

Standard Questions

- Do you want compression socks? (or to take them off?)
- How is your knee?
- Want to change socks or shoes?
- Any chafing?
- Any blisters?
- Is your headlamp/flashlight working/comfortable?
- Did you have to replace batteries?
- How's your iPod battery?
- Are you hot/cold?

Hydration / Electrolyte Questions

- How often are you peeing? Does it look normal?
- Can you spit?
- How many bottles did you drink since last crew access?
- Are you still eating salty foods or Nuun?
- Does salty food taste good/bad?
- Are wrists/hands puffy?
- * Watch for confusion or odd behavior as hyponatremia sign.
- * Remind me to drink only to thirst.