

## Hydration Pack Reviews

The best ways to stay hydrated, no matter where or when you run.

By **Brian Metzler**

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Summer running means a lot of heat and a lot of sweat, and unless you have your own army of cup-wielding volunteers willing to stand sentry every few miles, you'll need a strategy for taking in fluids midrun to avoid dehydration. How you transport your liquid refreshment depends on what kind of running you'll be doing (trail? long and slow? short and fast?) and how you prefer to carry it (by hand? on your back?). We've sorted through the latest portable hydration packs to find the best options for bringing the fluids you need on the runs you want to do.



### Salomon Twin Belt

The Twin Belt securely positions two 20-ounce bottles at the hips, making it good for slower-paced long runs but a little cumbersome for anything faster. We appreciated how much the Twin Belt could carry--the plastic lash cords can tie down a waterproof jacket, the side pouch is ideal for energy gels, and the zippered rear pocket is large enough for an extra pair of socks.

**Price:** \$35

**Contact:** [www.salomonsports.com](http://www.salomonsports.com)



### Fuel Belt Helium

The Helium bottle belt is great for long runs when you don't need to bring extra layers of clothing or food. It can even be used on longer tempo runs, since the belt distributes the weight of the four flasks over three foam pads that do a good job of preventing chafing and overheating. Each of the eight-ounce flasks can hold a different type of fluid and is easy to refill, and the removable pouch has room for gels, keys, or cash.

**Price:** \$40

**Contact:** [www.fuelbelt.com](http://www.fuelbelt.com)



### CamelBak Alterra

On rugged trails that require your full attention, the Alterra's drinking tube and no-drip bite valve provide quick access to the waist pack's 28-ounce reservoir without awkward head tilting or torso twisting to stow a bottle. The pack's extra storage room can hold everything

from keys to a light jacket. If you don't mind the extra weight when it's filled to capacity, the Alterra can keep you going for hours at an easy pace.

**Price:** \$45

**Contact:** [www.camelbak.com](http://www.camelbak.com)



### **Amphipod Hydraform Handheld Pocket**

We liked how elegantly this 20-ounce bottle addressed the problems of hand fatigue and sweat buildup with a soft fabric cradle that wraps your hand and comfortably stays in place even when you relax your grip. Sporting a pocket big enough for an iPod Nano, this handheld is ideal for short training runs.

**Price:** \$17

**Contact:** [www.amphipod.com](http://www.amphipod.com)



### **Ultimate Direction Access**

The hip-mounted Access distinguishes itself from other waist packs with its snug, no-bounce fit and easy-access canted bottle holster. Besides a 20-ounce bottle, the waist pack includes a modest-size zipper pouch with room for all the stuff--credit card, snacks, driver's license, MP3 player--that doesn't fit in the pockets of your shorts. Due to its smaller capacity and offset weight distribution, the Access is best for slow to moderate runs of one or two hours.

**Price:** \$23

**Contact:** [www.ultimatedirection.com](http://www.ultimatedirection.com)



### **Nathan Sports Proton 2.0**

Built around a 70-ounce bladder, the Proton 2.0 sports a zippered pocket that holds a lightweight shell, energy bars, extra socks, a map, and a cell phone. Unlike many high-capacity hydration backpacks, the Proton doesn't restrict your armswing or--thanks to ventilation channels and a mesh back--turn your back into a slimy mess.

**Price:** \$70

**Contact:** [www.nathansports.com](http://www.nathansports.com)

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