

Cold, Altitude and Hydration



IN COLD TEMPERATURES AT ALTITUDE...



**You are
less thirsty**



**You pee
more**



**You lose
water vapor
in breath**



**Sweat losses can
be significant due to
higher metabolism
and heavy clothing**

This means... you can still become dehydrated in the cold, especially at altitude. Unacclimated guests will feel the effect more quickly. Having a plan to regularly drink fluid with electrolytes will help keep you safe and feeling great on the slopes.

