


# Have this chilling water bottle at hand when moving in hot climates


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 Difficulty Very easy

 Duration 5 minute(s)

 Cost 2 EUR (€)

## Description

If you know the feeling of being thirsty during exercising in a hot environment, craving for this cold, chilling refreshment during your workout, this "tutorial" is for you. It's actually so simple it's more a hack than a tutorial.

# Summary

## Contents

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Description

Summary

Introduction

Step 1 -

Comments

# Introduction

To keep your drinking water cold and cool in a hot climate, just take some socks, make them wet und put your bottles in them. The evaporation to dry the socks will need energy which will keep your refreshment cold. I used this while cycling in south of spain at temperatur of 35°C and it helped to keep things on a chilly temperatur for hours. Works especially well when there is wind. I think some drivers do the same by hanging their bottles out of their cars.

## Materials

1 bottle  
1 sock

## Tools

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## Step 1 -

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