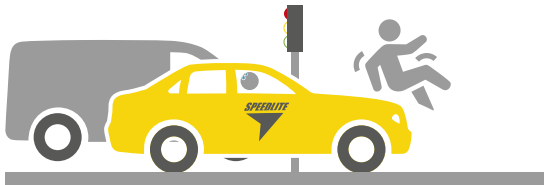


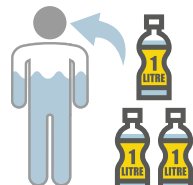
The Facts.



Research shows lack of hydration can cause as many driving accidents as alcohol.¹



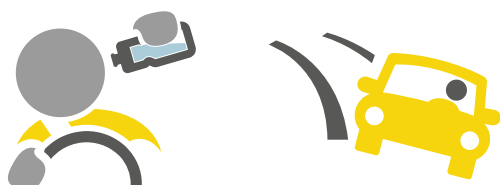
According to a new study, dehydrated company car and van drivers make as many mistakes on the road as drivers under the influence of drugs and alcohol.²



The body loses and needs to replace approximately 2-3 litres of water daily.



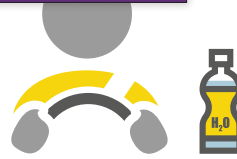
Dehydration causes fatigue. You're much more likely to feel tired when dehydrated.



Dehydration triggers the body's thirst response. When you feel thirsty, dehydration is already setting in and the effects on concentration will already be evident.

The Advice.

Keep hydrated...

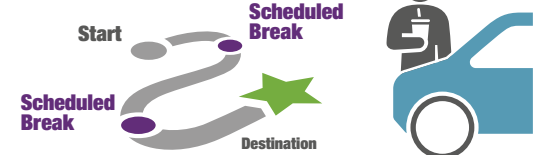


It is very easy to forget to drink water while on long road journeys.



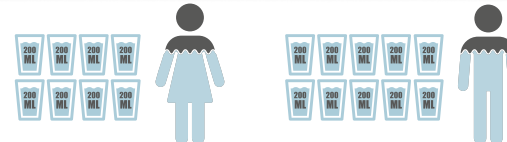
Before a journey, always have the recommended amount of water in your vehicle.

ESTIMATED JOURNEY TIME: 300 MINS



Try and divide a long journey into equal resting stops, drinking your water in equal quantities during each break from driving.

The European Food Safety Authority recommends...



that women drink about 1.6 litres of fluids a day (that's about eight glasses of 200ml). Men should drink about 2.0 litres of fluid, (that's about ten glasses of 200ml).



Plain water is ideal but other options like juice, tea, and milk can do the trick too.



Coffee gives you the fluids you need, plus a caffeine jolt to help your focus.

A common misconception is that coffee causes dehydration...



it is unlikely that coffee causes your body to lose more fluids than it provides.



"There's some evidence that if a beverage contains very large quantities of caffeine, e.g. more than 400 mg, which might be found in some very strong coffees, then the body will retain less of the fluid in the beverage".³ But that still doesn't make it dehydrating.

References: 1. <http://www.telegraph.co.uk/news/health/news/11547199/Not-drinking-enough-water-has-same-effect-as-drink-driving.html>
2. Loughborough University – Professor Ron Maughan. 3. Phil Watson, PhD