Dehydration and Travel

Dehydration can occur while traveling due to:

- Traveler’s diarrhea
- Heavy sweating caused by increased exposure to the sun and/or increased physical activity
- Low airplane humidity

Did you know?
Low airplane humidity can cause dehydration on long flights.

<table>
<thead>
<tr>
<th>Airplane Humidity</th>
<th>Indoor Humidity</th>
<th>Outdoor Humidity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-21%</td>
<td>30-65%</td>
<td>70-80%</td>
</tr>
</tbody>
</table>

Signs & symptoms of dehydration

<table>
<thead>
<tr>
<th>Increased thirst</th>
<th>Decreased urine output</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue</td>
<td>Dry mouth</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Loss of skin elasticity</td>
</tr>
<tr>
<td>Headaches</td>
<td>Irritability</td>
</tr>
<tr>
<td>Dark yellow urine</td>
<td></td>
</tr>
</tbody>
</table>

Did you know?
Low airplane humidity can cause dehydration on long flights.

30-65% INDOOR HUMIDITY
70-80% OUTDOOR HUMIDITY

Why use Hydralyte?

Hydralyte is scientifically formulated to contain the correct balance of glucose and electrolytes for rapid rehydration. The formulation is based on the World Health Organization criteria for effective rehydration.

It is important to know that water alone or sugary drinks (i.e. soda or sports drinks) do not contain the correct balance of sodium or glucose to allow for rapid hydration.

Did you know?
Low airplane humidity can cause dehydration on long flights.

<table>
<thead>
<tr>
<th>Electrolyte Tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compact and portable for travel</td>
</tr>
<tr>
<td>Dissolve 2 tablets in 7 fl oz of water. No stirring required!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Electrolyte Powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ideal for travel first aid kits</td>
</tr>
<tr>
<td>Portable, single-serve packets</td>
</tr>
<tr>
<td>Mix 1 packet in 7 fl oz of water</td>
</tr>
</tbody>
</table>

Hydralyte.com
Travel Checklist

First Aid Kit for Traveling
as advised by the World Health Organization:

☐ Oral rehydration salts
   *(Hydralyte powder or tablets)*

☐ Adhesive tape and bandages

☐ Antiseptic wound cleanser

☐ Emollient lubricant & eye drops

☐ Insect repellent and bite treatment

☐ Antihistamines cream or tablet

☐ Nasal decongestant

☐ Scissors and safety pins

☐ Simple analgesic

☐ Sterile dressing

☐ Clinical thermometer

☐ Sunscreens

☐ Ear plugs

☐ Tweezers

☐ Adhesive strips to close small wounds

Additional depending on destination and individual needs:

☐ Antidiarrheal medication

☐ Broad spectrum antibiotics

☐ Antifungal powder

☐ Antimalarial medication

☐ Bed net

☐ Medication for pre-existing medical condition

☐ Antibacterial ointment