



# NUTRITION AND HYDRATION IN THE BACK COUNTRY

- **Day Hikes**

- Hydration is the priority. Most moderate full day exertions require 2-4L per day
  - Include electrolyte solution with every 4<sup>th</sup> liter
- Heat/cold/altitude/sleep and level of exertion affect the hydration requirement
- Daily calorie requirements for average humans range from 1,900-3,000 calories per day
  - Size, age, level of exertion, sleep and environment affect the requirement
  - Carbs are most ideal, followed by protein, followed by fat
    - Fat is not well-tolerated at altitude

- **Considerations**

- Altitude illness can cause loss of appetite, yet calories are required to perform at altitude
  - Caloric needs can be achieved by “drinking your calories”
- Increasing carbs at altitude can stimulate appetite and improve energy
- Carb kicks, or constant carb snacking while active, at a rate of 30-60 gm per hour, can improve energy and performance

