



Bottle or Bladder

Pro's



Water Bottle

- Bottles force you to stop for a breather while you access them from your pack.
- Bottles are super cheap!
- Easily see how much you've drunk so you can manage your water intake.
- Know at a glance exactly how much water you have left.
- Bottles are easier to fill up than bladders.
- Easier to pour from a bottle into a container than it is from a bladder.
- You can freeze a bottle to enjoy an icy cold drink after it has melted.

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Con's

- Without side pockets, bottles can slow your progress, having to stop to prise them out of your pack.
- You may not stay hydrated enough during a hike if you have to keep stopping to access your bottles from your pack.
- If you carry a bottle, you have one less hand free for a map, or to grab onto something when you stumble.
- Hard to clean if they have a small mouth opening.
- Don't reduce in size as they empty.
- Easily break if dropped, leaving you in a potentially serious situation.

Pro's



Water Bladder

- Easy to grab the tube to take sips more often and stay well-hydrated.
- Easier to fit inside a backpack - they can mould into almost any space.
- As you empty your bladder it will reduce in size.
- They often have a controlled tap you can use for washing your hands.
- Often the heaviest item in your pack, you can carry it close to your back, making it more ergonomic.

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Con's

- Harder to clean and require maintenance.
- Usually more expensive than bottles.
- More prone to tearing and leaks – a bladder will leak in the end.
- Hard to see how much you've been drinking without stopping to check.
- Harder to refill on the go.
- Water in the tube heats up whilst hiking, so first mouthful is often hot.
- The tube is an easy place to grow mould - hard to get completely dry between uses.