

Hydration for Sailing

The Facts

- Drinking correctly and keeping yourself hydrated is one of the **easiest** ways to make you go faster on the water.
- If you are only **slightly** (3%) dehydrated you feel tired and perform badly.
- You will only feel thirsty once you are **already** de-hydrated.
- Caffeine drinks (tea, coffee, cola, etc) **dehydrate** you!

How often do you need to drink to stay fast?

- At least 2 litres a day. More if you're doing exercise.
- A mouthful of fluid every 15 minutes during exercise.
- You need to start drinking at least 2 hours before exercise and 4 hours after to replace lost fluid.
- Drink **before** you feel thirsty!

What should you drink?

- You need to replace the fluids and minerals that the body uses during exercise.
- Water is good, but not as good as a hypotonic drink.
- Hypotonic drinks (low levels of carbohydrates) are absorbed quickly by your body and therefore hydrate you faster.
- You don't need to drink expensive sports drinks. Below is a simple Hypotonic drink to use:



A simple sports drink:

- $\frac{2}{3}$ Water
- $\frac{1}{3}$ Fruit juice
- A pinch of salt