

STAY HYDRATED!

In warmer days,
you need
more water.



It is important
to keep well hydrated
to have more resistance
and prevent tiredness
during these days.



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In Portugal, public tap water is safe and of good quality. Look for the closer water fountain.



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Don't wait until
you feel thirsty.
Drink water frequently!
Drink 8 to 10 glasses
of water throughout
the day.



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Always carry
a bottle of water
in your backpack!



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Choose water!
Alternatively, you can
choose homemade
flavoured waters
and infusions with
no added sugar.



**Avoid alcoholic drinks
as they increase your fluid
needs. Soft drinks are not
a good option either!**

CHECK IF YOU'RE DEHYDRATED!

Pay attention to the colour of your urine! Plenty of colourless urine is a good sign. And reinforce hydration if you feel any of these signs:



Dry mouth



Headaches



Tiredness



Dizziness



Extreme thirst

AND FOOD COUNTS TOO!

Mediterranean dishes,
such as soups and stews,
are rich in water and can
contribute to good hydration.



Choose fruit and vegetables
with higher water content,
such as watermelon melon,
peaches, tomatoes,
and cucumbers.

