

REHYDRATION DURING SUPPRESSION

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SWEAT LOSS

Sweat losses while training for suppression can be significant, with up to 40 oz of sweat lost in 30 minutes!



EXERCISE

8-16 oz per hour

Moderate-high exertion
May have AC
Sweat wicking clothing

VS



FIREGROUND

40 oz in 30 minutes

High exertion
Extreme heat
Heavy, protective gear
Arrive dehydrated

DAILY HYDRATION GOALS

MEN: 125 oz/day

WOMEN: 91 oz/day

8-12 oz sports drink or Liquid IV every 15 min of suppression or training

Dehydration can happen quickly during burns or when wearing gear over the summer. The above recommendations are a starting point, but some recruits will need more to stay hydrated. Water alone is not enough, be sure to replace sodium and potassium through sports drink or an ORS packet (ex. Liquid IV, DripDrop)

REHYDRATION PROTOCOL

WEIGH IN, WEIGH OUT

- 1) Weigh in before exercise/training with as little clothes as possible
- 2) Weigh out after exercise/training with as little clothes as possible
- 3) Weigh in - weigh out = pounds lost
- 4) **Replace each pound lost with 16-20 oz fluid by the next training session** (ideally within 2 hours, but don't force it if several pounds down)

If you are regularly losing more than 2 lb - drink more frequently during training, aiming for at least 12 oz each break

Pounds Lost	Rehydrate With
-1.0 lb	16-20 oz
-1.5 lb	24-30 oz
-2.0 lb	32-40 oz
-2.5 lb	40-50 oz
-3.0 lb	48-60 oz
-3.5 lb	56-70 oz

ELECTROLYTE-RICH BEVERAGES

Coconut water
Pickle juice
Pedialyte
Protein shakes
Chocolate milk
Smoothies
100% fruit juice
Sports drink

WATER-RICH FOODS

Cucumbers
Tomatoes
Celery
Watermelon
Zucchini
Strawberries
Lettuce
Most fruits/veggies

OPTIMIZE RECOVERY

20-35 g protein
50-100 g carbs

8-12 oz tart cherry juice in the morning and evening *may* help with muscle soreness and sleep

