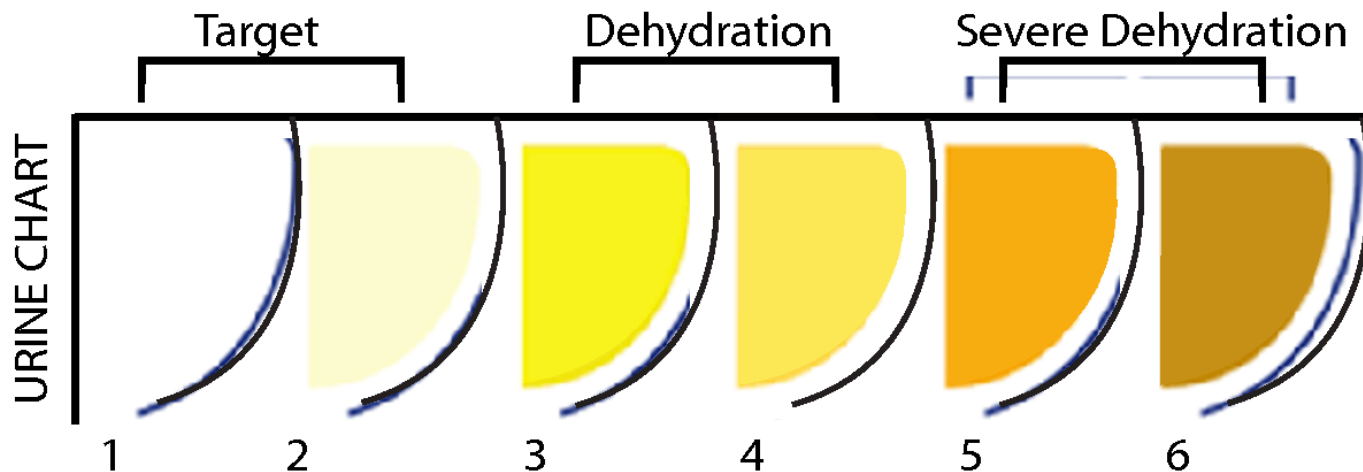


# MONITORING DEHYDRATION

## The Effect of Water Loss on Performance

Percent Lost	2%	Impaired performance
	4%	Capacity for muscular work declines
	6%	Heat exhaustion
	8%	Hallucination
	10%	Circulatory collapse and heat stroke



- You can monitor your hydration level by using the pee chart above.
- The color of your urine should match 1 or 2 in the chart.
- Remember to bring water on your hike, especially to Rainbow Falls!
- Drink water before, during and after your hike!