

Human metabolic rates per person and day

Sec 3.5

ATMOSPHERE SUPPLY

Oxygene: 0.83 kg

WATER SUPPLY

Potable water: 0.7 kg
Hygiene water: 1–2 kg

FOOD

Dry mass: 0.7 kg
Water in food: 2.3 kg



AIR REVITALISATION

CO₂: 1 kg + Trace gases
Respiration/Perspiration
Water: 1.6 kg

WASTE MANAGEMENT

Liquid waste: 1.6 kg
Solid waste: 0.1 kg
Hygiene waste water: ~1–2 kg

CONTAMINANTS

(microbial and chemical)

Human metabolic rates per person and day (source: Åke Ingemar Skoog).