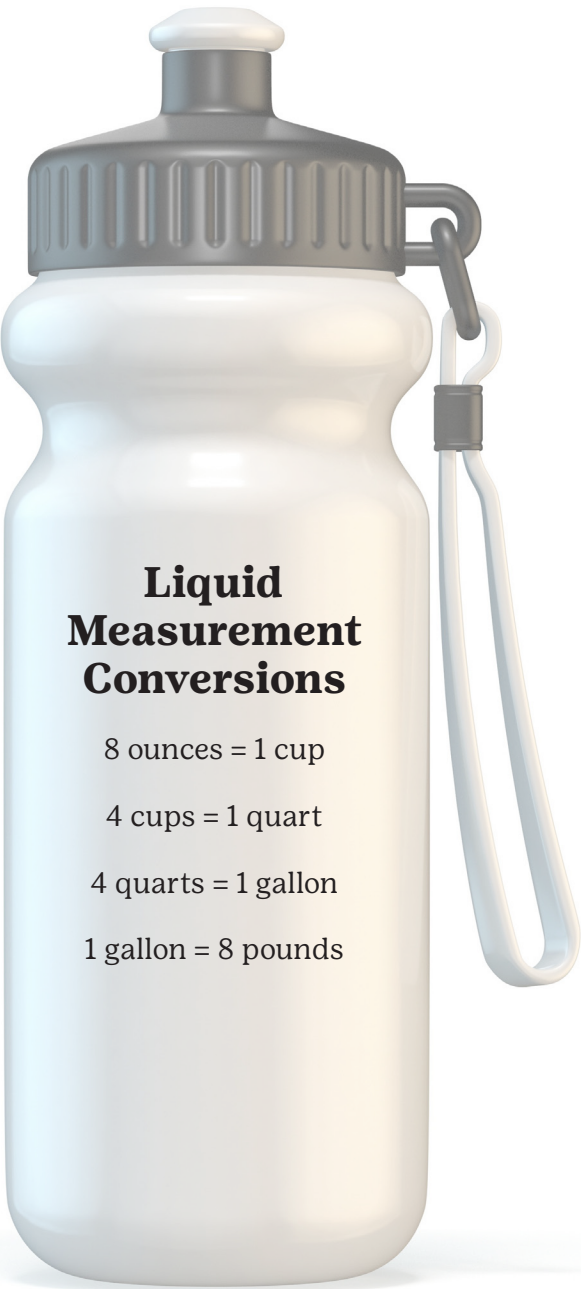




How Much Water Will You Need?

To stay hydrated, it's recommended that each person drink 2 cups of water every hour during average weather conditions. Can you calculate how much water you'll need for your hike and how heavy it will be?



If the hike is planned for three hours...

1. How many cups of water will each person need?

2. How many ounces of water will each person need? How many quarts of water would each person need?

3. How much would each person's water weigh in pounds?

4. If you have a water bottle, would it hold enough water for your hike? How long would it be before you ran out of water?

Tip: If the water bottle doesn't say how many ounces or cups it can hold, pour water in it from a measuring cup.

Answer Key: 1 2 cups/hr x 3 hours = 6 cups per person 2 8 oz x 6 cups = 48 oz per person 3 6 cups needed / 4 cups in a qt = 1.5 quarts per person 4 8 lbs / 4 qts = 2 lbs per qt, 1.5 qts x 2 lbs = 3 lbs 5 Answers will vary.