

How Much Do I Need to Drink After Work or Exercise?

Instructions: Weigh yourself before and after shift in the same amount of clothes and equipment, and take note of the amount of bodyweight you lost. Use the chart below to find out how much water to drink to regain the water lost. Rehydration should occur before your next shift or strenuous physical activity, but **do not exceed** more than 1.5 liters of water per hour or 12 liters in a day without medical supervision.

Estimated Fluid Replacement After Exercise				
Weight Loss	Oz.	Cups	Gallons	Liters
1 lb	16 to 24	2 to 3	1/8 to 1/4	1/2 to 3/4
2 lbs	32 to 48	4 to 6	1/4 to 3/8	1 to 1½
3 lbs	48 to 72	6 to 9	3/8 to 5/8	1½ to 2
4 lbs	64 to 96	8 to 12	1/2 to 3/4	2 to 2¾
5 lbs	80 to 120	10 to 15	5/8 to 1	2½ to 3½
6 lbs	96 to 144	12 to 18	3/4 to 1½	2¾ to 4¼
7 lbs	112 to 168	14 to 21	7/8 to 1¾	3¼ to 5
8 lbs	128 to 192	16 to 24	1 to 1½	3¾ to 5½

1. Before work or exercise, make sure you are adequately hydrated:

- Beverage consumption with meals will enhance fluid replacement and pre-exercise/event hydration.
- Recovery from the previous exercise session should be 8 to 12 hours or more to enhance fluid replacement.
- Tracking daily weight is helpful in evaluating hydration status, because post-exercise and day-to-day variations are likely from fluid loss.
- Consider drinking 16 to 20 fluid ounces four hours before exercise, especially if pre-exercise weight is reduced.

2. During work or exercise in the heat:

- Drink 8-12 ounces of fluid every 15 minutes.
- Drinking more than 1.5 liters per hour is not recommended and may increase the risk for developing hyponatremia (low sodium).
- During extreme weather conditions, fluid intake and pace may require additional adjustment.
- For activity over an hour, consider using a sports drink (i.e., Gatoraide®, Poweraide®, Squincher®) to replace lost electrolytes and carbohydrates.

3. After exercise:

- Drink 16 to 24 ounces of fluid for every pound lost.
- Post-exercise meals should include fluid intake.



U.S. Customs and
Border Protection

Office of Human Resources Management

Publication Number 1550-0921