Are You Hydrated? Take the Urine Color Test

**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.

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**Urine Color Chart**

- DEHYDRATED: You need to drink more water
- WELL HYDRATED
- OPTIMAL
- SEEK MEDICAL AID: May indicate blood in urine or kidney disease

*This color chart is not for clinical use.

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**Water Consumption Table**

<table>
<thead>
<tr>
<th>Heat Category</th>
<th>WBGT Index, °F</th>
<th>Easy Work Water Intake (Quart/Hour)</th>
<th>Moderate Work Water Intake (Quart/Hour)</th>
<th>Hard Work Water Intake (Quart/Hour)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>78° - 81.9°</td>
<td>%</td>
<td>%</td>
<td>%</td>
</tr>
<tr>
<td>2</td>
<td>82° - 84.9°</td>
<td>%</td>
<td>%</td>
<td>½</td>
</tr>
<tr>
<td>3</td>
<td>85° - 87.9°</td>
<td>%</td>
<td>%</td>
<td>¾</td>
</tr>
<tr>
<td>4</td>
<td>88° - 89.9°</td>
<td>%</td>
<td>%</td>
<td>¾</td>
</tr>
<tr>
<td>5</td>
<td>&gt; 90°</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

**Body Armor = +5°**
- Easy Work – walking on a hard surface at less than 2 mph with less than a 30-pound load, weapon maintenance, drill and ceremony
- Moderate Work – patrolling, walking in the sand at 2.5 mph with no load, calisthenics, individual movement techniques (ie high/low crawl)
- Hard Work – walking in the sand at 2.5 MPH with a load, field assaults

The fluid replacement volumes will sustain performance and hydration for 4 HOURS of work in the specified heat category. Fluid needs can vary based on individual differences and exposure to full sun or full shade.

**CAUTION:** Hourly fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 12 quarts.