

HOW DO YOU HYDRATE?



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VaporWrap

2L

- UTMB-capable with expandable cargo space
- Bladder Control System keeps water and gear close to the body for maximum no-bounce comfort
- Secret center back pocket holds ice pack for added body cooling
- Strategically-placed Shock Cords with one-pull tension lock offer customizable trekking pole configurations

U S/M
L/XL

AVAILABLE COLORS



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- [View sizing guide](#)
(http://www.nathansports.com/downloads/Vapor_sizing_guide.pdf)
- Hand-wash only: Penguin Sport-Wash recommended
- To clean bladder: Remove and rinse tubing and bite valve. Turn bladder inside out, rinse, and dry standing up. When ready to reassemble, do everything you did before, except backwards.
- Click [here](http://www.youtube.com/watch?v=NtV6gM7zqw) (<http://www.youtube.com/watch?v=NtV6gM7zqw>) for a video tutorial on bladder cleaning
- Weight: 23oz
- Storage Capacity: 8.19 L / 500 cu in without bladder, 6.55 L / 400 cu in with bladder
- Bladder Volume: 2 Liters



OUR DEDICATED ATHLETES

push potential across the globe. [More >](#)

NATHAN BLOG

[ARCHIVE >](#)

02/25/14: RUNNERS: SMILE! YOU COULD BE ON CLAUDIA'S CAMERA!

I'm sure you've heard the phrase, "a picture is worth a thousand words." It couldn't be truer now in our increasingly visual culture. Consider: In just one minute, an estimated 27,800 photographs are uploaded to Instagram. Facebook sees uploads of over 200,000 a minute (That translates to about 6 billion photos per month). In a recent presentation, Yahoo! predicted that as many as 880 BILLION



Nathan Performance Gear

 Like 11,382



Nathan Performance Gear shared Balega International, LLC's photo.

