

Title:

How To Stay Hydrated While Skiing

Word Count:

374

Summary:

You want to save you money so you can ski more often and keep yourself hydrated at the same ti

Carry Your Own Water

When you downhill ski for an extended period of time, you have a tendency to sweat a lot - up

The best way is to carry at least two quarts of water with you. Water is the best flui...

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Article Body:

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Carry Your Own Water

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How do you carry two quarts of water with you?

Bring a Backpack

In the backpack you can put the water you need in two X 1-quart plastic containers, along with

Get a Camel Pack

A camel pack is actually a vest that fits around your chest and is zipped or clipped in the fr

If you tuck the end of the tube inside your ski jacket you should be able to keep it from free

You must make an initial investment for the pack, but you will recover this cost in one ski se

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