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The Essentials: 5 Must-Have Items for Hikers

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EXPERT ADVICE

The Essentials: 5 Must-Have Items for Hikers

The Hydration System



Credit: Courtesy OspreyPacks.com

enough to carry all of your gear for a day on the trail. [\$110; ospreypacks.com]

Whether it is an **hour-long sojourn** during your lunch break or a **once-in-a-lifetime backpacking trip**, the right gear will make it that much more pleasant — as well as safe. Here are five essentials to ensure an excellent adventure.

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Osprey Viper 13

To stay properly hydrated and fully functional you need to drink a half-gallon of water a day, even more when you are active. The best way to ensure you drink enough (and just about anything else you need while out on the trail) is a hydration pack. The 3-liter reservoir inside this pack will supply you with enough liquid for a nice long hike and, better yet the quick-bite valve from the water hose magnetically attaches to the chest strap to stay out of your way. Constructed from polyester diamond ripstop fabric, it will take a beating and the main compartment is large