

Approximate Pack Sizes: (CI = Cubic Inches)			
Usage	Pack Size	Recommended For	Should Hold
3-season	<-1,000 CI (<-20 Litres)	Short dayhikes	Carrying the 10 essentials
3-season	1,000 ~ 2,500 CI (10 ~ 40 Litres)	Full dayhikes	Above gear, spare clothing/water/food
3-season	3,000 ~ 3,500 CI (45 ~ 60 Litres)	Light overnight backpacking trips	Above gear, sleeping bag/pad, small tent, food, stove/pots, water treatment
3-season	3,000 ~ 3,500 CI (45 ~ 60 Litres)	Weekend trips	Worsk well if splitting gear among others (such as tent, stove, pots...)
3-season	4,000 ~ 5,500 CI (65 ~ 90 Litres)	longer backpacking trips	Above gear, 4-5 (or more) days of food, additional fuel, clothing...
3-season	-6,000 +	Expeditions/research trips	Above gear, 7-10 (or more) days of food, additional fuel, clothing...
Winter	3,000 ~ 3,500 CI (45 ~ 60 Litres)	Winter Dayhikes/Climbing Trips	Above gear plus bulky winter clothing/snowshoes, ski waxes...
Winter	4,000 ~ 5,500 CI (65 ~ 90 Litres)	Winter overnight trips	Above gear, winter tent, sleeping bag/pad, stove, food
Winter	-6,000 + (100 Litres +)	Longer Winter Backpack/S-shoe/Ski trips	Above gear, 4-5 (or more) days of food, additional fuel, clothing...

1 litre is approximately 60 CI

Things to consider when making a backpack decision

- 1 Suspension systems and load control systems vary not only by brand, but by size of the pack - Larger packs usually have better systems
- 2 Try to find the pack that will fit all the gear you take for your normal trip plus a bit extra to allow for trip flexibility
- 3 It is easier to cinch a pack down rather than underestimate the size you will need:
 - Smaller packs overstuffed with gear do fit or ride as comfortable as packs that are moderately full
 - Internal frame packs balance and ride better when gear is store inside the pack, rather than festooned around the outside
 - Avoid carrying more gear to fill empty space in a backpack - Looks for packs that allow you to cinch them down.
- 4 Get the pack that feels most comfortable to you and the typical load you will cary:
 - More expensive packs/or bigger brand names don't guarantee that it will fit you.
 - Fill the pack with 30-40 lbs and have the sales people fit the pack to you and wear it for an hour walking around the store..
- 5 The trend in Backpacking over the past 10 years has been to move to lighter gear. If you have older gear such as bulky sleeping bags with 1st or 2nd generation synthetic fills, older, heavier tents, stoves, pots or sleeping pads, it may be better to re-assess your gear needs prior to making a pack decision
- 6 If looking for one pack that will fit most backpack needs, 4,000 ~ 5,500 CI range offers the most variability for all but dayhikes.
- 7 If backpacking with children, you may wish to step up one size to accommodate carrying their gear