

Features to look for in camelback-style hydration pack

When shopping for a camelback-style hydration pack for running, check for these features.

1. front pockets to hold fuel like gels (avoids having to take it off or swing it around to get your fuel)
2. bladder that's at least 1.5 liter
3. zippered pockets in the back; one to hold maps, keys and survival blanket, one to hold bladder and other stuff like a cap (I stuff in my 2 oz jacket in the bladder pocket)
4. outside straps to hold clothing like a jacket
5. lightweight
6. easy access to load bladder
7. snug fit and very little jiggling
8. non-abrasive shoulder straps
9. one front closure is excellent (especially with Velcro), many have two closures that snap together
10. elbow shaped, non-drip bite valve (with flexible movement)

Examples from Nathan

Womens hydration pack example, one closure

http://www.nathansports.com/our_products/hydration_nutrition/intensity.html

Mens (this is the one I have) 6 oz before filling bladder

http://www.nathansports.com/our_products/hydration_nutrition/hpl_020.html

Customizing

You can always customize a pack to suit your needs; for example, add straps or a mesh pocket.

You can get:

- a better bladder
- a better bite valve
- tiny elastics to tidy up the straps so they aren't swinging around.
- a tiny Velcro fastener that wraps around the hose and holds the bite valve in place on a vertical strap so the hose isn't swinging around.

How to Remove Sloshing Noise

Fill the bladder with enough water for your run (based on time not distance).

Turn whole pack upside down, suck out air completely.

Cleaning

It is important to clean out your pack to remove any bacterial growth.

Use Nalgene Cleaning Tablets, available at MEC.

Some packs have more elaborate cleaning systems complete with brushes. If you buy one, make sure it will work with your particular pack because hose sizes vary.