

You can make an inexpensive homemade **rehydration drink**. Measure all ingredients precisely. Small variations can make the drink less effective or even harmful (from WebMD.com).

Mix:	1 quart (~1 hr.)	1½ quart (~1½ hr.)	2 quart (~2 hr.)
water	32 ounce, 950 mL	48 ounce, 1425 mL	64 ounce, 1900 mL
baking soda	½ t (2.5 g)	¾ t (3.75 g)	1 t (5.0 g)
table salt (NaCl)	½ t (2.5 g)	¾ t (3.75 g)	1 t (5.0 g)
salt substitute (KCl)	¼ t (1.25 g)	⅓ t (1.875 g)	½ t (2.5 g)
Sugar	¼ cup (60 g)	⅓ cup (80 g)	½ cup (120 g)

- 1 quart (32 oz., 950 ml) water
- ½ teaspoon (2.5 g) baking soda
- ½ teaspoon (2.5 g) table salt
- 3 to 4 tablespoons (45 to 60 g) sugar
- If available, add ¼ teaspoon (1.25 g) salt substitute, such as "Lite Salt" or "No Salt".

The American College of Sports Medicine recommends a limit of 1200cc (5 cups, 2.5 pints, a little over 1 quart, or 2 average size water bottles) per hour, but for a person who is not exercising near his or her maximum, this could be too much. A person exercising near his capacity and not slowed down by fatigue probably does not have to worry about limiting fluid intake. He is working so hard at maintaining intensity, he doesn't have enough time to drink too much. On the other hand, people **slowed down by fatigue** or those out of shape, should limit fluid intake, probably to less than two large water bottles per hour. If you are exercising for more than an hour, you must also replace salt, either with salted sports drinks or salted foods.