

Signs of Tropical Dehydration

1. **NOT THIRST!** Any sensation of weakness including loss of muscle strength or fatigue
2. queasiness
3. headache
4. dark urine
5. muscle aches & cramps (cramps due to loss of salts)
6. anxiety
7. nausea
8. diarrhea
9. lack of concentration, especially during lectures (bring drinks to class)
10. tunnel vision

All of the above can occur with as little as a 2% weight loss or 4 lbs for a 200 lb person.

To avoid dehydration:

Tank up before exercise - need drinks with potassium and sodium (not just salt)

Wear light (color & weight) clothing - long length may be best - water soak when very hot

Wear a light, porous to air circulation hat

Water or drink bottles are great if you prefer to sip small amounts frequently

Normal daily water intake minimums in cups

weight (lbs.)	150	175	200
LIGHT (walking)	9	9.5	10
MODERATE (vigorous walk)	10	10.5	11
STRENUOUS (running)	11.5	12.5	13.5

Please note: alcoholic beverages and coffee don't count and in fact should be counteracted with an additional equal volume of water. For example, if you have drunk adequate water to avoid dehydration and then you have two drinks, you should drink two large glasses of additional water. Or if you have two cups of coffee during the day, you should add two more glasses of water to your total intake.

"Hot weather can increase fluid loss through sweating up to 14 times the normal amount. Exercise can increase it up to 50 times the normal amount. That means when diving in a tropical environment you could **need up to five quarts more fluid per day than normal**--just because of sweating." -- Rodale's SCUBA Diver's Handbook.