



# HYDRATION

## FOR HIGH HEAT DAYS & STRUCTURE FIRES

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### REHYDRATION PROTOCOL

ORS (oral rehydration solutions) like Drip Drop, Liquid I.V. or Pedialyte Sport.



#### Pre-Hyponatremia

Clear urine - possible overhydration. Salty snack with no or limited fluids



#### Well Hydrated

No protocol needed  
1 ORS packet might be beneficial (16 oz total)



#### Minimal Dehydration

1 ORS packet prior to training (16 oz total)



#### Significant Dehydration

1 ORS packet immediately + 1 ORS packet in 30 minutes (32 oz total)



#### Serious Dehydration

Hold out of training if possible  
1 ORS packet immediately + 1 ORS packet in 30 minutes + 1-2 ORS packet after (48 oz total)

Rehydration protocol developed by Fernando Montes with LAFD

### BENEFITS OF HYDRATION

**Improved Heat Tolerance:** work harder for longer, without having to tap out due to overheating.

**Reduced Cancer and Sudden Cardiac Death Risk:** rehydration boosts blood volume, reducing the absorption of cancer-causing chemicals and strain on the heart.

**Fewer Headaches Later in the Shift:** ever have that “hangover” feeling after a hot call? Hydrating well can reduce headaches and grogginess later in the day.

### HOW DO I KNOW IF I'M HYDRATED?

The color of your urine is the easiest way to check your hydration status. The darker your urine, the more dehydrated you are. Use the circles to the left to determine your status.

### HOW SHOULD I REHYDRATE?

Water alone is not enough for sweaty, long incidents. Oral Rehydration Solution (ORS) packets have double the electrolytes of sports drinks. ORS packets are more effective at restoring hydration than water or sports drink. LiquidIV, DripDrop, or Fluid Tactical are great options to keep on hand.

**45-70** calories

**500-650** mg sodium

**370-380** mg potassium

per 16 oz - may have additional Vitamin C, Magnesium, and Zinc

