



# Men'sHealth

**MensHealth.com**

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Best Hiking Gear: What Hikers Want

Featuring: Atmos 65

Monthly Traffic: 5,872,300

URL: <http://tinyurl.com/q3uyedf>

BEST HIKING GEAR

## What Hikers Want

Equip yourself with the 20 best tools to conquer any trail, any season



### Backpack

#### Osprey Atmos 65

If comfort is king, then Osprey's Atmos 65 has a serious claim to the backpacking throne. Start with its contour-following AirSpeed™ mesh suspension, which lifts the pack frame an inch off your back to boost comfort and cooling air currents. Then dial in the fully-adjustable shoulder straps and hip-belt pads help to eliminate pressure points. Finally, ventilated foam panels improve breathability while ultralight aluminum stays keep its empty weight under three and a half pounds. And although this top-loader is built to haul, its streamlined profile lets you cinch it down for a quick overnighter, or fill its eight exterior pockets to supply an extended weekend on the trail.

[rei.com](http://rei.com), \$240

**PLUS:** To conquer any trail, you have to eat for success. Enhance your performance with *The Paleo Diet*.

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