



## health & wellbeing

### summer travel tips

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With Summer well and truly on the way, now is the perfect time to start planning your Christmas break and that much needed end of year holiday. As dehydration can result in tiredness and a reduction in concentration<sup>1</sup>, paying attention to how much you drink while travelling can make your Summer holiday safer and more enjoyable.

#### **Pit stops and top ups**

Around 50% of the water your body loses in a day comes from water that's evaporated from the skin and lungs<sup>2</sup>. This means that when travelling in air conditioning and when the outside temperature is hot, you'll lose even more water through evaporation and therefore need to drink more. Whatever your means of travel, regular pit stops are essential to fuel up on foods and drinks as well as giving your body a rest and a stretch.

#### **How much to drink**

An average adult needs around 8-10 cups of fluid a day while children and teens need 4-8 cups<sup>2</sup>. If it's hot, add another couple of glasses of water to your usual intake, and increase your intake of water rich foods such as fruits and vegetables. A good aim is to drink at least 250ml of fluids per hour throughout the day until you reach your daily fluid requirements.

If you're travelling with elderly relatives, keep a particularly close eye on their fluid intake as they have a diminished sense of thirst, and dehydration can have serious consequences. Similarly with kids, ensure they take their water bottles with them, and sip regularly throughout the day.



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#### Planning ahead

Arming yourself with healthy snacks like fruit, nuts and crackers, plus a few bottles of water for the journey, can help you travel more smoothly as eating and drinking regularly helps maintain concentration levels. When driving, carry an esky with ice or cooler bag to keep drinks cool. The Neverfail 5-litre Springwater bottle is great when driving to ensure you have a plentiful supply of water on hand. Carrying a standard sized water bottle is also a good idea for plane, train or bus trips to keep your fluid levels topped up.

So if you're planning a holiday, a little common sense and forethought is all that's needed to help you stay hydrated, focused, and full of energy when you arrive at your destination!

#### References:

1. Shirreffs, S.M., et al., The effects of fluid restriction on hydration status and subjective feelings in man. *Br J Nutr*, 2004. 91(6): p. 951-8.
2. National Health and Medical Research Council. Nutrient Reference Values for Australia and New Zealand including Recommended Dietary Intakes. Canberra: NHRMC, 2006.