

TIPS TO KEEP CUSTOMERS HYDRATED

It's important to remind your clients to stay hydrated. Here are a few hydration tips we've gathered along the way:

- About 80% of people's total water intake comes from drinking water and beverages
- Make sure your clients [drink enough water](#)
- Sip early and often
- Be mindful of alcohol and caffeine intake before/during going fishing
- Dehydration can cause headaches and a decrease in energy
- If you're sweating a lot, make sure to replenish the lost fluid with water
- Medical experts recommend eight 8-ounce glasses of water each day, which equals about 2 liters, or half a gallon - this is called the 8x8 rule
- Some medical experts believe that you need to sip on water constantly throughout the day, even when you're not thirsty
- Use a reusable cup or bottle to easily hydrate
- Pack water rich fruits to aid in hydration
- Water tastes funny? Consider using a water filtration system for a faucet or pitcher

Tips to keep your reusable water bottles clean can be found at this link:

<https://www.kleankanteen.com/pages/care-use>

Check out this Hydration Calculator:

<https://www.camelbak.com/en/hydrated/hydration-calculator>

Additional resources:

- <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>
- <https://www.healthline.com/nutrition/how-much-water-should-you-drink-per-day>
- <http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>