



SLIDESHOW: GEAR BOX: HYDRATION SYSTEMS

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Best Hydration Solutions for Running

Featuring: Rev 1.5

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BEST HYDRATION SOLUTIONS FOR RUNNING

The importance of optimal hydration for running performance is no secret, but it's hard to stay vigilant when it comes to fluid consumption on longer distances on the roads and trails. This is where the latest hydration systems come in. Not only are they portable, they are also performance driven. Made with the athlete in mind, check out these top hydration solutions to take on the run. -- *By Mackenzie Lobby, special to espnW*

OSPREY REV 1.5 (\$70)

A standout if you're looking for something light and fast, the Rev 1.5 debuts a Biostretch body wrap harness that keeps the pack snug and stable, allowing it to move with you rather than swing in the opposite direction. Including Osprey's new 1.5-liter Hydraulics LT Reservoir, which is built to reduce sloshing, this is one of the most streamlined packs on the market. If you're in need of more space or a larger reservoir, there are four other similar packs to choose from in the Rev series.

