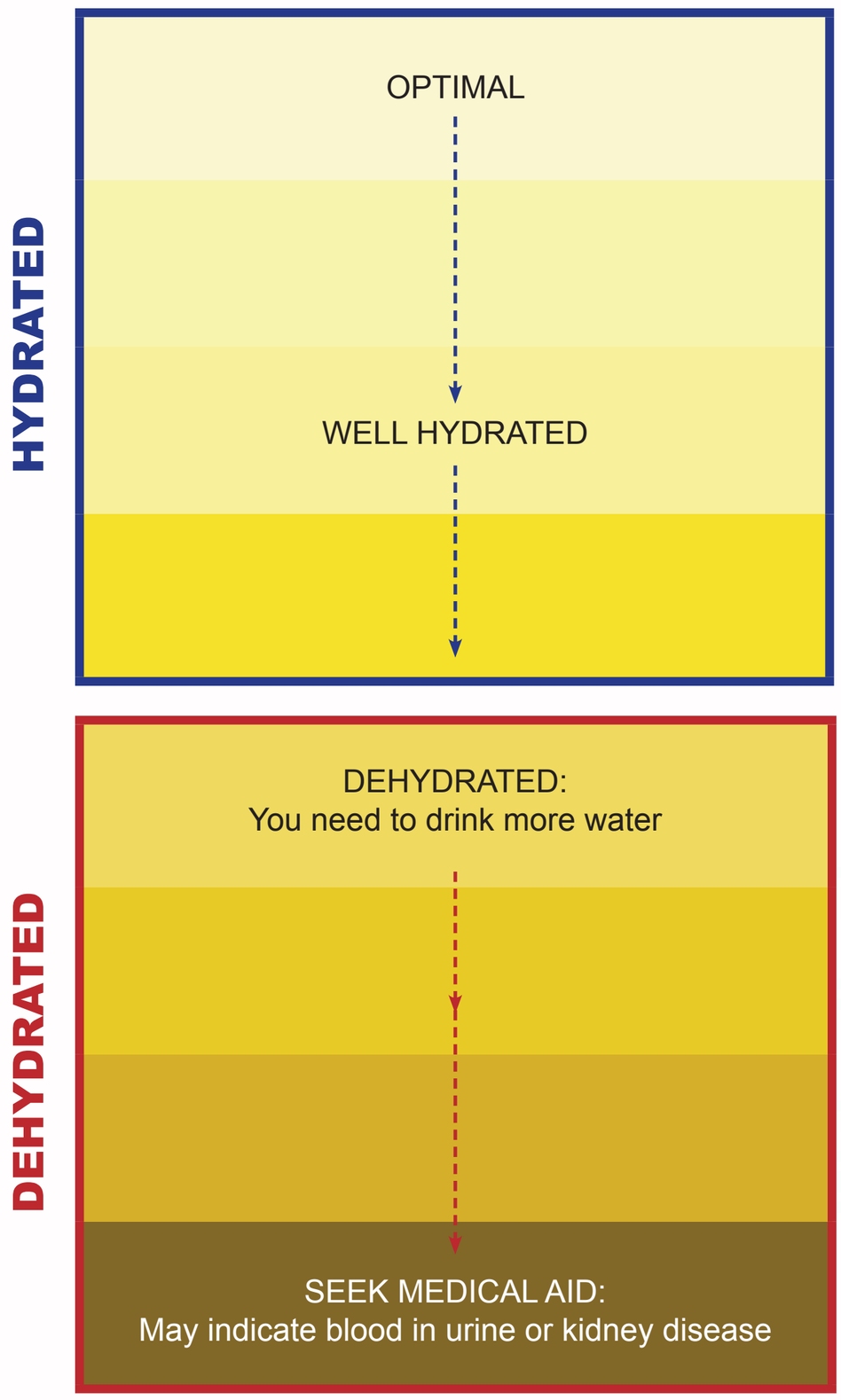
Are You Hydrated?
Take the Urine Color Test

Urine Color Chart*



*This color chart is not for clinical use.

Water Consumption Table

Heat Category	WBGT Index, °F	Easy Work	Moderate Work	Hard Work
		Water Intake (Quart/Hour)	*Water Intake (Quart/Hour)*	*Water Intake (Quart/Hour)*
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° MOPP 4 = +10° Rest - sitting or standing in the shade if possible		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

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.

Purpose

- With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
- Since heat-related illness often follows dehydration, this simple test will help protect your health.
- Dehydration also increases your risk for kidney stones.

How does it work?

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
- In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

Prevent Dehydration

- No amount of training or acclimatization can reduce the body's requirement for water.
- Follow the water consumption guidelines in the water consumption table.

U.S. Army Public Health Command (Provisional)
http://phc.amedd.army.mil
CP-070-0510 (Also available as a tip card.)