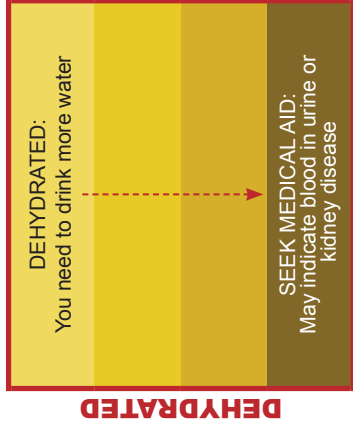
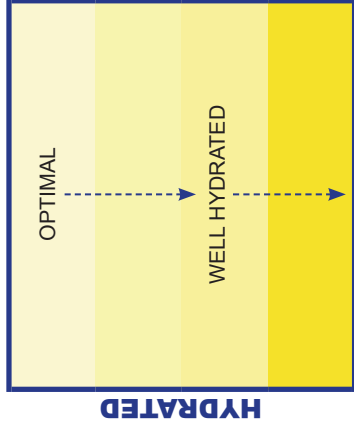


Are You Hydrated? Take the Urine **Color** Test

Urine Color Chart*



Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.

*This color chart is not for clinical use.

• Water Consumption Table

Heat Category	WBGT Index, °F	Easy Work	Moderate Work	Hard Work
		<i>Water Intake (Quart/Hour)</i>	<i>Water Intake (Quart/Hour)</i>	<i>Water Intake (Quart/Hour)</i>
1	78° - 81.9°	½	¾	¾
2	82° - 84.9°	½	¾	1
3	85° - 87.9°	¾	¾	1
4	88° - 89.9°	¾	¾	1
5	> 90°	1	1	1
Body Armor = +5°		Easy Work – walking on a hard surface at less than 2 mph with less than a 30 pound load, weapon maintenance, marksmanship training; drill and ceremony	Moderate Work – patrolling, walking in the sand at 2.5 mph with no load, calisthenics; patrolling; individual movement techniques (i.e., high/low crawl)	Hard Work – walking in the sand at 2.5 MPH with a load, field assaults
MOPP 4 = +10°				
Rest - sitting or standing in the shade if possible				
The fluid replacement volumes will sustain performance and hydration for at least 4 HOURS of work in the specified heat category. Fluid needs can vary based on individual differences and exposure to full sun or full shade.				
CAUTION: Hourly fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 12 quarts.				