**National Monument California**

**National Park Service**

**U.S. Department of the Interior**

The Effect of Water Loss on Performance

DEHYDRATION

Percent Lost

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

# Target Dehydration Severe Dehydration

1 2 3 4 5 6

MONITORING

URINE CHART

-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!

Downloaded from [http://www.tidyforms.com](http://www.tidyforms.com/)