration by volume and colour of urine (it should be a light yellow straw colour). Only clean water should be used for fluid replacement, so the use of water purification drops or a water filter should also be considered and keep a mental note of how much water you drink during the day.

### Urine Colour

-  Just right, drink as normal
-  You are Ok, but it's time to drink a little more, a small glass of water.
-  You are starting to get dehydrated, drink ¼ to ½ a litre.
-  You are dehydrated, drink ¼ to ½ a litre now.
-  You are dehydrated, drink 1 litre now, and monitor your hydration.

Even though you're worried about dehydration, don't gulp the water to replenish your body; it can make you sick. You want to slowly add the water back to your body to prevent dehydration.

Electrolyte supplements are advised during sustained exercise or for shorter periods of exercise if in very hot environments with high sweat loss.

This can be achieved with the use of electrolyte solutions by adding Oral Rehydration Salts to your water; these can be flavored to make them more palatable.



<http://goo.gl/ReZaC>  
water purification drops



<http://goo.gl/JTkdd>  
water filtration system



<http://goo.gl/NdoIN>  
electrolyte energy powder