RUNNER'S WORLD Trail Running

July 7, 2011 by Lisa Jhung

HYDRATE ON THE RUN

We tested the latest in hydration systems, from tiny handheld water bottles to mega over-the-shoulder packs that carry two liters of water and all your gear.



CamelBak Octane LR, \$89

This new, sleek pack from CamelBak comes with a two-liter bladder and has a narrow profile and ample storage. CamelBak.com

Pros: "This pack has really well-designed space. The bladder sits low and is really easy to access. And the bladder hose is a great length, and fits discreetly into a clip that allowed me to just bend my head down to drink. Plus, it's just a comfortable pack with great padding."

Cons: "I really prefer pockets on the front chest straps. This pack has pockets on the waist straps, but they're harder to get in and out of (than on the chest straps of, say, the Nathan Pack) and don't hold as much because they narrow around your body."