

EXPLORING

# SUMMER WATER INTAKE

IN HORSES

**HORSES MAY NEED UP TO 30 GALLONS OF WATER PER DAY DEPENDING ON HEAT, HUMIDITY AND EXERCISE.**



**maintenance horses will drink a minimum of 5-15 gallons of water per day**

## STIMULATING THIRST

- 5lbs of Hay Better Stimulates Thirst Compared to 5lbs of Grain
- Supplement with Electrolytes
- Free Choice Salt Block to help meet the minimum requirement of 2oz per day.

## SIGNS OF DEHYDRATION

### BEHAVIORAL SIGNS

Lack of Focus  
Lack of Concentration  
Fatigue  
No Interest in Drinking  
No Interest in Eating

### PHYSIOLOGICAL SIGNS

#### Elevated Body Temperature

Normal 99° - 101°F  
If Rectal Temp is over 102° F,  
Do Not Continue with Exercise

#### Elevated Heart Rate

Normal 18-44 Beats per Minute

#### Elevated Respiratory Rate

Normal: 10-24 Breaths per Minute

### TYPICAL WEIGHT (SWEAT) LOSS AFTER EXERCISE



## 2 TEST FOR DEHYDRATION

### CAPILLARY REFILL TIME

How To: Press upper gum, pressure point will become lighter in color

COLOR RETURNS IN...	HYDRATION LEVEL
2 SECONDS	HYDRATED
3+ SECONDS	DEHYDRATED

### SKIN PINCH TEST

How To: Pinch skin near point of shoulder

SKIN SNAPS BACK IN...	HYDRATION LEVEL
<1 SECONDS	HYDRATED
2-4 SECONDS	DEHYDRATED
4+ SECONDS	DEHYDRATED



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