



## Hydration Guide

*When you're out and about, especially when hiking, climbing, running, biking or even just hanging out in the campground, proper hydration is important.*

*Here are some guidelines that will assist you to plan your next adventure:*

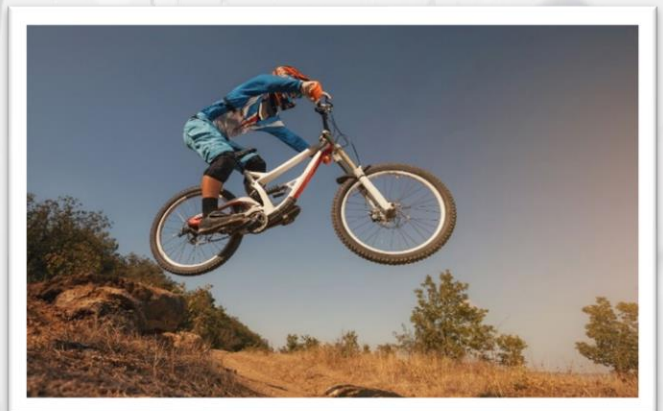
### *Hiking*

- ✓ *A general rule of thumb is to drink 2 cups of water for each hour of moderate hiking in moderate temperatures.*
- ✓ *For higher intensity hikes or if temperatures are high, you will need to increase your water consumption to 4 cups or more per hour and you may have to supplement with electrolytes.*



### *Biking*

- ✓ *As a general rule, an average adult weighing 155–160 pounds should drink 2 cups of water per hour of cycling in moderate temperatures.*
- ✓ *On hotter days, it is best to drink at least 2 cups of water 1-2 hours before starting your ride, and on intense rides you may need to drink two four 16-ounce bottles per hour of riding.*



- ✓ **Electrolytes are a must and can be had separately or mixed in with your water.**
- ✓ **Drink before you get thirsty. Sip on the water and the electrolyte drink as you go.**

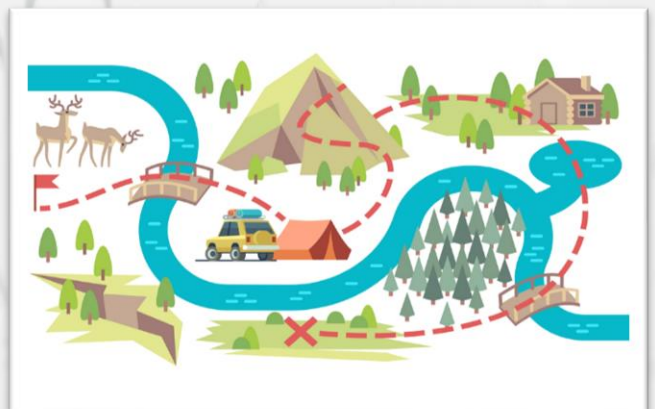
## Running

- ✓ **If you're going on a short run, say 30-45 minutes, you may be able to not drink water till you get back. But, if it's on a hot day or you tend to sweat a lot, it is not a bad idea to carry a water bottle with you.**
- ✓ **For longer runs, or if running in hot weather, it is better to start hydrated by having at least 2 cups of water 1-2 hours before going on a run.**
- ✓ **Drink water while running, taking a few long sips of water (about 1 cup) every 10-20 minutes.**
- ✓ **Drinking after a long run and supplementing with electrolytes will help you recover faster. Have at least 1-2 cups of water within 30 minutes of completing your run. For intense, longer distance runs, a rule of thumb is to have 2-3 cups of water for every pound lost running.**



## Plan Your Route

**Water weighs in at around 1 pound per 16 fluid ounces, so if you want to avoid carrying extra weight on a hike, run or bike ride, plan your route to go in loop from your vehicle or your camp site. You can then stop**



# EZPack-USA

Water Storage Solutions

**at your car or tent to refill your water bottle from EZPack's JerryFlex™ or Water Storage Bladder, while also having your favorite snack.**

## *Camping*

- ✓ **You need at least 1 gallon of water per person per day to drink while camping.**
- ✓ **Don't forget to also bring a few gallons for all of the other things that require water, such as cooking or washing hands.**
- ✓ **Getting some large water containers can make it a lot easier. Research the camping spot you are going to beforehand to see if there is a water source, otherwise you will need to come with your own water reservoir, especially when boon docking.**
- ✓ **EZPack's 10- and 25-gallon Water Storage Bladders should give you plenty of water for a 4-6-person family going camping for a long weekend.**



**Whatever you do - have fun, stay safe and remember to hydrate.  
EZPack's water storage containers will ensure that you have plenty of  
Fresh Tasting Water – Anywhere, Any time!**



*The* **EZPack** *Product Family*



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