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How to choose a hydration pack for your activity

A [hydration pack](#) is a lightweight bag that can be worn either on the waist or as a backpack. But what makes a hydration pack different from a backpack or any other type of bag? A hydration pack or 'hydration backpack', allows you to use a hydration system or water reservoir (better known as a 'bladder') so that you can drink hands-free and as on the go. No need to stop for a water break and remove your water bottle from a side pocket.

How does a hydration pack work?

Hydration packs have a 'bite valve' with a pipe connected to the hydration reservoir. A bite valve has a straightforward function. Water is released when you gently bite or squeeze the bite valve. The valve is leakproof and will only release the water when you are applying pressure by biting down or squeezing with your lips.

