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New Hydration Gear from Outdoor Retailer Summer Market '12

Featuring: Mira

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I passed the young man while descending the lower flank of Half Dome, and saw that he was slumped over with his shirt over his head, arms slightly raised but curled inward and shaking, as if he were having a seizure. I asked the other men huddled around him whether I should get a park ranger for medical assistance, but the group said they were monitoring him. Sure enough, a few minutes later, one of the hikers was bounding down the trail, looking for a ranger, and an hour or so later, when my hiking party returned to camp, we saw a helicopter hovering around the mountain. Later we learned that the man had been airlifted to a hospital due to possible heat stroke.

With summers getting hotter, it's more important than ever to stay properly hydrated outdoors. Thanks to the ingenuity of gear makers, it's easier and more convenient than ever to access water while being active. We saw a flood of new hydration gear at the Outdoor Retailer Summer Market trade show in Salt Lake City in August, and here are several things that caught our attention...

Osprey — Mira Hydration pack

The Mira pack is not only designed to fit a woman's body, but it's also constructed to keep you cool. The AirSpeed back panel allows plenty of room for air to flow, and the harness is also ventilated. We also liked that the waist belt isn't skimpy, so your load will ride comfortably, and there are plenty of pockets where you can stash all sorts of gear. A bonus is the integrated rain cover. Available in three sizes: Mira 18 (\$139); Mira 26 (\$149); and Mira 34 (\$159). www.ospreypacks.com

