

Stay hydrated in any unit of measurement!



Eight eight-ounce cups



Two liters



Half of a gallon

The average adult needs at least eight eight-ounce cups of water per day, which equals two liters or half of a gallon.

Hydration needs can vary by person. Your physical activity, age, body size, medications, and what you eat and drink can make you need to drink more water.

Learn more about heat and hydration: azdhs.gov/heat