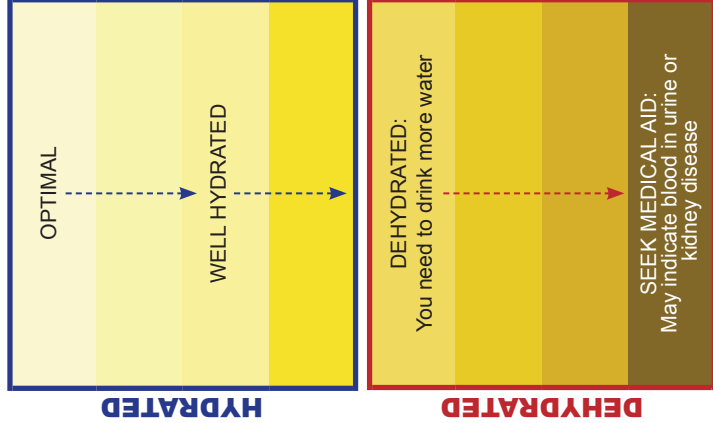


# Are You Hydrated?

## 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.

# Fluid Replacement Guide

Heat Category	WBGT Index, (°F)	Easy Work Walking on hard surface, 2.5 mph, <30 lb. load; weapon maintenance, marksmanship training.	Moderate Work Patrolling, walking in sand, 2.5 mph, no load; calisthenics.	Hard Work Walking in sand, 2.5 mph, with load; field assaults.
		<i>Fluid Intake (quarts/hour)</i>	<i>Fluid Intake (quarts/hour)</i>	<i>Fluid Intake (quarts/hour)</i>
1	78° - 81.9°	½	¾	¾ (1)*
2	82° - 84.9°	½	¾ (1)*	1 (1¼)*
3	85° - 87.9°	¾	¾ (1)*	1 (1¼)*
4	88° - 89.9°	¾	¾ (1¼)*	1 (1¼)*
5	> 90°	1	1 (1¼)*	1 (1½)*

\*Use the amounts in parentheses for continuous work when rest breaks are not possible. Leaders should ensure several hours of rest and rehydration time after continuous work. This guidance 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 (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr). Rest means minimal physical activity (sitting or standing) in the shade if possible. Body armor - add 5°F to WBGT index in humid climates. NBC (MOPP 4) - Add 10°F (Easy Work) or 20°F (Moderate or Hard Work) to WBGT Index. **CAUTION:** Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts.



USAPHC

1-800-222-9698

<http://phc.amedd.army.mil>

TA-091-0615 (Also available as a poster.)

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