

# HYDRATION GUIDE

OXFAM TRAILWALKER'S  
ULTIMATE GUIDE TO HYDRATION

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# HOW TO STAY HYDRATED

## HOW TO STAY HYDRATED WHILE WALKING OXFAM TRAILWALKER

Staying hydrated won't just help you reach the finish line of Trailwalker; it's key to your comfort and enjoyment of the event. So our friends at Precision Hydration have put together some advice to help you do just that.

Precision Hydration has personalised the hydration strategies of a long list of top athletes, including 2018 IRONMAN South America Champion Sarah Crowley and Ultra-Trail Australia 100km champ Lucy Bartholomew. In 2019, alongside two of her team mates, Bartholomew was the fastest through Oxfam Trailwalker Melbourne.

## STAGES OF THE HYDRATION STRATEGY

A good hydration strategy is broken down into two stages:

- What to do before you start; and
- What to drink during the walk.

When people talk about hydration, they generally focus on what and how much athletes should drink during exercise. These are clearly important questions, but your performance is massively influenced by how hydrated you are when you start exercising.

Drinking a strong electrolyte drink to optimise your hydration status before long, hot or intense training sessions and events can significantly improve your performance.





# BEFORE YOU START



Photo: Andy Blow/Precision Hydration

## SO LET'S KICK IT OFF FROM THE BEGINNING. HERE IS WHAT TO DO BEFORE YOU START...

- Don't just drink lots of plain water in the build up. You can end up diluting your body's sodium levels before you start, increasing the risk of hyponatremia (low blood sodium levels, which can have some unpleasant symptoms like headaches and nausea). At best you'll end up with a lot of fluid in your stomach and bladder.
- Add extra salt to your meals and/or drink a strong electrolyte drink the night before to boost your blood plasma volume. This makes it easier for your cardiovascular system to meet the competing demands of cooling you down and delivering oxygen to your muscles.
- Drink a stronger electrolyte drink about 90 minutes before you set off to top-up your blood plasma volume. Finish your drink at least 45 minutes before you begin to give your body time to fully absorb what it needs and remove any excess.

"My advice is to drink when thirsty, eat hydrating and nourishing foods to honour your body and don't do anything you haven't done before. Perhaps sip on an electrolyte drink the day before and morning of the event just to top up your fluid and electrolyte levels so you're ready to roll when you get to the start line!"

— Lucy B

**WANT TO LEARN MORE ABOUT HOW  
TO PRELOAD EFFECTIVELY?  
HEAD TO PRECISION HYDRATION TO  
SEE THEIR TIPS AND TRICKS**

# ON THE BIG DAY (OR TWO).

“Exactly how much you need to drink will also be impacted by the weather on the day, but the main rule for this is, again, to listen to your body and largely to drink when you’re thirsty. The body is an amazing machine and will give you signs of over- and under-hydration. If you’re feeling thirsty or have a dry mouth, you may not be drinking enough. Try to respond to the early signs of thirst and not leave it too late.”

— Lucy B



Photo: Guillem Casanova Photography

## NOW THAT WE’VE COVERED HOW TO HYDRATE BEFORE OXFAM TRAILWALKER IT’S TIME TO EXPLORE WHAT TO DRINK WHEN YOU GET GOING ON THE BIG DAY (OR TWO).

It’s a little known fact that everyone loses a different amount of sodium in their sweat (and that this is largely genetically determined), from as little as 200mg of sodium per litre of sweat to as much as 2,000mg per litre.

If you don’t replace enough of what you’re losing in your sweat when you’re sweating for longer periods (as you will be during Oxfam Trailwalker), you risk dehydration-related issues such as cramps, headaches, sleepiness and hyponatremia.

Precision Hydration’s free online [Sweat Test](#) will give you an idea of the right strength electrolyte drinks for you and will give you some personalised hydration advice.

It’s tricky to nail down how much you should drink to an exact amount — you have to learn to listen to your body and drink enough to satiate your thirst to get this just right. To help you along, here are some tips to leave you feeling confident you are keeping yourself hydrated.

- Few people can drink much more than 750ml (24oz) of fluid an hour when they’re exercising hard. Unless experience tells you otherwise, it’s unlikely you’ll need to drink more than that, especially if you started well hydrated.
- We’d recommend having electrolyte supplements in most of your bottles or in your hydration pack, especially if you think you’re a heavy or ‘salty’ sweater.
- Carry some blister-packed SweatSalt capsules around with you. One or two of these can be washed down with 500ml of plain water — which you can access at the Checkpoints — to get some electrolytes back in, or to top up the electrolyte content of your own drinks.
- Get some sodium back in by eating salty snacks and food during the hike. Just bear in mind that table salt (Sodium Chloride) is only 39% sodium (and 61% chloride), so 1g of salt actually only contains about 0.39g of sodium.

If you do want to carry some electrolyte drinks with you during the event, our friends at Precision Hydration have given us a code EV-OXFAMTRAILWALKER to get \$20 off your first order.

*See you out on the trail.*  
The Oxfam Trailwalker Team.



# FIND MORE THAN JUST THE FINISH LINE.

Oxfam Trailwalker is a life-changing experience. As well as being an incredible physical and mental challenge, every step taken helps people living in poverty.

You and three mates will journey through 100km of bush trail within 48 hours.

It's not a relay. Your team has to start together, stick together and finish together — it's tough, but with the right training and attitude you'll be amazed at what you can achieve. The feeling when you cross the finish line will be something you'll never forget.

Each year more than 2,000 teams take part across Australia — with the support of more than 2,500 volunteers and 6,000 support crew members — and raise more than \$6 million to help end poverty.

## OXFAM TRAILWALKER

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