



GEAR PATROL

GearPatrol.com

May 15, 2015

Hands-Free Hydration: The Best Hydration Packs for Running

Featuring: Syncro 10

Monthly Traffic: 1,820,800

URL: <http://tinyurl.com/mvly7ug>

HANDS-FREE HYDRATION

The Best Hydration Packs for Running

While carrying a pack is standard operating procedure for trail runners and **ultrarunners**, who need to stow **water**, **nutrition**, a lightweight jacket and first aid, most casual runners find the practice cumbersome. They weren't wrong, back when the only choices were scaled-down backpacks that chafed and bounced. But the options for hydration packs have become so good and so diverse in the last decade that we find ourselves wearing them for even a quick five-miler when all we need to stash are keys and a phone. These six are among the best on the market, each with unique features that set them apart from the field.



Osprey Syncro 10

Best Pack for Day Hikes: As avid fans of day **hikes**, we are firm believers in bringing along exactly what you need and nothing you don't. The Osprey Syncro 10 isn't the largest of the line, but it's not the smallest either. The Syncro 10 is the middle-of-the-road option, which makes it perfect for hauling just the right amount of gear, food and water for a day hike. When the heat turns up, the reservoir holds 2.5 liters of water and the AirSpeed ventilated back panel creates optimal breathability on those daylong adventures.

BUY NOW: \$110

