



THE MANUAL

The Essential Guide for Men

Living

ROAD TO ADVENTURE: RACE DAY ESSENTIALS

TheManual.com

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Road to Adventure: Race Day Essentials

Featuring: Manta 28

Monthly Traffic: 148,400

URL: <http://tinyurl.com/p6rq399>

*Adventure racing is a multidisciplinary sport where racers navigate through backcountry terrain – often without the benefit of trails – using map and compass, and all manner of transport from stand up paddle boards to mountain bikes. In September Austin Parker is tackling the **Adventure Xstream Series** adventure race in Glenwood Springs, CO to get a taste of this grueling sport. As part of his training, we are documenting the best gear for paddling, running, biking, and recovery, as well as keeping track of all the (mis)adventure along the way.*

OSPREY MANTA 28

As all day hiking packs go, this is our favorite. Twenty-eight liters is the Goldilocks of pack sizing for a long adventure race. This pack has gotten us through all day training sessions as well as multiple long distance races. We've carried full trail running, rappelling, and mountain biking gear loads comfortably in all conditions. The harness has a raised "trampoline" back panel that allows for extra venting. Extra organization keeps every bit of gear in its place so if disaster strikes you're not rooting around for our first aid kit or spare bike tubes. Did we mention it's comfortable?



OSPREY MANTA 28

JAM COLLECTIVE