

CHECKLIST FOR BUYING A BACKPACK FOR DAY HIKES

BRAND

- Consider your body shape and choose a brand that fits you well.

SIZE

- Opt for a backpack with a capacity of 32-45 litres, suitable for most day hikes.
- Ensure it can accommodate all your required supplies.
- Check if it's suitable for Winter hiking needs.
- Check if it's suitable for Summer hiking needs.

COMFORT

- Ensure the backpack feels good on you during the selection process.

COMFORTHIP BELT

- Select a backpack with a padded and wide hip belt.
- Ensure it sits comfortably on your hips to minimize strain.

FRAME

- Use a frame measurement tool available in most stores
- Look for a frame with air-flow for better ventilation and structural support.
- Check if the backpack's frame matches your body frame.
- Ensure the top of the pack doesn't extend above your head when filled.

WEIGHT

- Add weight to the backpack (stores often provide weighted bags)
- Wear it around the store to check for comfort.
- Bring all the items you plan to carry on your hikes in a plastic bag to ensure they fit in the pack.

FEATURES

- Rain cover for the pack
- Side pockets
- Pocket for a water bladder