



# Hydration tips

## Larapinta Trail Challenge 2017

### Hydration is vital for optimal performance

Fluid needs can vary depending on body size, gender, fitness, weather and intensity of any exercise performed, so a general fluid guide is difficult.

The aim is to start any exercise or training session well hydrated. This requires drinking regularly throughout the day leading up to your training session.

Having a drink with all meals and snacks is a good start.

During the trek, fluid should be taken regularly with sports drinks or electrolyte replacement considered in the lead up to and during the event to ensure walkers are adequately hydrated.

While hydration levels are important, it is also important to avoid over-hydrating, which can occur more often in less trained walkers.

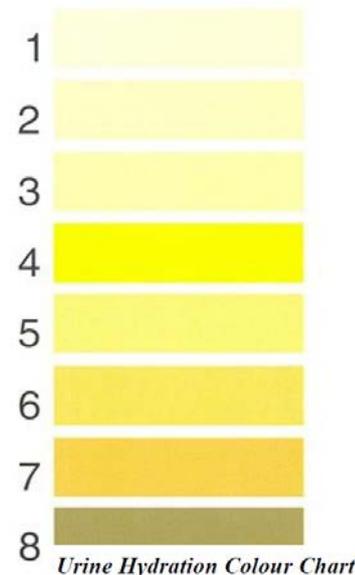
Sweating increases with harder work, longer duration of exercise, or a hot environment.

Understanding your individual sweat losses and hydration needs is important for developing an individualised hydration plan. An Accredited Sports Dietitian can help with this.



### Signs to watch out for

- Change in weight
- Thirst
- Tiredness, lethargy, difficulty concentrating
- Urine colour (refer to the chart)
  - If your urine colour matches 1–3 you are well hydrated
  - If your urine colour matches 4–6 your hydration is not optimal and you should increase fluid intake to prevent dehydration – aim for 500ml
  - If your urine colour is 7–8 then you are dehydrated and should consume fluids now – aim for 1 litre.



### General tips for good hydration

- Start your training sessions and each day's trek well hydrated
- Plan ahead and ensure you are carrying enough fluid on the trek each day
- Cool fluids can be more palatable
- Choose good fluids and have variety: water, sports drink, cordial, fruit juice
- Avoid poor choices of fluids: energy drinks, cola drinks, tea or coffee, soft drink and alcohol.



## Practical tips

- Practice, practice, practice – use training walks to experiment with fluid plans
- Know how much you should be drinking each hour while walking in a variety of temperatures. A simple way to measure this is to do some pre-and post-body weight measures on shorter training walks
- If you do become dehydrated, have small sips of fluid, a little salt, and food (only when the nausea isn't present)

## Recovery hydration

Make sure you drink plenty of fluids after each leg of the Challenge. Try sports drinks if you need to recover quickly.

You will continue to lose fluids through sweating and urine loss after you finish exercising/ trekking, so plan to replace 125-150% of the fluid that you've lost during the session over the 4-6 hours after you stop exercising/trekking.

Generally, it is recommended that for every 1kg of body weight lost during exercise you should consume 1.5 litres of fluids.

*For example: 65kg (pre-exercise weight) – 63kg (post-exercise weight) = 2kg  
2kg x 1.5 litres = 3 litres of fluids.*

Fluids should start to be consumed as soon as possible after exercise to start the rehydration process. If the finish time of the exercise/trek is close to bedtime, then it's fine to only consume part of the recovery fluids to ensure a good night sleep, however the remaining fluids should be consumed upon waking.

It is also important to avoid drinking alcohol after the exercise/trek. It has a negative impact on the recovery of nutrition and on soft-tissue injury caused by exercise.

Drink fluids in conjunction with your salty recovery snacks (e.g. cereal, bread, vegemite, milk) to help your body rehydrate more effectively.

### For more information

or an individual fluid plan, contact

**Sarah Leoniuk**, Accredited Sports Dietician,  
The Forum  
[sarah.leoniuk@theforum.org.au](mailto:sarah.leoniuk@theforum.org.au)

