



TRY IT

We're all different shapes so try a range on in the shops, or test your mates' bumbags.



DRINK IT

Aim for 500-1000ml an hour for runs over an hour. Check where refill opportunities are.

WHAT DO YOU THINK?

Have you bought any of this kit? Tell us how it fared! Email tr@bauermedia.co.uk

BEST WITHOUT A BOTTLE



OSPREY REV SOLO 209g (incl 600ml bottle) ospreyeurope.com **£25**

Not great if for carrying kit as you're limited to one tiny waist pouch with key clip. The 600ml horizontal bottle is stable but the toggle fastening is fiddly and you have to bring the pack round to the front. The TPU-covered top pouch does enable smart phone use, which is handy if you use it for navigation or logging runs.

VERDICT

Clever smart phone pouch and good to run in, but lacks space.

6/10

OMM WAIST POUCH 148g theomm.com **£25**

Super simple with a single waterproof ripstop 3.5-litre main compartment and a highly effective compression bungee keeping it stable and ideal for quickly stashing a jacket. Elasticated waist pockets are good for gels and it has a key clip inside. Pack with essentials, leave in the car and you're always ready to go.

VERDICT

Brilliant for short runs or races where you don't need water.

8/10

BEST IN TEST



LIFEVENTURE BASE RUNNER 2 524g (incl bottles) lifeventure.co.uk **£30**

Topping 500g before filling the two 600ml bottles, this isn't light but its 4-litre capacity gobbles kit. There's a main compartment, and a separate pouch with key fob. It's stable with very effective compression straps. The Air-Flow back keeps clamminess at bay. You have to slow to a walk to get the bottles in and out though.

VERDICT

Versatile workhorse great for ultras and big training days.

8/10

SALOMON AGILE BELT 174g (incl 500ml bottle) salomon.com **£40**

The Velcro waistband is great - no buckle to dig in and it's easy to fit. There's plenty of kit room plus a key clip in the main compartment. Either of the two big mesh pockets hold the brilliant soft bottle, simple to get out and replace on the move, and the other swallows more gear. Two smaller mesh pockets hold gels and bars.

VERDICT

Superb lightweight comfort, innovative features and value.

10/10

Running poles

Trail running guide **Julia Tregaskis-Allen** from Tracks and Trails reveals the best



BLACK DIAMOND ULTRA DISTANCE £120 285g for 110cm pair eu.blackdiamondequipment.com

Light but compact, 100% carbon, robust and sturdy poles with carbide tips, light for uphill, stable on downhill. Very breathable foam grip with moisture-wicking strap. Easy and quick 3-section 'Z-Pole' folding design.

Sizes 100cm, 110cm, 120cm, 130cm
Best for all races and training, robust on rocks and long downhills.



BEST VALUE

BEST IN TEST

MOUNTAIN KING TRAIL BLAZE £75 230g for 110cm pair mountainking.co.uk

The only aluminium poles in the test and noticeably the lightest but still very strong with carbide tip. Hand grip and simple wrist loop work well. Collapses into 4 sections for easy packing. Great value and replacement parts available.
Sizes 110cm, 115cm, 120cm, 125cm, 130cm
Best for ultra light racing and long distance training on a budget.



BEST LIGHT YET DURABLE POLE

RAIDLIGHT CARBON TRAIL £125 280g for 110cm pair raidlight.com

Light yet strong-feeling ultralight carbon pole with kevlar-tip. Quick-release hand strap works swiftly, an important feature for changing clothes and eating on the move. Compact once folded, but not many sizes available.
Sizes 110cm or 123cm
Best for super strong yet light racing and long distance training.