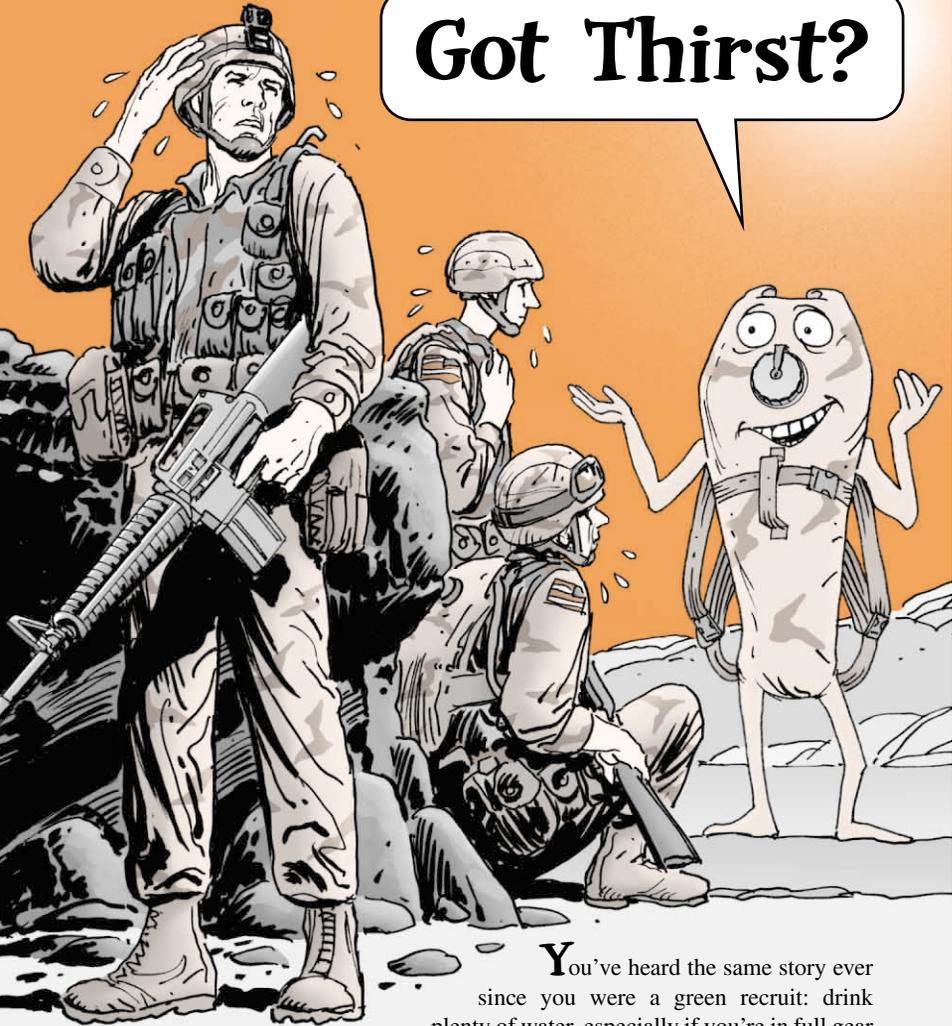


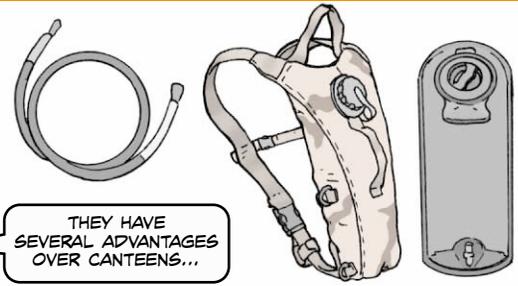
Got Thirst?



You've heard the same story ever since you were a green recruit: drink plenty of water, especially if you're in full gear and soldiering in the heat. Just a couple of hours out in the sun without enough water will begin to sap your energy and endurance. Soon after that, you'll feel the advanced stages of heat stress: headaches, nausea and serious fatigue.

That's why you see more soldiers wearing hydration systems every day. They make it easy to replace your precious bodily fluids lost through sweating.

THE TYPICAL SYSTEM HAS A BLADDER FOR HOLDING WATER, A CARRIER WITH STRAPS FOR CARRYING IT, AND A DRINKING TUBE.



THEY HAVE SEVERAL ADVANTAGES OVER CANTEENS...

- They carry more clean, cool water
- You can drink on the move while keeping your hands and eyes focused on the mission
- Drinking from the tube is more convenient than reaching for a canteen, so you'll drink more water more often



HERE ARE A FEW THINGS YOU SHOULD KNOW ABOUT HYDRATION SYSTEMS...



Filling—If your hydration system has an external cap, you can fill it without removing the bladder. Just open the cap and fill the system with water. Add ice cubes if you like. If your system doesn't have an external cap, you'll have to remove the bladder from the carrier.



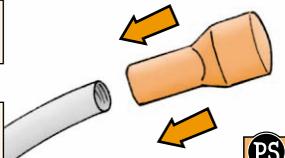
Filling the bladder

Assembling—Insert a bladder into the carrier. Route the drinking tube out the carrier opening. To install a new bite valve, pinch the tube and pull off the old valve. Wet the tube and slide on a new valve. Make sure you don't force the tube past the valve stops.

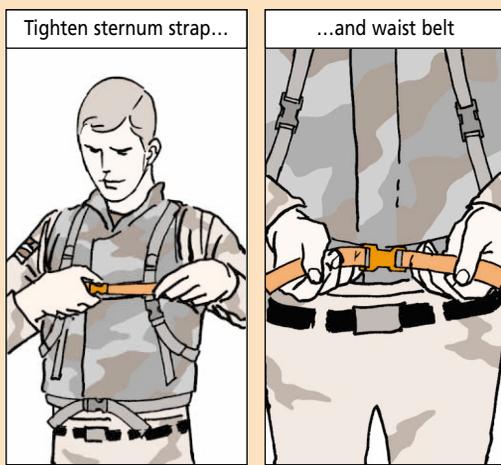
To install the bite valve cover, pinch the tube and pull off the valve. Attach the cover's lanyard to the tube. Wet the tube and slide the bite valve back on.

Wet tube and slide on a new bite valve

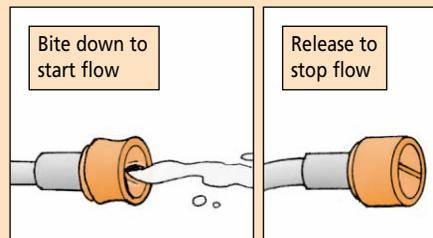
Do NOT insert tube past valve tops



Fitting—These systems are made to be worn close to your body. When you carry weight close to your center of gravity, the load feels much lighter. So tighten the shoulder straps until the carrier is snug. If your carrier comes with a sternum strap and a waist belt, attach them. Drape the drinking tube over your shoulder with the bite valve close to your mouth. Adjust the tube length by sliding extra tubing into the carrier.



Drinking—Pinch and roll the bite valve between your fingers to open the drinking slit. Don't use a knife to open it. You could damage the valve. Bite down on the valve to start the water flowing. Draw in slightly, just like you were using a straw. Ease up on the valve to stop the water flow.



In very cold weather, route the drinking tube close to your body or inside your sleeve to prevent the water from freezing. After you drink, blow air into the tube to force the water back to the bladder. That way water can't freeze in the tube.



Inspecting and Repairing—Inspect the bladder often for leaks. If the bladder leaks, replace it.

Before each mission, inspect the carrier, buckles and straps. Look for wear spots—any place where metal or plastic rubs against the fabric. Repair small rips, tears and loose seams.

For tears less than an inch long, fix them with cloth tape, NSN 8315-00-958-0744.

If the fabric is ripped up to three inches, sew it with the needle and thread from the tentage repair kit, NSN 8340-00-262-5767.

For longer tears, you may need to replace the carrier.

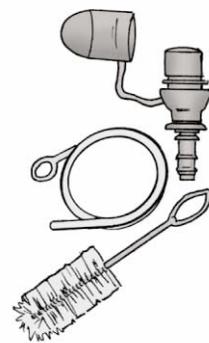


ONE LAST NOTE. TAKE CARE WHEN PACKING PENS, PENCILS, NAIL FILES, KNIVES OR OTHER SHARP OBJECTS IN THE HYDRATION SYSTEM.



ONE OF THE LEADING MAKERS OF HYDRATION SYSTEMS IS CAMELBAK PRODUCTS. THEIR WEBSITE IS AT:
<http://www.camelbak.com/mil/military.cfm>

THERE YOU'LL FIND A VARIETY OF SYSTEMS, REPLACEMENT PARTS AND ACCESSORIES, INCLUDING BITE VALVES AND COVERS, CLEANING SUPPLIES, BLADDERS AND DRINKING TUBES.



YOU CAN REACH CAMELBAK BY EMAIL AT:
military.sales@camelbak.com
OR YOU CAN PHONE THEM AT
(800) 767- 8725 OR (707) 792-9700.

