Got Water?

Hydration - Critical for Skiers and Riders

That fatigue and achy feeling you experience during lunch may not be from a great morning of skiing or riding, but actually may be a result of dehydration. Often people confuse the symptoms of dehydration with altitude sickness, but at minimally to moderately high altitudes, dehydration is responsible for more illness than oxygen insufficiency.

Electrolytes and minerals such as sodium, potassium and chloride are what you lose through your sweat. When water goes out of the body so do electrolytes. The body loses lots of water during skiing and riding, and even through respiration you continuously lose water. Those electrolytes need to be replaced.

You should drink about 17 ounces of fluid about 2 hours before exercising, to promote adequate hydration and allow time for the body to excrete any excess water. During exercise, you should start drinking early and at regular intervals in order to take in fluids at the rate you are losing them through sweating. You cannot drink a copious amount of water and become re-hydrated in a short period of time so you cannot expect to get recharged during lunch.

At Copper Mountain Resort you are at an elevation of 9,712 ft (2960 m) at the base and 12,313 ft (3753 m) at the Summit. Most people are unaware that altitude suppresses the sensation of thirst. To have a full and enjoyable day on the slopes you must make a conscious effort to properly hydrate.

- Be sure to drink 8 glasses of water throughout the day, whether or not you are going to ski.
- Drink before you are thirsty
- Take a backpack with a water pack or carry reusable water bottle with you on the mountain. Stop at one of our restaurants or water stations to refill your container
- Drink water throughout the day and particularly between runs and while on the lift
- We encourage you to drink “Copper Mountain Tap Water” as it is great!