Race carrying card

Blank worksheet - fill in your own plan

Leg / minutes	Chosen use	Required carry	Capacity shortage	Refill after

Required carry covers the next available refill plus reserve. A shortage means the chosen plan does not fit. Verify station availability with the event; this tool cannot guarantee access.

Adult planning tool. Clinical fluid limits and clinician instructions override this sheet. Do not force drinking to complete a target.

Daily estimates use site assumptions, not a measured need. Team and race amounts are chosen by you; no medical dose or sodium requirement is calculated.

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