

INFLIGHT HEALTH BRIEFING - HYDRATION

Flight No	Codeshares			
Local Dep Date	Local Dep Time	Route	Briefing RM	

DEHYDRATION SYMPTOMS SCALE

S No	Fleet
Scale in order of severity	
1.	Headaches
2.	Dry Mouth & Throat
3.	Decreased Output of Urine
4.	Dry Skin
5.	Lightheadedness, Dizziness, Sleepiness
6.	Exhaustion
7.	Disorientation, Lack of Focus
8.	Fever
9.	Hyperventilation
10.	Diarrhoea, Vomiting
11.	Loss of Consciousness
Flight Crew	Crew Rest Seats
Captain: Healthy	
Co-Pilot: Hydration	

Dest	Actual Flt Time	Local PTA	GMT PTA	Time Zone

***** SUCCESS CRITICAL PATH *****

Do's and Don'ts
Do check the colour of your urine while you fly, looking like apple juice BAD, looking like lemonade GOOD.
Do drink plenty of water before, during and after exercise particularly if you are a flyer, drink extra.
Do you find it hard to remember to drink water? Schedule it! See iPhone app store for a free reminder app.
Don't drink high acid high sugar concentrated juices ACIDITY leads to dehydration.
Don't drink or at least minimise the amount of caffeinated drinks you consume, they lead to acidity.
Don't forget to carry your own non BPA water bottle with filter with you for the best quality water at all times.
*****BUILDING IN THESE HABITS ONE AT A TIME = A HEALTHY LIFETIME OF FLYING*****

A/C TYPE
744

A/C REG
DCXVE

	F	J	W	M	Tot
Config	14	52	36	235	337
Loads	11	38	46	236	331
Meals	13	52	36	226	327

SPMLs

Nutrition for Hydration

Of the 3 major food types (Carbohydrates, Protein and Fat) Carbohydrates as the name suggests are the most hydrating. While Dr Atkins may be turning in his grave, if all else fails a carbohydrate rich meal may help you stay hydrated if your options are limited.

[Click here](#) to read more...

Pax Info

Supplements for Hydration

MegaHydrate - If you only get ONE thing from this briefing this should be it.

ConcenTrace Minerals - They do a line of products including electrolytes and full spectrum trace minerals.

Vega Sport Electrolytes - Part of a brilliant range of products with no artificial sweeteners, suitable for vegans.

Natural Celtic Sea Salt - an inexpensive way to get some benefits of hydration.

Did You

Know?

- Your Blood is 92% Water
- Your Brain is 75% Water
- Your Muscles are 75% Water
- Your Bones are 22% Water

The average human body is 75% Water. What are you?

Factors that require increased Water consumption:

- Exercise, Environment, FLYING, Illness, Pregnancy, Breast Feeding

A/C Next Leg

THREE TO THRIVE

MORNING TIP - Have a cool or cold glass of water as soon as you awaken.

EXTRA TIP - Drink before you are thirsty, if you drink when you are thirsty you are already dehydrated!

BONUS TIP - Avoid Electrolyte supplement products made with sugar as this adds to your acid load.

Station	HOME
Manual Wheel Chair	Y
Electric Wheel Chair	Y
Baby Buggy	Y