

CVHC HIKE LEADERS

DEHYDRATION AND HEAT ILLNESS



THINGS TO KNOW...

- water: 65% of body weight
 - average man 45 liters
- dehydration: body fluid deficit



FACTORS CONTRIBUTING TO DEHYDRATION

- ambient temperature and humidity
- core temperature
- exercise
- sweat



CLINICAL SIGNS OF DEHYDRATION

- decreased sweating
- dizzy
- headache
- fast heart rate
- fatigue
- cramping



DEHYDRATION PREVENTION

- Pre-hydrate 1/2 L two hours before hike, eat a meal
- During hike 4-6 oz every 30 minutes
- On shorter, less strenuous hikes water is adequate
- On longer hikes, use an electrolyte enhanced fluid supplement
- Snacks



BEST ELECTROLYTE-ENHANCED HYDRATION FLUID???

- Gatorade/Powerade: K, Na 450mg/L, sugar, artificial color and flavoring
- Ultima Replenisher: no sugar, or artificial color, no carbs, Lytes: Se, Zn, P, Ca, K, Cl, Na, Mg
- Nuun: Na 359mg, K 97mg, Carbs 3g, no sugar, Ca, Mg, Vit C, Ribo
- GU tabs: Na 350mg, K 55mg, Ca, Carbs 22g, Sugar 6g

TREATMENT

- Rest, Shade
- Hydrate with electrolyte solution
- Shot blocks: Carbs 80g, Sugar 40g, Na 430mg, K



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HEAT ILLNESS



MINOR HEAT ILLNESS

- heat edema
- heat cramps
- heat syncope



MAJOR HEAT ILLNESS

- heat exhaustion
- heat stroke



