



MILSIM HYDRATION

Water is fuel for your body!

Water in = water out.



Symptoms of Heat Stress:

- Thirst
- Nausea
- Vomiting
- Fatigue
- Weakness
- Cramps
- Aches
- Headache
- Dizziness
- Dark Urine



First Aid:

- Move person to a cool area
- Remove outer clothing
- Lie person down with feet elevated
- Pour water over person
- Slowly drink one quart of water
- *Notify event staff immediately*



Leader Actions:

- Monitor players for symptoms
- Monitor water consumption – at least one quart per hour
- Water must be consumed under all weather conditions
- Increase water consumption as physical activity and temperature rises
- Consider forced hydration – everyone drink a bottle of water
- Avoid alcohol, caffeine, sugar and energy drinks
- Supplement with electrolyte additives



**SAFETY
FIRST**