Purpose

• With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.

• Since heat-related illness often follows dehydration, this simple test will help protect your health.

• Dehydration also increases your risk for kidney stones.

How does it work?

• Match your urine color to closest color in the chart and read the hydration level on the chart.

• Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.

• In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

Prevent Dehydration

• No amount of training or acclimatization can reduce the body’s requirement for water.

• Follow the water consumption guidelines in the water consumption table.

### Water Consumption Table

<table>
<thead>
<tr>
<th>Heat Category</th>
<th>WBGT Index, °F</th>
<th>Easy Work</th>
<th>Moderate Work</th>
<th>Hard Work</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Water Intake (Quart/Hour)</td>
<td>Water Intake (Quart/Hour)</td>
<td>Water Intake (Quart/Hour)</td>
</tr>
<tr>
<td>1</td>
<td>78° - 81.9°</td>
<td>½</td>
<td>¾</td>
<td>¾</td>
</tr>
<tr>
<td>2</td>
<td>82° - 84.9°</td>
<td>½</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>85° - 87.9°</td>
<td>¾</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>&gt; 90°</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Easy Work: walking on a trail or in a field with less than 20 pounds of equipment; Mild acclimatization training; drill and ceremony.

Moderate Work: walking on a trail with at least 20 pounds of equipment; Moderate acclimatization training; drill and ceremony.

Hard Work: walking in the sand at 2.5 MPH with no load; calisthenics; patrolling; individual movement (i.e., high/low crawl)

### Dehydration: You need to drink more water

Seek Medical Aid: may indicate blood in urine or kidney disease

*This color chart is not for clinical use.*