

New version of the 5 litre Pacific Outdoor WXTex with purge air valve (containing headlamps and chunky items).

It's better to have your drybags half-full, with items separated by category - than overstuffed with all and sundry.

BEFORE
Ziploc Gallon Freezer bag with clothing - before being sat on!



AFTER
The same bag after being sat on.



PACK IT UP!

Think modular when packing your backpack



ADVENTURE RACERS ARE NOTORIOUS for scrabbling in their backpacks as they pull everything out to locate a single item of gear - and commenting, "I'm sure it's in here somewhere!"

What they haven't realised is that their backpack is not a haystack and equipment need not be a needle. By organising and packing gear logically and methodically, you'll be able to retrieve your waterproof jacket, thermal clothing, knife or headlamp from your backpack, in the dark of night, by touch.

Drybag no-brainer

"A waterproof liner on the inside of your backpack is absolutely essential. This is adventure racing. You will get wet!" cautions Nicholas Mulder (*Team Uge Cyanosis*), whose international experience has taught him the importance of waterproofing gear. "I pack my clothing and other equipment into smaller bags in the dry bag, especially important stuff like medical kit and emergency clothing," he adds.

Divide and conquer

There are other options. Some line their backpacks with 25 litre WXTex drybags (by Pacific Outdoor Equipment, imported locally by www.rammountain.co.za).

Although you can toss everything into this one big drybag, you'll do better to

separate gear into smaller plastic/drybags. Use a number of 5 litre drybags (I love the WXTex Pneumo ones with the air valve to vacuum pack the contents) or freezer zip-seal plastic bags. Nicholas favours thick, clear plastic bags, with a Velcro fold-over closing, available from most outdoor shops.

Deciding what goes where

My little sleeping bag has its own drybag; my thermal top and tights share with my waterproof jacket, beanie and extra socks; my headlamp, emergency light, extra batteries, emergency blanket and first aid kit take another; rope equipment (slings, carabiners, harness, Prussiks) gets another; and a final bag is handy for miscellaneous things like an extra Buff, food, shades and other odds that are accessed more often.

Items like snacks, knife, whistle, sunblock, and lip balm reside in the pouches on the outside for immediate access.

Pack it in

It goes without saying that bags containing less frequently used items should be packed out of the way at the bottom of your backpack (sleeping bag, emergency thermal clothing, rope equipment).

Equipment that you are more likely to use goes on top, closest to your backpack's zip opening. For comfort, Nicholas recommends that you "ensure that no bulky or sharp

items are placed on the side of the backpack that lies against your back".

If you're rifling in your pack in the dead of night you'll be able to locate an item according to its placement in your backpack (top, middle or bottom) and the texture of the contents (softer clothing vs chunky headlamps and batteries).

Packing your backpack efficiently and effectively takes a little planning. Stock up on drybags, pack only what you need (you don't need that extra t-shirt, fleece or deodorant) and you'll benefit from less weight and better gear management.

□ Lisa de Speville Adventure racing author, athlete and www.ar.co.za founder



(above) Before: A pile of items that need a home urgently.

(right) Previous version of WXTex 5l with all the clothing shown above

COOL TOYS FOR UNDER R5000

SUUNTO
REPLACING LUCK.



SUUNTO t6
Type The best elite athlete training tool on the market. Coupled with Suunto Training Manager, it provides a sports-laboratory-accurate assessment of your cardiovascular training, and gives you all the information you need to make your training as productive as possible. **Features** Physiological analysis of seven body parameters including EPOC, Training Effect and VO2. Altimeter for hill and altitude performance. Speed and distance with PODs.

www.suunto.com R4295

SUUNTO
REPLACING LUCK.



SUUNTO CORE (Alu Brown)
Type You look up and see stars. But your Suunto Core sees an approaching squall. And it tells you with the Storm Alarm - one of several intelligent features **Features** Accurate altimeter, barometer, digital thermometer, Weather Trend Indicator and digital compass: rotating bezel compass, or one-touch function. Dual time, date, alarm, sports chronograph and predicted times for sunrise and sunset **Colours** Light Black, Black Orange, Alu Brown, Light Green, Black Yellow and Steel **Accessories** 6 standard and 3 additional straps.

www.suunto.com R3875

SUUNTO
REPLACING LUCK.



SUUNTO t3 (Rose)
Type Training Effect personal training guide function for most potent training sessions translates data into a one-to-five scale **Features** Speed and distance with optional Suunto PODs (foot, bike or GPS). 15 workout memory. Dual time, date, alarm and stopwatch with 50 split laps. Current heart rate, average heart rate and maximum heart rate. Real-time calories burned. Two adjustable HR limits with alarms. User-replaceable battery. HR Belt with error-free ANT transmission. Water resistant to 30m. Interchangeable bands.

www.suunto.com R1525

SUUNTO
REPLACING LUCK.



SUUNTO t3 (Black)
Type Training Effect personal training guide function for most potent training sessions translates data into a one-to-five scale **Features** Speed and distance with optional Suunto PODs (foot, bike or GPS). 15 workout memory. Dual time, date, alarm and stopwatch with 50 split laps. Current heart rate, average heart rate and maximum heart rate. Real-time calories burned. Two adjustable HR limits with alarms. User-replaceable battery. HR Belt with error-free ANT transmission. Water resistant to 30m. Interchangeable bands.

www.suunto.com R1750



CAPESTORM
MOTION
TIGHTS

The one time its acceptable for a man to wear tights in public is when he's exercising. These high performance tights are perfect for cycling, running, climbing and gym work as they give extra insulation during a cold workout. The fabric has plenty stretch to allow complete freedom of movement, and ensures all moisture generated by your body is kept away, keeping you comfortable and dry. Winner of the Runner's World Best Gear Award for 2007 **Stockists** 021 761 2021.

www.capestorm.co.za R395



CAPESTORM
FINISH LINE
LONG-SLEEVED CREW

Let's cut to the chase here, when you exercise, you sweat! There are two ways to control this, which is either you wear appropriate clothing or you don't exercise. The Finish Line Long-Sleeved Crew is designed to ensure your body moisture evaporates off your body as quickly as possible. The fabric has excellent wicking capabilities ensuring that moisture passes through the fabric and disperses rather than being absorbed by it **Stockists** 021 761 2021.

www.capestorm.co.za R225



NEW BALANCE RX1441
Type A pinnacle trail running shoe for extreme conditions featuring stitchless upper and anti-abrasion technology and a debris-free protected removable gator. Grip is provided through TRU-TRAK technology and cushioning from an ACTEVA Ultralite sole. Support comes from an external heel counter and N-Lock Lite.

www.newbalance.co.za R999



NEW BALANCE MT908
Type A cushioned trail running shoe with an ABSORB FL midsole. An N-Lock upper and external heel counter for support. Rock Stop2 and Toe protect protection for durability and TRU-TRAK technology for grip.

www.newbalance.co.za R749



NEW BALANCE MT800
Type A lightweight, durable and versatile trail shoe designed for the dedicated extreme trail runner looking for outstanding performance. N-Grip provides awesome traction across various surfaces, and the N-Lock upper provides a snug, comfortable fit.

www.newbalance.co.za R599