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Hydrate or Die

Featuring: The Raptor 10

URL: <http://tinyurl.com/23bs5tx>

But dehydration causes headaches, low energy, stomach cramps, and all other sorts of bonking. Packing water is the best thing you can do for your stamina. Here's how.

Osprey Raptor 10 (ospreypacks.com; \$89)

Osprey packs consistently impress me with their suspension, comfort, and fit, and the Raptor 10 is no exception. This pack looks sleek-small, even-but it's got room for the food, gear and clothes an all-day ride demands, intelligently placed pockets and straps that stay put. All this on a semi-rigid frame that moves with your body. Better yet, Osprey's HydraLock system pressurizes the water reservoir, increasing water flow. Turn the bite valve 90 degrees, bite, and the hose does the rest of the work. That's a beautiful thing when schlepping up five miles of single track under a blazing sun.

