



**DEPARTMENT OF THE AIR FORCE
HEADQUARTERS 19TH AIRLIFT WING (AMC)
LITTLE ROCK AIR FORCE BASE, ARKANSAS**

1 April 2026

MEMORANDUM FOR 19 AW/CC
314 AW/CC

FROM: 19 MDG/CC

SUBJECT: Recommendation for the Use of Electrolyte Replenishing Sport Beverages

1. The purpose of this memo is to establish the medical determination that during the summer months (mid-June through mid-September) it is appropriate to purchase electrolyte replenishing sports beverages in accordance with DAFMAN 65-605 V1, *Budget Guidance and Technical Procedures*, paragraph 5.37.4. The performance of your units' official duties requires certain personnel to be subjected to high temperature exposure during the majority of their shift. Prolonged exposure to high temperatures leads to excessive sweating and electrolyte loss, increasing the risk of dehydration and heat-related illnesses. Electrolyte replenishing sports drinks, in addition to adequate water intake, help to maintain fluid balance and prevent these conditions.
2. Prior to mid-June and after mid-September temperatures may also become elevated enough to contribute to heat injuries at Little Rock Air Force Base. Electrolyte solutions should not be considered prior to implementation of work-rest cycles. To follow, in situations where heavy or very heavy work (as defined by DAFI 48-151, Table 3.1) is required at a Wet Globe Bulb Temperature (WGBT) of 82°F or higher for more than two consecutive hours, then electrolyte replenishing beverages are appropriate outside of the standard calendar window. The WGBT should generally be obtained outside but may be taken inside for inadequately cooled facilities.
3. Please distribute this memo to all effected units. If there are any questions or concerns, please contact the 19 MDG First Sergeant at DSN 731-1191 or 19 MDG/CC Secretary at DSN 731-1906.

ELIZABETH ANNE L. HOETTELS, Col, USAF, NC
Commander, 19th Medical Group

BLACK KNIGHTS...OUT FRONT!