

HYDRATE OR DIE

The Gear Guy brings you 9 cool ways to stay hydrated on the go. *By Mark Anders*

"Hydrate or die!" Sure, that sounds a little dramatic, but it's true: Our bodies need water to survive. Whether you're on a long hike, playing soccer or doing anything active, drinking water will keep your body working efficiently and safely, and you'll have more fun. There are lots of ways to down the wet stuff, but here are a few of the Gear Guy's favorites. >>

WHAT'S HOT

The **CAMELBAK TRAILBLAZER 15** (\$75) is a hydration backpack with an included 1.5-liter reservoir. As a backpack, the Trailblazer holds 13.5 liters of other gear. This pack is sized especially for older kids (not kiddie-size) who are not yet quite tall enough to comfortably carry an adult pack.



You're probably already familiar with the BPA-free **NALGENE 32-OUNCE WIDE MOUTH** (\$11) — it's the classic outdoor water bottle carried by tons of guys. But lately we've also been loving the 22-ounce **NALGENE ON THE FLY (DTF)** (\$13). It's a narrower bottle that fits in bicycle bottle cages and backpack pockets and has a cool push-button opener when you're ready to take a drink. >



This **KLEAN KANTEEN GRAPHICS KANTEEN** (\$30) probably wins the most style points. It's a tall, slim bottle that'll hold 27 ounces of your favorite liquid. And since it's all stainless steel, it won't hold flavors — today's water won't taste like yesterday's tomato juice. >



The 12-ounce **CUB SCOUT CAMELBAK BOTTLE** (\$13) has a cool cap with a flip-up bite valve that lets you drink easily through a built-in straw. It also has a shut-off valve so your drink doesn't spill all over your pack. <

One of our favorites, this BPA-free plastic **AVEX BRAZOS DOUBLE WALL AUTOSEAL** (\$20) has a flip-top to cover a cool push-button spout that eliminates spills. It holds 24 ounces of liquid, while a double-walled construction helps keep your cold drinks cold longer.



The **PUR ECLIPSE** (\$12) is super-thin and durable plastic that folds flat when you're done. It still stands up straight and holds 23 ounces of water. The bottle itself weighs less than a regular water bottle.



Lots of backpacks these days are "hydration-compatible," which means you can slip your own hydration reservoir inside your pack and you're ready to go. The 1.5-liter BPA-free **PLATYPUS BIG ZIP LP** (\$35) is a good choice because its slim profile enables it to fit inside most packs, and the wide-mouth opening makes it easier to fill up and simpler to fit your hand inside to clean it. Three-liter size is \$37.

The new **CENOTÉ 2-LITER HYDRATION SYSTEM** (\$14) is the most affordable we've seen, about half the price of most other reservoirs. It's BPA-free and recyclable and has a twist-on/off bite valve just like other more expensive models. A 3-liter Cenoté system is just \$1 more. <



All prices are MSRP — manufacturer's suggested retail price. You can often find cheaper prices in stores or online.

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