



TRAVEL GEAR

Tips for Choosing the Right Daypack

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Travel Gear: Tips for Choosing the Right Daypack

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On my Montenegro trip, I noticed a very petite woman who had a pack that fit her perfectly, while her husband who was considerably taller had a pack that fit him. That's when I realized that packs come in different sizes.

Also, some manufacturers ([Osprey](#), [Gregory](#), [Deuter](#), [Kelty](#), [Eagle Creek](#)) make both men's and women's packs.

"Sizing your pack is key to not only comfort but the pack's performance," according to pack manufacturer Osprey. [Click here to see some common good fit/bad fit examples](#) from Gregory.

Determining size is all about the torso, hips, and shoulders. There are resources online to help you size a daypack. [Osprey provides sizing guidelines](#) and pack manufacturer Gregory has two videos to help you determine the right-size pack for your frame.

