



Hiking Backpack Buying Guide

How to choose a hiking backpack?

Gear up for hiking season with a pack that fits you and your trip just right. This handy visual guide shows you how, including tips on picking the right capacity, taking your measurements and making all the key adjustments for the utmost comfort.

1. Capacity

- **Weekend (1-3 nights; 30-50 litres)**
- **Multiday (3-5 nights; 50-80 litres)**
- **Extended trip (5+ nights; 70 litres or larger)**

When choosing a backpack, one of the first things you need to decide is the capacity. The capacity of the backpack is largely going to depend on the type of backpacker you are. For example, if you're an ultralight backpacker you're probably carrying a lot less gear and you can get away with something much smaller whereas if you like to have some luxury, then, you're probably going to want a larger backpack.

A backpack frame is designed to transfer weight from your shoulders and onto your hips for a more comfortable carry. There are two main types of pack frames right now – the internal frame and the external frame.

2. Frame Type

- **Internal frame backpacks**
- **External frame backpacks**
- **Frameless backpacks**

3. Features

- **Access**
- **Pockets**
- **Ventilation**

Keep in mind that any features that you add to your pack are also going to add weight, so, you want to strike a balance between the ease of use of the pack and the additional weight that you're adding. There are a ton of different features that you may find on backpacks. We're just going to cover a few of the pretty common ones.

Ideally, a small-sized pack is perfect for people with a 16 to 18 inches torso and a hip size of 30 to 38 inches

A medium pack is good for people with a torso for 17 to 19 inches and a hip size of 32 to 42 inches.

If you get either of these sizes wrong, your backpack is going to be uncomfortable.

4. Fit

- **Torso Length Fit**
- **Hip-belt Fit**