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OUTDOORS

If you have an outdoors-related question, contact: **Scott Staats** • E-mail: outdoors@centraloregonian.com

Gear review

Camelbak's FlashFlo pack keeps trail runners, hikers, and bikers hydrated

I've always wondered when someone would come up with a hydration lumbar (fanny) pack and should have known it would be Camelbak. Renowned for their larger hydration day packs, they've just come out with their new FlashFlo LR lumbar pack.

The FlashFlo is designed as a lightweight and stable alternative to those packs that flop around when you run or hike. This is the perfect pack for a trail runner, biker or someone on a short hike. The 50-ounce (1.5-liter) capacity rivals most water bottle lumbar packs, plus reduces the threat of sloshing bottles flying out of your pack when the terrain gets rugged.

The wide mouth reservoir opening is accessible

from outside the pack and makes for easy refilling and cleaning. The pack also includes an essentials pocket for a map, snacks, phone, wallet and keys. Total cargo capacity is 200 cubic inches. Water flows through a PureFlow tube to Camelbak's patented Big Bite Valve. Dimensions are 8.5" x 14" x 6" and the pack weighs just 8.5 ounces when empty.

The FlashFlo retails for \$50. To order go to www.camelbak.com or call 877-404-7673. It's also available through REI.

