Water/Electrolytes

- We have four big black 11.75 gallon serving dispensers. **Two** should be used for **electrolyte water** and **two** should be used for **ice water**.
- Fill each of them up 80% with water.
- For **two electrolyte water** dispensers:
  - Dump 1 Dr Berg’s electrolyte container per big black dispenser. It is important this is done **before** ice is added (powder will not dissolve as easily in cold water).
    - If the dispenser is partially full already but you wish to refill, you can eyeball the amount of additional powder needed.
  - Stir vigorously until powder is dissolved.
- Top up all dispensers with ice. Stir vigorously until water comes down to colder temperature.



Water and electrolyte dispenser

Revision #2
Created 2025-07-08 13:02:20 UTC by Jeremy Snider

Updated 2025-08-17 16:44:55 UTC by Jeremy Snider