

Waistbelts

PROS

- Offer hands-free, unencumbered running
- Hold one or more bottles
- Have pockets for extra storage

CONS

- Will jostle if the fit isn't good
- Can cause shirt bunching

1. AMPHIPOD Run Lite 2+ Trail Runner | \$36 | 21 oz bottle | 8.6 oz empty weight | www.amphipod.com | The unique, barely-know-it's-there system features a soft-mesh Velcro-closure waistbelt with a zippered pouch for gels, electrolyte tabs and energy bars, and "quickdraw" bottles that snap into modular docks. You can move, add or subtract docks, and the standard carrier accommodates both eight- and 10.5-ounce bottles, making it a great racing setup.

2. GOLITE Hydroprint | \$40 | 21 oz bottle plus 5 oz gel flask | 10.5oz empty weight | www.golite.com | This belt features a breathable, quick-dry, mesh belt and adjusts for a comfortable, no-jostle fit. Stretch-mesh hip pockets hold necessities and the angled, insulated bottle holster keeps water cold and handy. When the "load stabilizers" were cranked down to prevent bouncing, some testers found it difficult to reinsert the bottle. A gel flask nestles in a holster next to the bottle carrier; just be sure to shove the flask securely in its pocket so you don't lose it.

3. INOV-8 Race Elite 3 | \$35 | 22 oz bottle | 6.4oz empty weight | www.inov-8.com | Large weather-resistant and stretch-mesh wing pockets provide room for everything you need on a two- or three-hour run. The angled bottle sleeve allows easy access, and an elastic loop hooks over the bottle to make sure it stays put. The Race Elite has wide straps and padding for comfort, and mesh to keep you cool. Testers liked wearing it both in the front and the back.

4. LAFUMA Cinetik Bottle Plus | \$29.95 | 22 oz bottle | 5.9 oz empty weight | www.lafumausa.com | The wide, soft Velcro waistband was comfortable and secure and the diagonal water-bottle positioning made for a clean swipe and return. Bonuses are a handy stash pocket on the waist belt and a rear pocket to accommodate an extra layer.



KEEP IT CLEAN

Filling a bottle out of a cool mountain stream speaks to the rugged individualist in all of us, but, to stay healthy, purify that water before drinking it.



AQUAMIRA Water Treatment Drops and Water Purifier Tablets (www.aquamira.com) and **POTABLE Aqua Water Purification Tablets** (www.potableaqua.com) (not pictured) are super-lightweight, proven performers that use chlorine dioxide, a broad-spectrum water purifier.

AQUAMIRA Water Bottle & Filter | \$26.95 | 22 oz | 5.9 oz empty weight | www.aquamira.com | Aquamira fit an activated carbon microbiological filter to a Nalgene sport bottle, with a pop-up spout and flip-top lid. The replaceable filter treats up to 230 refills, and, according to Aquamira, traps 99.9 percent of Giardia, Cryptosporidium, organic material and water-borne pathogens. Flow is a bit slow until the filter is fully wet.



STERIPEN Journey | \$99.99; 5 oz with batteries | www.steripen.com | Simply stick the ultraviolet lamp in your water container, push the button, watch the clock countdown on the LCD display screen and drink when the smiley face appears. This idiot-proof, hand-held water purifier treats up to one liter of water at a time. For larger volumes of water, treat one-liter batches then transfer to your container of choice.