SHEHAKOL: HOW OFTEN

SheHakol: Drinking Water Once

Say the *she'hakol* blessing on water once for the entire day if you:

- Are hiking or doing other outdoor activities, and
- Have water with you or know there is water along the way, and
- Expect to be thirsty again later in the day and will want to drink water.

SheHakol: Drinking Water Again

Say a new *she'hakol* blessing if you buy more water along the way while hiking or doing other outdoor activities--even if you said the blessing at the start of your day's activities.

SheHakol: Drinks while in Flight

If you intend to continue drinking during a flight**,** you may say one blessing on beverages (*she'hakol*) and continue drinking for the entire flight.

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