

HOW MUCH WATER?

It's important to stay hydrated while hiking. Ensure you have sufficient water for the length of your trip, particularly on hot days. It's also important to drink water before and after a hike. Here are some guidelines:

1 hour of easy/moderate hiking – 16 oz. or approximately 0.5 liters

An easy/moderate hike pace is 35-30 minutes per mile.

5-mile hike (2-1/2 hours) – 40 oz. or 1.25 liters

10-mile hike (5 hours) – 80 oz. or 2.5 liters

Hydration Pack

Small – 50 oz. or 1.5 liters (3.3 lb.)

Large – 65 oz. or 2 liters (4.4 lb.)

Water Bottle

Small – 16 oz. or 0.5 liter (1 lb.)

Large – 25 oz. or 0.75 liter (1.7 lb.)

Note: *Amounts have been rounded for ease of comparison
(32 oz. is approximately 1 liter)*

Electrolytes: Keep your electrolytes in balance when hiking by drinking fluids like 100% coconut water (unsweetened); google how to make your own electrolyte drink with lemon; take electrolyte tablets with water (REI); and carry food like citrus fruit, watermelon, apples, bananas (for breakfast before hike). Sports drinks can have a high sugar content and other additives (read labels).