



Wash Before You Wet

Your Whistle

RAINBOWS KEEP FALLIN' ON MY HEAD!

By now, you probably know about the benefits of a hydration system: cooler water, cleaner taste, hands-free access and a 3-liter capacity. But did you know that these systems need cleaning now and then to stay in top condition?

Outer Nylon Carrier

WASHING THE OUTER NYLON CARRIER HELPS TO PROLONG ITS LIFE AND MAKES IT MORE COMFORTABLE TO WEAR.

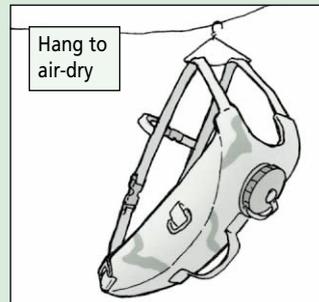
HERE'S HOW IT'S DONE...

- First, remove the bladder. Then sweep the carrier with a cloth or soft brush to remove any caked-on dirt. Or scrape off dirt with a dull tool. Never use anything sharp that will cut the fabric or webbing.



- You can hand-wash or machine-wash the carrier in cold water with a mild laundry detergent. Just don't use chlorine bleach, cleaning fluids or solvents. These products can discolor the carrier, weaken the fabric and shorten its life.

- To clean stubborn, soiled spots—like grease or oil—apply a mix of detergent and water directly on the spots and scrub with a soft brush.
- After washing, rinse thoroughly in clean water until all traces of soap are gone.
- Hang the carrier on a rust-proof hanger and air-dry it. Don't use a clothes dryer. That can fade the carrier and put it through unnecessary wear and tear. And never dry it near a heater or open flame—they'll fade and shrink the fabric.



Bladder

YOU MIGHT SAY THAT KEEPING THE BLADDER CLEAN IS A MATTER OF GOOD TASTE.

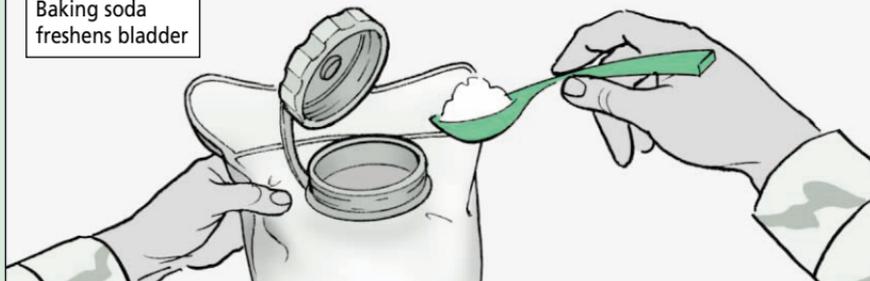
A CLEAN BLADDER, DRINKING TUBE AND BITE VALVE KEEP THE WATER FRESH AND TASTING GOOD.

HERE'S THE ROUTINE...

- If you can, remove the bladder from the carrier. Fill it with warm water and some biodegradable dishwashing liquid, NSN 7930-01-418-1128. Scrub the bladder (especially the inside), the drinking tube and the bite valve.

- Every once in a while you may want to freshen your bladder. Add two teaspoons of baking soda to a full bladder of water. Let it soak overnight.

Baking soda
freshens bladder



- Nothing spoils the quality and taste of water like mold and bacteria growing in the bladder. Although some newer hydration systems are designed to curb the growth of mold and bacteria, you still might want to disinfect the bladder occasionally. Disinfecting is especially important if the water starts tasting funny or if you haven't used your system for a while.

Fill the bladder with water and add two teaspoons of household bleach. Let it soak overnight.

- Whether you're washing, freshening or disinfecting with bleach, afterwards you'll need to rinse the system thoroughly with clean water. Hang it up to dry with the cap propped open. Make sure all parts are dry before storing them in a cool, dark place.

- Sports drinks and other beverages containing sugar speed up the growth of mold and bacteria in the bladder. If you use sports drinks with your hydration system, make sure you keep it clean. Wash and rinse the bladder, the drinking tube and the bite valve after each use.

Rinse bladder after
washing, freshening
or disinfecting



PS
END

Keep Water Tablets Pure

If you rely on water purification tablets, NSNs 6850-01-352-6129 or 6850-00-985-7166, for drinkable water, you can't just order them and leave them on the shelf. App C, FM 4-25.12, *Unit Sanitation Team*, tells you to check expiration dates quarterly. The FM also tells you when other potable water chemicals must be checked.