

WATER INTAKE FOR HORSES IN SUMMER

BEHAVIORAL SIGNS OF DEHYDRATION

LACK OF FOCUS/
CONCENTRATION

FATIGUE

NO INTEREST IN
DRINKING/EATING

PHYSIOLOGICAL SIGNS OF DEHYDRATION

ELEVATED BODY
TEMPERATURE
NORMAL: 99-101°F*

*IF RECTAL TEMP. IS OVER
102°F, DO NOT CONTINUE
WITH EXERCISE

ELEVATED HEART
RATE
NORMAL: 28-44 BEATS
PER MINUTE

ELEVATED
RESPIRATORY RATE
NORMAL: 10-24 BREATHS
PER MINUTE

IDEAL WATER
DRINKING
TEMPERATURE
IS 45° - 65°F.



MAINTENANCE HORSES WILL DRINK 5-15 GALLONS OF WATER PER DAY.
HORSES MAY NEED UP TO 30 GALLONS PER DAY
DEPENDING ON HEAT, HUMIDITY AND EXERCISE.



TYPICAL WEIGHT (SWEAT) LOSS AFTER EXERCISE



STIMULATING THIRST

5LBS OF HAY BETTER
STIMULATES THIRST
COMPARED TO
5LBS OF GRAIN

SUPPLEMENT WITH
ELECTROLYTES

FREE CHOICE
SALT BLOCK
TO HELP MEET THE
MIN. REQUIREMENT
OF 2 OZ PER DAY

2 TESTS FOR DEHYDRATION

1. 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

2. SKIN PINCH TEST

HOW TO: PINCH
SKIN NEAR POINT
OF SHOULDER.

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

POULIN GRAIN

Nutritional
expertise
provided by

PHN
PERFORMANCE HORSE NUTRITION