

Sea2summit Gear: Pack Tips

In adventure racing, your pack is almost as important as your shoes. When selecting a pack it is best to consider the following. A stable, practical pack to carry your gear makes all the difference.

It needs to be light and versatile. It needs to have a variety of pockets and compression straps to hold the load. It also needs to form to your body. There are a variety of sized packs. Camelback, The North Face and Osprey make a number of light weight packs that suit various race distances, from sprint to multi-day. Go with a pack that will hold everything you truly require for the race but not too much room to avoid over packing. If you have a large pack and don't need the space, you will probably end up filling it.

Once you have found the perfect pack for your race, get to know it well. Practice packing and train with the required gear. determine where you want the most frequently needed items like food and hydration and the items you may never touch like mandatory first aid. Work with your teammates if you are in a team race. Every team member should know where their teammates gear is in their packs. That way you can get into them without stopping in the race. It is also helpful to pack your food in your teammate's pack. It is easier to get to when moving.

HOW TO CHOOSE A PACK

- Lightest weight to function ratio that you need.
- Adjustable chest strap - essential for stability
- Compression straps - stability for load
- Hip pockets - for easy access items - compass, food etc.
- Draw cord closure rather than a zipper - it's easier to pack and it won't break
- Reservoir pouch, bottle pockets, or bungee cords for bottles on shoulder straps - reservoirs are better for large volumes of water; bottles are best if you know there are streams along the way however you may need to bring along a filter.