



Day Packs for Hikers

by Coach Ron Gunn

First I need to stress that it is important that everyone carry their own daypack. It is not wise to share one pack as we continue to build our miles.

- Daypack is a category, backpack is a larger category and are for overnight camping.
- The *golden rule* in hiking in back country wilderness is to use high quality gear..This is very true when selecting a daypack.
- Avoid bargain basement *book bags* and secure a high quality daypack that will hold up under rugged conditions and repeated use.
- Reliable zippers, buckles, straps and quality water resistant material are very important.
- I highly recommend a 3.0 liter hydration bladder that can be inserted into your daypack.
- The fit of your daypack is also very important. Good daypacks usually come in sizes S/M or M/L. Find one that fits your torso well. It should ride high and snug on your hips.
- Quality daypacks come in male and female models and the better outfitters have experienced personnel to advise and fit your daypack.
- Mention my Coach Gunn and Cairn Stone Tours hiking group for a discount at the better stores in our area.
- Keep your receipt. Bring your daypack to me or Thom and we will critique it and adjust your straps. We will tell you if it is a poor fit and you should take it back.
- Another great bonus of having a quality daypack with it's many compartments and loaded for back country hiking is that it's an amazing ready made emergency kit you can keep in your car.

Fire up!

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