

Selecting your backpack

Picking the right backpack play an important part in enhancing your enjoyment when your out and about. Make sure you pick the one that matches our activity and fit you well.



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Activity	Recommended Backpack Size in litres							
	10	20	30	40	50	60	70	80+
Day Walking		short / summer walks	long / winter walks					
Multi-day Walking				hotels huts & bivis			camping & expeditions	
Day Pack Trekking		short days	long days					
Climbing & Mountaineering			summer rock climbing	winter mountaineering				
Multi-Activity	short activities		long activities					

Key points to look out for.

Back-length, some packs have adjustable back-lengths, others come in different back-lengths, some are one size fits all while others as designed specifically for women.

Pockets, a pocket in the lid for a head torch and gloves, map pocket and water bottle stowage are good to have. Some packs have a side zip that gives access into the main compartment.

Stowing gear, check that the pack is capable of carrying you ice axe, poles etc and that they fit your needs.

Hydration System, if you use a hydration system, make sure there is an internal pocket and an exit hole for the hose.

Ventilation, If there is good air movement around your back , the less sweaty you will get. But if your mountaineering or skiing close contact is better to stop snow getting trapped.

Compression, a good set of compression straps can control any excess material when the rucksack is not full.

Freedom of movement, Make sure the lid doesn't impede the movement of you head, check you can move your arms freely and that the pack is comfortable.