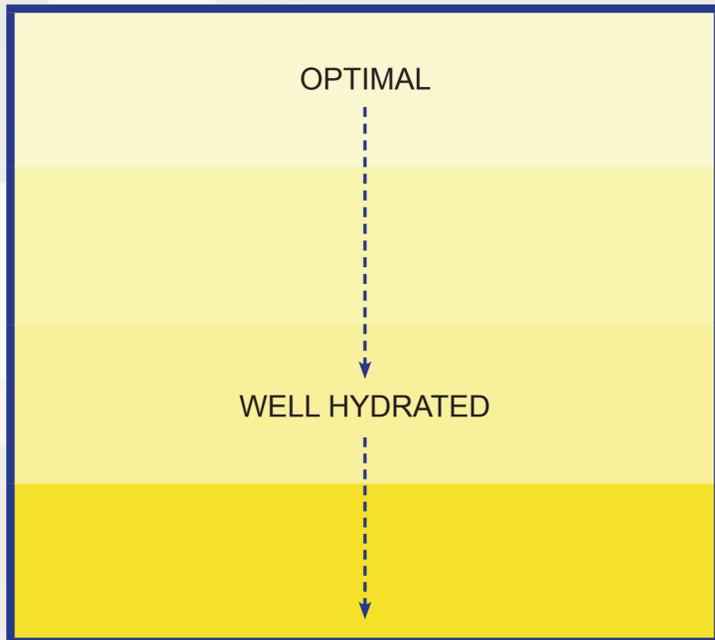


Are You Hydrated?

Take the Urine Color Test

Urine Color Chart*

HYDRATED



DEHYDRATED



*This color chart is not for clinical use.

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 in a new climate can reduce the body's requirement for water.
- Follow the water consumption guidelines in the water consumption table.

Fluid Replacement Guide

Heat Category	WBGT Index, (°F)	Easy Work	Moderate Work	Hard Work
		Fluid Intake (quarts/hour)	Fluid Intake (quarts/hour)	Fluid Intake (quarts/hour)
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.



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

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(Also available as a tip card)

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