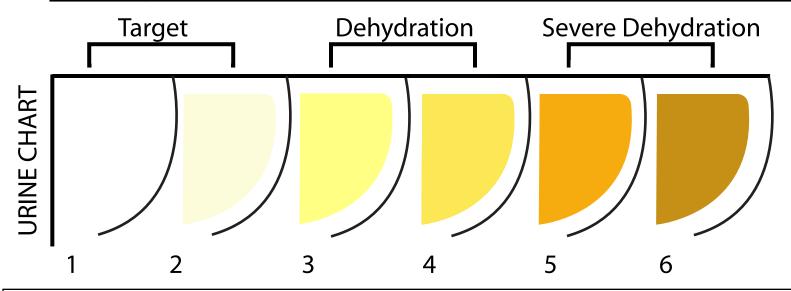


The Effect of Water Loss on Performance

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!