VERSION 1
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FUELING FOR YOUR CLIMATE

ELEVATION

RISKS

- WEIGHT LOSS
- DEHYDRATION

PRECAUTIONS

- INCREASE CALORIES
- INCREASE FLUIDS

COLD

RISKS

- WEIGHT LOSS
- DEHYDRATION

PRECAUTIONS

- INCREASE CALORIES
- INCREASE FLUIDS

HEAT

RISKS

- HEAT INJURIES
- DEHYDRATION

PRECAUTIONS

- CONSUME ELECTROLYTES
- INCREASE CALORIES

HUMIDITY

RISKS

- WEIGHT LOSS
- DEHYDRATION

PRECAUTIONS

- INCREASE CALORIES
- INCREASE FLUIDS

MISSION IMPORTANCE

kcal

Calories increase when operating in higher elevation and colder temperatures. It is important to consume enough calories for the energy demands of the operation so that you won't experience weight or muscle loss and will have the energy to sustain the mission.

Fluid loss from sweating can happen in any environment. Drinking fluids early and often can help ensure that you stay hydrated and replace any fluids lost during operations.

Excessive sweating can also lead to electrolyte losses. This makes rehydrating even harder when not replenishing the body with electrolytes. When in hot/humid environments and sweating excessively, consuming electrolytes with fluids can help rehydrate the body and keep operations going.

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