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In recent years, a peculiar trend has taken the world by storm: the Hydro Flask phenomenon. From social media to outdoor enthusiast circles, it seems like everyone and their grandmother is obsessed with these insulated stainless steel water bottles. But what's behind the hype? Is it just a fleeting fad, or is there something more substantial driving the popularity of Hydro Flasks? In this article, we'll delve into the world of Hydro Flask enthusiasts, exploring the history, benefits, and cultural significance behind this trend.The Origins of Hydro FlaskBefore we dive into the trend itself, let's take a step back and look at how Hydro Flask came to be. Founded in 2009 by Travis Rosbach and Cindy Weber in Bend, Oregon, Hydro Flask set out to create a sustainable, eco-friendly alternative to disposable plastic water bottles. The company's mission was simple: to produce high-quality, insulated stainless steel drinkware that would keep beverages hot or cold for hours while reducing waste and promoting environmental responsibility.Initially, Hydro Flasks were marketed towards outdoor enthusiasts, such as hikers, campers, and cyclists, who needed a reliable, durable, and insulated water bottle that could withstand the rigors of adventure. However, as the brand gained traction, its appeal began to extend beyond the outdoor community, captivating a broader audience and eventually becoming a cultural phenomenon.The Benefits of Hydro FlaskSo, what makes Hydro Flasks so special? Here are some key benefits that contribute to their widespread popularity:Temperature ControlHydro Flasks are renowned for their exceptional temperature control. Thanks to their proprietary TempShield insulation technology, they can keep drinks hot for up to 12 hours or cold for up to 24 hours. This means that whether you're sipping hot coffee on a chilly morning or enjoying a refreshing cold brew on a sweltering summer day, your Hydro Flask has got you covered.Durability and SustainabilityHydro Flasks are built to last, constructed from food-grade stainless steel that's resistant to rust, corrosion, and scratches. This durability, combined with their non-toxic, BPA-free materials, makes them an eco-friendly alternative to disposable plastic water bottles. By switching to a Hydro Flask, you're not only reducing waste but also supporting a more sustainable lifestyle.Aesthetics and CustomizationHydro Flasks are more than just functional drinkware; they're also a fashion statement. With a vast range of colors, patterns, and sizes to choose from, users can personalize their Hydro Flask to match their unique style. From bold brights to subtle pastels, there's a Hydro Flask design to suit every taste.The Cultural Significance of Hydro FlaskSo, why have Hydro Flasks become a cultural phenomenon? Here are a few possible reasons:The Instagram EffectSocial media platforms like Instagram and TikTok have played a significant role in popularizing Hydro Flasks. Users love to showcase their bespoke Hydro Flasks, often pairing them with trendy outfits, exotic backdrops, or artisanal coffee cups. The hashtag #HydroFlask has racked up millions of posts, with fans sharing their favorite Hydro Flask moments, from hiking trips to coffee breaks.The Wellness and Self-Care MovementThe wellness and self-care movement has contributed to the rise of Hydro Flask's popularity. As people become more conscious of their health and environmental impact, they're seeking out products that align with their values. Hydro Flasks embody this ethos, promoting a healthier, more sustainable lifestyle through their eco-friendly design and temperature control features.The Symbolism of Hydro FlaskFor many, Hydro Flasks have become a status symbol, signifying a commitment to sustainability, wellness, and an active lifestyle. Owning a Hydro Flask has become a badge of honor, indicating that you're part of a community that values the environment, health, and self-care.The Business of Hydro FlaskHydro Flask's success has been staggering, with the company experiencing exponential growth in recent years. In 2017, Hydro Flask was valued at over $200 million, with projected sales of $500 million by 2020. This remarkable growth has attracted the attention of investors, with the company securing significant funding from firms like Goldman Sachs and Summit Partners.As the brand continues to expand, it's also diversifying its product line, introducing new accessories and collaborations with popular brands like Disney, Starbucks, and National Parks. This strategic move has helped Hydro Flask tap into new markets, solidifying its position as a leader in the outdoor and consumer goods industries.Critiques and ControversiesWhile Hydro Flask has enjoyed widespread acclaim, it's not immune to criticism. Some have accused the brand of perpetuating a culture of consumerism, where users feel pressure to purchase the latest designs or limited-edition collaborations. Others have pointed out that the company's emphasis on aesthetics can lead to a focus on form over function, prioritizing style over substance.Additionally, Hydro Flask has faced criticism for its environmental impact, with some arguing that the production process contributes to waste and carbon emissions. However, the company has taken steps to address these concerns, launching initiatives like its "Parks for All" program, which aims to support national parks and reduce waste through recycling programs.ConclusionThe Hydro Flask trend is more than just a fleeting fad; it's a cultural phenomenon that reflects our values, aspirations, and priorities. By offering a unique blend of functionality, sustainability, and style, Hydro Flask has captured the hearts of millions, becoming a symbol of a lifestyle that's committed to wellness, self-care, and environmental responsibility.As we look to the future, it's clear that the Hydro Flask phenomenon is here to stay. With its dedication to innovation, sustainability, and community engagement, Hydro Flask is poised to continue shaping the way we think about drinkware, outdoor adventure, and our relationship with the environment.So, the next time you spot a Hydro Flask in your favorite coffee shop or on a hiking trail, remember that there's more to this trend than meets the eye. It's not just a water bottle – it's a symbol of a movement, a declaration of our commitment to living a more conscious, more sustainable, and more adventurous life.What is a Hydro Flask and how does it work?A Hydro Flask is a brand of stainless steel insulated flasks designed to keep drinks at a specific temperature for hours. The flask is made up of two walls of stainless steel with a vacuum in between, which provides excellent insulation and keeps drinks hot or cold for a long time. The flask is also BPA-free, phthalate-free, and made with food-grade stainless steel, making it safe for drinking.The insulation technology used in Hydro Flasks is based on the principle of thermal insulation, where the vacuum between the two walls of stainless steel reduces heat transfer. This means that the temperature of the drink inside the flask is not affected by the outside temperature, allowing users to enjoy their drinks at their preferred temperature for a longer period.What are the benefits of using a Hydro Flask?One of the main benefits of using a Hydro Flask is its ability to keep drinks at a specific temperature for hours. This means that users can enjoy hot coffee or tea throughout the day, or keep their cold drinks chilled for a longer period. Hydro Flasks are also extremely durable and can withstand extreme temperatures, making them perfect for outdoor activities such as hiking or camping.Another benefit of using a Hydro Flask is its eco-friendliness. The flask is made of stainless steel, which is recyclable and reusable, reducing the need for single-use plastic bottles. Additionally, Hydro Flasks are dishwasher safe and easy to clean, making them a convenient and sustainable option for daily use.Why have Hydro Flasks become so popular?Hydro Flasks have become popular due to their unique combination of functionality, style, and sustainability. The flasks come in a wide range of colors and designs, making them a fashion statement as well as a functional product. Additionally, the brand has been successful in creating a strong social media presence, with users sharing photos of their Hydro Flasks on Instagram and other platforms.The popularity of Hydro Flasks can also be attributed to the growing awareness of environmental issues and the need for sustainable products. As consumers become more conscious of their impact on the environment, they are seeking out products that align with their values, and Hydro Flasks fit the bill.Are Hydro Flasks worth the investment?Hydro Flasks are definitely worth the investment for those who value functionality, sustainability, and style. While they may be more expensive than other insulated flasks on the market, their durability and performance make them a worthwhile investment. With proper care, a Hydro Flask can last for many years, making it a cost-effective option in the long run.Furthermore, Hydro Flasks have become a status symbol of sorts, with many users proud to own and display their flasks. The brand has also expanded its product line to include a range of accessories and collaborations with popular brands, making it a desirable and fashionable product.Can Hydro Flasks be used for both hot and cold drinks?Yes, Hydro Flasks can be used for both hot and cold drinks. The flasks are designed to keep drinks at a specific temperature, whether it's hot or cold. The insulation technology used in Hydro Flasks allows users to enjoy hot coffee or tea for up to 6 hours, and cold drinks for up to 24 hours.Hydro Flasks come with a range of lid options, including a hot lid for hot drinks and a cold lid for cold drinks. This allows users to customize their flask to suit their needs and preferences. Additionally, the flasks are also perfect for storing soups, smoothies, and other liquids.Are Hydro Flasks easy to clean and maintain?Yes, Hydro Flasks are extremely easy to clean and maintain. The flasks are dishwasher safe, making cleaning a breeze. Additionally, the stainless steel material is resistant to rust and corrosion, and the powder coat finish is chip-resistant, making it easy to wipe clean.Hydro Flasks also come with a range of cleaning products, including a bottle brush and cleaning powder, making it easy to remove any stubborn stains or residue. Furthermore, the brand provides detailed cleaning instructions on its website, making it easy for users to keep their flasks in top condition.What is the future of Hydro Flask?The future of Hydro Flask looks bright, with the brand continuing to innovate and expand its product line. The company has already launched a range of new products, including a coffee mug and a food container, and is likely to continue to adapt to changing consumer trends and preferences.As consumers become more conscious of their impact on the environment, Hydro Flask is well-positioned to continue to grow and thrive. The brand's commitment to sustainability and eco-friendliness aligns with the values of many consumers, and its strong social media presence and marketing efforts are likely to continue to drive growth and sales. Hydro Flasks are no small thing. Walk into any high school or college campus and you'll be surrounded by people carrying them. The colorful, portable drink holders can't be avoided. I purchased my Hydro a year and a half ago. After my family used mine, they decided to get their own. The question is, are Hydro Flasks worth the hype? Are they worth spending money on? Here is my Hydro Flask Review. This post contains affiliate links. When you purchase through an affiliate link, we make a small commission at no additional cost to you. Disclosure There is a Hydro Flask to fit everyone's needs. They have anything from the regular good ol' fashioned Hydro Flask to a Hydro Flask made specifically for beer. They also have plenty of sizes to choose from based on your needs; from a smaller size for a nice, hot tea in the morning, to a ridiculously large size to carry water for a hike. They even have flasks made specifically for food. This is a tried and true test my friends. When my dad first tried taking a Hydro with him to work, he filled it up to the brim with ice. He expected the ice to melt throughout the work day, to provide cool water. However, even after ten hours, there was little ice melted. The Hydro Flask will keep things so cool that even ice will not melt for hours. This is impressive, since with most water holders the ice will melt the second you leave the house. Hydros are also able to keep hot items hot throughout the day. I will admit, I have never personally put my Hydro through the hot liquid test but many of my friends have. They have put hot teas and coffee in their Hydro Flask and it easily keeps their drinks hot long enough for them to enjoy. As Hydro Flasks become more popular, more and more colors are being brought to the market. Many of these colors are bright, vibrant and can be seen from a mile away. There are also multicolored options available. More Hydro Flasks are being introduced with beautiful ombre color schemes. My bright green Hydro Flask has not lost any of its color. It is still bright and beautiful. On the official Hydro Flask website, there is an option to customize your own Hydro. If you are someone who knows exactly what you want and have specific water bottle preferences, this is perfect for you. On their website they boast that you can customize with 11 different sizes, 2 lids, 4 parts and over 14 colors. Plenty of options. The only downside of customizing is not being able to create a multicolored Hydro Flask. While Hydro Flasks get the job done, it comes at a price (a steep one at that). There are plenty of other water bottles out there with a cheaper price tag. These bad boys are durable but if you're only in the market for a simple, cheap water bottle, Hydro Flasks may not be for you. I'll be real, as humans we can be a lil' clumsy. I will fess up that I have dropped my Hydro Flask on more than one occasion. While my Hydro has not incurred any life endangering damage, she still has a few bumps and scratches. If you need a water bottle that can be put through the ringer, either by children or just your clumsy self, you may not want to buy a Hydro. Hydro Flasks certainly aren't delicate, they can survive a good fall or two but they will come out damaged or scratched. Hydro Flasks have to be hand washed to ensure that they will function properly. This can be okay at first but, after a while, it may become a burden to have to constantly hand wash your Hydro. If you lead a busy life and don't have time to hand wash constantly, you may want to find a bottle that is dishwasher safe. In a nutshell, yes, I absolutely recommend Hydro Flasks. Hydros get the job done and, with a variety of shapes, sizes and colors, there is a Hydro for everyone. Unless you just can't get over one of the downsides I listed above, purchasing a Hydro Flask is a great idea. It is hard to find a bottle that is better than this. Hydro Flask Bullet Journals: Are They Worth It? Buying Textbooks from Chegg: Is Chegg Worth it? Pipsticks Planner Review Where to Buy Hydro Flask?The Hydro Flask is made up of a vacuum chamber that does not allow the heat to escape from the liquid inside. The bottle can be washed in a dishwater and will not lose its shine. Moreover, the beverage you put inside the water bottle will keep the liquid's temperature constant for hours. Customers will not have to buy another bottle as this is reusable and will last them for a very long time.The Hydro Flask craze is in full swing thanks to social media and the internet. It seems wherever you go, there's someone drinking water from a colorful metal water bottle while side-eyeing the disposable plastic bottle in your hand. Let's be honest, the Hydro Flask invention appears to be quite a tempting one.Turns out you can purchase these vacuum-insulated bad boys anywhere between $30 and $60 which is pretty cost-effective in the long run.The Hydro Flask was introduced in 2009 in Bend, OR, by a couple dissatisfied with drinking tepid water. The idea behind the innovation of the Hydro Flask consists of a vacuum technology inside the bottle that surrounds the wall. Designed with the insulation technology of the Thermos, the couple adopted this concept and translated into good quality, design, and utmost functionality for people of all age groups.First of all, the easiest way to buy a Hydro Flask is to buy it directly from hydroflask.com, the official website. The website is selling Standard Mouth Bottles starting at $32. Moreover, it is also offering Wide Mouth Bottles starting at $43.The website believes that creativity is absolutely encouraged and that is why it provides its customers with the option of customizing their own water bottles. You can either choose from the options provided by the company or customize the Hydro Flask as per your liking.Click here to check out our most favorite Hydro Flask available on Amazon.What Stores Sell Hydro Flask?Hydro Flask is also offered by stores such as Walmart, Kohl's, and Whole Foods. Moreover, DICK'S Sporting Goods is also offering a variety of cool colors and sizes of Hydro Flask water bottles. Whenever and wherever you're trying to stay hydrated, Hydro Flask water bottles are up to the task.You can go to any super store near you such as local Walmart or Target store and you can buy Hydro Flask there depending on the stock availability. If you're looking forward to buy online, we would advise you to buy from Walmart or Amazon or from the official Hydro Flask store. Click here to check out the Hydro Flasks available on Amazon.Does Amazon Sell Hydro Flask?Amazon has accumulated a large Hydro Flask clientele since its launch. It offers a plethora of Hydro Flask in different colors for its customers that most people prefer to buy it from Amazon than on the brand's official website. Here are our favorite Hydro flasks on Amazon:Click here to check out the Hydro Flasks available on Amazon.Does Walmart Sell Hydro Flask?Walmart carries a wide variety of Hydro Flask water bottles. Now you don't have to wait for your Hydro Flask water bottle to be delivered to your home and can simply go to your nearest Walmart store and get yourself one without wasting any time.Some of the Hydro Flask water bottles sold at Walmart are as follows:Does Target Sell Hydro Flasks?At this moment we were not able to find Hydro Flask water bottle at Target. However, with Target's range, you're sure to find your perfect bottle from alternative brands so you can drink water, your way. Find stylish Hydro Flasks, travel mugs and eco-friendly alternatives to plastic water bottles and help combat climate change. You can shop for water bottles made from stainless steel and vacuum flasks online at Target. You can also opt for contactless delivery, delivery on the same day, and more.Does Kohl's Sell Hydro Flask?The Hydro Flask is embedded with the latest hydration technology. Hydration and remaining hydrated is increasingly becoming the top priorities among customers looking to buy a water bottle. The Hydro Flask is made with TempShield innovation which allows the temperature of the liquid inside the bottle remain the same for many hours.At the time of writing this article, we were not be able to buy Hydro Flask water bottles at Kohl's. However, you can definitely look around and shop other insulated water bottles that would do the job just fine given the fact that the build quality is good and it contains vacuum insulation that's working fine.People also read: Where to Buy a Mattress?Does Whole Foods Sell Hydro Flasks?Whole Foods carries Hydro Flasks water bottles for its customers. Aside from selling Hydro Flask water bottles, Whole Foods also sells other products from Hydro Flask. It sells cups, mugs, bottle brushes, cooler cups, and bottle boots.Some of the best Hydro Flask bottles from Whole Foods are as follows:32Oz Wm Flexcap Graphite LcOlive 40 Oz Wide Mouth Bottle with Flex CapHibiscus Standard Mouth Bottle21 Oz Standard Flex Cap PacificSpearmint Standard Mouth BottleDoes Costco Sell Hydro Flasks?It seems like every company in the world is involved in the "personal hydration" business. Hydro Flask is one of our all-time favorite personal hydration gadget, which we hear is now on sale at Costco.The stock at Costco is limited so our advice to you would be to stop thinking too much and reach there sooner so you can make your purchase.Read more: Where to Find Tofu in Grocery Stores and Supermarkets?Where to Buy Hydro Flask Water Bottle with Straw Lid?Hydro Flask enthusiasts can now buy their water bottles with straw lid at stores such as hydroflask.com, Walmart, Amazon, DICK'S Sporting Goods, etc. Here's our most favorite Hydro Flask with straw lid on Amazon.If you're looking for replacement straw lid for your Hydro Flask, these are our favorites:ShunDee replacement Straw LidStraw Lid Replacement for Hydro Flask Standard Mouth & Simple Modern AscentThe Hydro Flask comes with two straws that are separate from each other and can be cut to fit your mouth. These water bottles have a convenient finger loop that you can use to clip your bottle while on the go. The straw lid that comes with Hydro Flask products is made of BPA-free material and is also free of any toxins.The lid can be used without the straw, however Hydro Flask does not recommend it. It may leak when you tilt it back. Hydro Flask also makes a Flip Lid Top. It features a flip-top opening that comes with a rubber stopper which plugs the opening of the bottle and help prevent water spills when you're not using the flask.Is It Worth Buying a Hydro Flask?The Hydro Flask has garnered a significant amount of popularity owing to platforms such as TikTok and VSCO as most of the content is posted by the youth. The Hydro Flask may be popularized by the youth, but the rise in its demand is for concrete reasons. The bottles are made from TempShield innovation that allows the material to retain the temperature, whether warm or cool.The stainless-steel bottles constitute of a vacuum technology that works to reduce the transfer of temperature to the outside of the container which keeps beverages hot or cold for a very long time.However, there are other bottles on the market that contain vacuum-insulated technology as well, but why is that the Hydro Flask has garnered a large demographic of its own? What sets Hydro Flasks apart from other popular bottles on the market is their unique design, functionality, and customization options.The Hydro Flask is available in 14 different beautiful colors ranging from cobalt to mint to mango. Customers can also personalize their Hydro Flasks as per their liking. Moreover, Hydro Flask also comes out with limited offers from time to time so if you're a Hydro Flask enthusiast we encourage you to be on the lookout for such releases. We would say a Hydro Flask bottle is totally worth the purchase!Read more: Where to Buy Above Ground Pools Near Me?Are Hydro Flasks Worth the Money?The Hydro Flask Insulated was one of the most expensive of all bottles that customers and critics reviewed. However, we still found it had good value. Its vacuum-insulated, 32-fluid-ounce body does a great job at keeping a lot of liquids hot or cold for extended amounts of time, regardless of the external temperature.Sure, to some people, the Hydro Flask water bottles might seem to be a bit on the pricier side. However, if you look at the bigger picture it will prove to be very cost-effective in the long run and keep you hydrated as well.How Can I Get a Cheap Hydro Flask?Hydro Flask is available for sale in a number of stores such as Walmart, Amazon, Kohl's, Whole Foods, DICK'S Sporting Goods, etc.Stores that sell Hydro Flask water bottles sometimes arrange a sale on their bottles. Click here to check out the Hydro Flasks for sale at Amazon.The popularity of the Hydro Flask attracted the athletic and nature-loving demographic before moving to other communities. These days, Hydro Flask can be found on people belonging to millennials, Gen Zers, and quite surprisingly VSCO girls all over the world.But, it's not only certain groups of people claiming these water bottles as their own. The Hydro Flasks popularity and demand has reached groups beyond a label as well. People are growing more conscious of the pollution and waste caused by the use of plastic water bottles and plastic in general.So, it's natural for people shifting toward a more environment-friendly lifestyle to opt for a Hydro Flask as their hydrating companion. The Hydro Flask has been converted into a symbol for the more environment-friendly stance that the young generations have been adopting for the better.Read more:Where to Buy Squishmallows? Where to Find and Buy Miso Paste Where to Buy Prime Rib Near Me?Does Costco Have Curbside Pickup? Water bottle brand Hydro FlaskHydro Flask headquartersIndustryDrinkwareFounded2009; 16 years ago (2009) in Bend, OregonFounderTravis RosbachCindy WeberHeadquartersBend, Oregon, U.S.Products Water bottles tumblers coffee mugs coolers OwnerHelen of Troy LimitedWebsitehydroflask.com Hydro Flask is a water bottle brand owned by American conglomerate Helen of Troy Limited. The brand became popular during mid-to-late 2019 and early 2020. Hydro Flask is particularly well known among Millennials and Gen Z, as well as college students and the "VSCO girl" subculture; social influencers and celebrities, especially on TikTok, increased the brand's popularity. Hydro Flask's prominence has played a role in the rising environmental and health consciousness of millennials and zoomers and has influenced the quality and appearance of other reusable water bottles.[1][2][3][4] A Hydro Flask bottle Hydro Flask was founded as Steel Technology, LLC[5] in 2009 by Travis Rosbach and his then-girlfriend, Cindy Weber, due to his dissatisfaction with commercial water bottles.[2] The couple moved to Bend, Oregon from Oahu, Hawaii to market their products. The company was successful at local farmers' markets, especially among the outdoor recreation community.[2] The brand grew when it became available in stores; around this time, Weber and Rosbach broke up, and they sold their company shares to an investor. In 2012, tech executive Scott Allan became president and chief executive of the company. Allan expanded the company into Europe, launched new products, and increased marketing on social media.[2] In March 2016, Helen of Troy Limited purchased Hydro Flask for $210 million.[6] Scott Allan retired in March 2020, stating "the goals that I initially aspired to accomplish have largely been achieved"; his responsibilities were distributed to Helen of Troy's divisional leadership.[7] Although Hydro Flask is best known for its water bottles, it produces other items, such as wine tumblers, food jars, tote bags, and cooler bags.[8] Its water bottles are stainless steel, manufactured mostly in China, and use double-wall vacuum insulation to help keep liquids cold or hot.[1][2] As of October 2019, Hydro Flask offers customizable water bottles in 14 colors.[2] The company also offers different cap types and sizes and regularly releases limited-edition bottle designs.[1] ^ a b c Burkhardt, Kai (2019-10-24). "The Hydro Flask is a Gen Z trend we can get behind". CNN. 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"Conversation With Hydro Flask's Retiring General Manager Scott Allan". sgbonline.com. Archived from the original on 2020-10-09. Retrieved 2020-10-04. ^ M, Katie (2019-12-15). "10 Hydro Flask Products You Probably Didn't Know Existed". foodnetwork.com. Discovery. Archived from the original on 2020-10-08. Retrieved 2020-10-04. 44°3′17.39642″N 121°21′27.49410″W / 44.0548323389°N 121.3576372500°W / 44.0548323389; -121.3576372500 Retrieved from " In college, students take maybe three to five classes on average. Piece of cake, right? Not quite. The due dates pile up fast, life happens, and all of a sudden you are overwhelmed with everything going on. Once the chaos starts it's hard to stop. Getting organized (and quick) is vital to any successful semester […] Shoes to carry around the world!! A thought I wish I had sooner. One that only occurred to me after I had done the bulk of my traveling. This is probably not a new thought, but one I want to share nonetheless. I am not a super sentimental person. I do not need a lot […] Am I the only one who has never heard of this "dead week" concept? If so, I feel very cheated. If you, a fellow confused person, does not understand what "dead week" means, let me explain. I was first introduced to this concept the week before the end of my first semester of college. On […] Thinking about studying abroad? This is the post for you! Studying abroad can be incredibly fulfilling and exciting…if you let it. After spending nearly two semesters in Austria, I have discovered important ways to make the most of my time abroad. I have compiled a list of the most important things needed to maximize and […] The Home Management Binder for Young Adults, helps young adults, like myself, get their lives in order. As a twenty year old, I am still making that awkward transition between child and adulthood. This binder has allowed me to get more organized. The binder was created by Sunshine And Rainy Days. What Does the Binder […] For college students, summer is that blissful, peaceful oasis that awaits after a long and grueling school year. The idea of summer is fantastic. However, once we get there, it's hard to know what to do with all our time. Here are a few things to do while on your college summer break. 6 Things […] Congrats, you're going to college. There are probably a million things going through your head. There's so much to do, so much to get together. One of the most challenging parts of heading to college is figuring out what to pack. What you'll need to survive the next eight months. I've compiled a list of […] You work hard for your money and tracking where all of it is spent can be complicated. We shop and rarely keep mental track of how much money is going where. I created a Receipt Tracker Printable to help myself and others track spending. The printable is a great way to see everything we spend […] With all the overwhelming aspects of College, a little help can go a long way. There are many websites and apps out there looking out for us struggling college students. After a lot of searching, I have found some great websites and apps that make college a lil' easier. Here are the most useful apps […] One of the many benefits of college is the ability to study abroad. Many colleges offer summer, semester and year long programs. If you go to a large enough college, you most likely will find the perfect fit for a study abroad program. Now, the question is, do you actually want to study abroad or […] Jelly shoes. JNCO jeans. Juicy Couture tracksuits. Ugg boots. Over the decades, any number of fashion pieces have enjoyed their moment as an "it" item. Now we're in the era of must-have water bottle. The Hydro Flask looks like what it is: a sleek, insulated, color-coated stainless-steel container for storing liquid. How it distinguished itself from any other bottle at sporting goods stores and became a hot fashion accessory is a story about the convergence of several cultural threads: anxiety about the environment, a surge in attention to self-care and wellness, and the simple desire to keep hot drinks hot and cold drinks cold.The result? A Hydro Flask has become the kind of gift that can send a tween into paroxysms of joy. Newport Beach sixth-grader Ella Lin Espinosa put one at the top of her Christmas wish list. When she opened the present, "I literally freaked out and I was just screaming because I loved it so much!" she recalled, still giddy. Ella Lin Espinosa, a Newport Beach sixth-grader, with her Hydro Flask bottle at Corona del Mar State Beach. It was a Christmas gift. Hydro Flask is the rare mom-and-pop brand that won the hearts and minds of America's youths and celebrities — after it sold out to a global conglomerate. And its success hinges on its ability to help its owner make not just a fashion statement but perhaps also a political one. Toting a Hydro Flask — which starts at about $30 — shows off a person's eco-chic credentials, said Richard Wilk, professor emeritus of anthropology at Indiana University Bloomington: It broadcasts the message, "Not only am I smart and stylish but I'm interested in saving the world."The thermos has been a consumer item for decades, with the Stanley name alone dating back a century. In recent years, Nalgene's transparent plastic bottles experienced surges of popularity, especially after the brand started making them free of bisphenol A, a chemical commonly used in plastics. Concerns about BPA's health effects, in turn, helped bring Hydro Flask into existence. In 2008, Travis Rosbach opted to make the switch to reusable bottles. He bought two metal bottles and wound up hating both.His GSI bottle was too bulky to easily fit in his freezer, and its mouth too narrow to accept ice cubes, he said. "By the time I would get outside and sit down and go surf and come back, it would be almost, you know, boiling hot," he said.He didn't like his Klean Kanteen either. Its lip was the wrong shape for him, so water would dribble on his face, he recalled. So he and his then-girlfriend, Cindy Weber, decided to make a better bottle. Hydro Flask was born. They moved to Bend, Ore., where outdoorsy culture thrives, and their bottle was a hit at farmers markets in the area. Campers and hikers flocked to it. Rosbach recalled some growing pains — they had to learn how to navigate the manufacturing process in China, and an early batch of 40,000 bottles arrived rusty and without insulation — but local enthusiasm kept them going, he said. After they got their canteens into stores, Hydro Flask's popularity expanded even further, Weber recalled."It just, like, exploded," she said. "It was hard because we grew so fast ... and that was pretty exciting, but at the same time, your cash flow was difficult." As the company found more success, the couple's relationship came apart. Rosbach and Weber broke up and sold their stakes to an investor in Bend. The way they saw it, Weber said, selling was the only way to keep up with the growth.That created a path for longtime tech executive Scott Allan to take the helm, becoming president and chief executive in 2012. Under his guidance, Hydro Flask started selling in Europe; launched new items such as backpack-style water containers for people on the go; and stepped up its social media presence, securing promotion from influencers. Then things really got huge. In 2016, consumer products conglomerate Helen of Troy swooped in, acquiring Hydro Flask for about $210 million. With its infusion of money, extensive relationships with manufacturers and ability to strike big sponsorship deals, Helen of Troy — whose stable of brands also includes Pur water filters, OXO kitchenware and Revlon hair tools — propelled Hydro Flask to dominance. Helen of Troy had plenty of reason to be interested in Hydro Flask: Water bottles overall are having a big moment. U.S. sales leaped 42% last year to $318 million, and Hydro Flask was the top brand, according to research firm NPD Group.Other competitors include Klean Kanteen as well as Yeti, an outdoorsy brand that also makes high-end coolers, and S'well, known for its distinct wine-bottle shape.S'well might've been the "it" brand were it not for that recognizable shape, said Connie Pechmann, a marketing professor at the UC Irvine Paul Merage School of Business. The brand offers a wide variety of shapes, colors and stylish patterns, but its flagship bottle has a narrow mouth. "I think S'well made a big mistake," Pechmann said. You "couldn't really fit an ice cube in them," and the bottles were small enough to fit inconspicuously into backpacks. "People aren't putting [Hydro Flasks] in their backpacks," she said. "They're carrying them separately."That makes them highly visible — so carrying one becomes a statement, as well as an opportunity for users to showcase their identities. Teens personalize their Hydro Flasks with stickers and original artwork. They then show off their style on social media, reinforcing the Hydro Flask trend. "In middle school, it was all about the S'well bottle," said Whitney Todosiev, a Palos Verdes High School junior. "In high school during my sophomore year, I started seeing more and more Hydro Flasks. All of my friends in drama that had Hydro Flasks wouldn't shut up about it. Now that I have one, I realize that I love mine." She has even given her blue 32-ounce canteen a name: Barry. Whitney Todosiev, right, with her friend Gracie Clark and her Hydro Flask bottle, which she's named Barry. The brand has especially found love among "VSCO girls," young women who embrace a beachy, easygoing, 1990s-inspired aesthetic. Named for photo-sharing app VSCO, the trend has social media in its DNA, which pumps a steady stream of Hydro Flask pictures into the minds of people looking to see what's cool. Celebrities such as Julianne Hough, Jenna Dewan and Jonah Hill have been spotted carrying Hydro Flasks after a workout or around town.Helen of Troy doesn't disclose sales figures for the brand, but the company's housewares division — which consists only of Hydro Flask and kitchenware brand OXO — has been jumping. In its most recent quarter, which ended Nov. 30, the division had sales of $183.2 million, up 28.2% from the same quarter a year earlier.The brand's multiplicity of offerings gives people who already have one Hydro Flask reasons to get another. And maybe another after that. With limited-edition series and several ways to mix and match colors and accessories, Hydro Flask creates a "just one more" feeling, according to analyst Robert J. Labick, president of CJS Securities. There's the standard bottle and tumblers, plus specially created canteens to carry coffee, beer and wine. Those can all be customized with special caps and reusable straws. "You can have one, but if you don't have a limited-edition shaved ice one, you have to have that one," said Labick, who owns a Hydro Flask tumbler for coffee, 40-ounce and 30-ounce bottles for hiking and coaching games and a backpack-style container for hiking. La Habra High School senior Natalia Losoya has two Hydro Flasks. She first got a 40-ounce blueberry-colored bottle to use for soccer practice and later scooped up an 18-ounce bottle to keep in her car. She enjoys how well it keeps her water cold, and noted that it's cheaper to buy a canteen than keep shelling out for single-use bottles of water. Environmental and health concerns, meanwhile, got her mother to jump on the bandwagon. "We recycle everything, so when I got a Hydro and told my mom, who is really health-conscious and knows about chemicals that are in water bottles, she freaked out over it and wanted one," Natalia said.Those motivators drive a lot of younger people toward the reusable bottles as well.Fears about the effects of climate change have created a wave of activism among people in their teens and twenties, led most prominently by 17-year-old Greta Thunberg and motivated by a desire to protect their futures. A 2019 Washington Post-Kaiser Family Foundation poll found that more than 7 in 10 teenagers believe climate change will make a visible impact in their lifetimes. "In a generation growing up in the shadow of climate change, there are very few public ways to show off your commitment to better the environment than carrying a reusable water bottle," said Wilk, the anthropology professor.Ella Lin is taking it a step further. As part of a school project focusing on students' passions, she's urging her peers to cut down on trash by embracing reusable items. Recycling is good too, she's telling them, but only second best: "We should start by trying to reduce our waste." Hydro Flask is also benefiting from the soaring amount of attention Americans are paying to wellness and self-care. U.S. consumer spending on health-related products and services soared 27% from 2013 to 2018 and isn't expected to slow anytime soon, according to market research firm Mintel, which projected that the spending would balloon an additional 21% over the next five years.Broadly, the category includes medical and mental-health activities but also encompasses exercising, cooking healthful meals — and drinking enough water. Whitney, the Palos Verdes High junior, recalls there was a time when she wouldn't drink water at all. "As soon as I got [the Hydro Flask], I started drinking more and more water," she said. "I felt better."Allan, the CEO, said young people resonate with Hydro Flask because of their attitude toward life: "wanting to be outside, wanting to be healthier, wanting to take care of themselves and their planet and just wanting to be happier too."After nearly eight years at the helm, Allan will step down in March. The move is part of a multiyear plan, according to Helen of Troy, which said it won't immediately fill his role. Allan told SGB Media last month that the goals he initially set were "largely achieved." An ongoing project, he told The Times, is for the company to improve its sustainability practices. It has tapped outdoor companies such as REI and Columbia Sportswear to learn about sourcing and labor conditions, and it's trying to make more recyclable packaging, he said.Most Hydro Flask products are made in China, where, he said, factory employees and third-party companies do audits and drop-ins to ensure a "toxic-free environment" and uphold safe working conditions.Back in Newport Beach, Ella Lin's Christmastime excitement hasn't worn off. Her mother, Alison Yap, said the sixth-grader still uses her Hydro Flask every day. She cleans and refills it when she gets home from school. Before going to dance class, she'll add some ice.Stickers and drawings aren't her style: She has kept the bottle sleek and pristine. "I love taking it to school and drinking out of it," she said. "I feel confident ... just holding it." Times staff writer James F. Peltz contributed to this report. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Water Bottle Showdown: Plastic vs. Hydro Flask Hydro Flask is one of the well-known brands for high-quality water bottles. In fact, if you take a closer look, you will see that they produce a HUGE variety of different products. And let's be honest here – their products are not exactly cheap. After giving it a little thought, one may ask, "What makes them so special that I need to pay so much when there are perfectly suitable plastic water bottles out there?" A fair question. Naturally, this is something that everybody will be concerned about. And Hydro Flasks have really grown in popularity. So much so that people are wondering what is this hype all about. This is why I decided to compare the plastic vs. Hydro Flask water bottles. In this article, I will take apart and review the most widely used plastic bottles and growing in popularity Hydro Flask. The Hydro Flask img source wiki Hydro Flask was founded in the not too distant 2009. They produce insulated food and beverage products. They aim to deliver the best possible quality containers that will keep and lock the temperature of your beverage for as long as possible. For their relatively short history, they have proved themselves as industry leaders in their field. But how did that happen? What Makes Hydro Flask Special? So what makes Hydro Flask any better compared to the vast number of other companies that make insulated bottles and containers? In my opinion, there are a few things that make Hydro Flask different. Hydro Flask makes water bottles that are easy to use and carry. They are made from high-quality materials – we are talking about very durable and food-grade 18/8 stainless steel water bottles. There are a number of different colors, sizes, and applications the Hydro Flask bottles can be used for.Secondly, Hydro Flask offers a lifetime warranty on its water bottles. I mean even their bottle brush has a lifetime warranty. This means that Hydro Flask must be very confident in the quality of its products.And lastly – their charitable giving program. Hydro Flask has been running a giving program each year since 2017 named Parks for All. They aim to support and help non-profit organizations that work on maintaining and restoring parks. So far, Hydro Flask has donated more than $800,000 and more than 17,000 bottles. Why Are Hydro Flask Water Bottles so Popular? Hydro Flasks are popular because they combine stylish looking design with superior quality. Hydro Flasks keep drinks cold or hot for many hours, do not retain odors or tastes, they are easy to use and carry, and they are almost indestructible. All of that and the fact that more and more people are choosing to be a lot more eco-friendly and green is making these bottles a go-to option. Pros and Cons of Hydro Flask Water Bottles img source: Matt Hoffman Below I will get into further detail about the different Hydro Flask water bottles' pros and cons. The Materials Used All Hydro Flask water bottles are made from 18/8 high-quality food-grade stainless steel. This is one of the best materials that can be used for storing liquids and even food. It does not leach any harmful chemicals into your water, beverages, and food. It is completely BPA and Phthalate-free. Stainless steel is a very clean material and, best of all, very durable. It does not retain any odors or flavors from previously stored items. It is the perfect material for people that are into hiking and traveling a lot, too, because it does not break easily. The standard flex cap is made from BPA and Phthalate-free plastic that seals tightly and prevents any leaks from happening. The Insulating Technology Hydro flask bottles have double-walled vacuum insulation. When it comes to the best type of insulation for a water bottle, this is the golden standard right now. There are also different types of double-walled insulation. On some bottles, the space between the interior and the exterior walls can be filled with foam or air. Admittedly air is better than foam, but it cannot compare to vacuum. Vacuum means that there is absolutely nothing between the two walls. Thus the temperature from the outside will have an extremely hard time getting inside the bottle and vice versa. Hydro Flask uses what they call the TempShield™ double-wall insulation, which can keep your cold water chilled for up to 24 hours and hot beverages hot for up to 6 hours. There is another very important aspect of the double-wall insulated water bottles. When I pour some ice-cold water in a regular bottle, it starts to sweat. And what happens when you get a really steaming hot coffee or tea in a normal bottle? It gets so hot that you cannot even touch it. Both of these things are not very convenient. But, with a double-walled bottle like this one, you will not have to worry about any of them. The Wide Variety Hydro Flask offers a variety of differently sized standard water bottles starting from 18 oz and going up to 64 oz; there are even 128 oz bottles, but they are in a league of their own. You can also get a Hydro Flask for your kids, which is 12 oz. These come with different colors, and some bottles can be with either wide mouth or standard mouth. There are a variety of different lids that you can get separately for them, as well. And let us not forget that Hydro Flask offers a lot more than just water bottles. You can find tumblers, coffee mugs, and flasks, beer pints and growlers, wine bottles. There are even Hydro Flask coolers, bags, food flasks, hydration packs, and so much more. Regardless if you are looking for a smaller or larger water bottle, you are almost guaranteed to find something to your liking Plastic vs. Hydro Flask? Water Bottle Showdown Plastic vs. Hydro Flask? Water Bottle Showdown . The Weight of the Bottles Stainless-steel has its own set of disadvantages, which may or may not be a deal-breaker for many. This material is going to be inherently heavier compared to other materials like plastic or aluminum. This can potentially add more weight to your bag or backpack, which some long-distance hikers may not be able to afford. The Price The Hydro Flask bottles are infamous for their higher price compared to other types of bottles. Certain Hydro Flask water bottles that have been discontinued can be selling for more than a hundred dollars apiece. The higher price comes from the fact that Hydro Flask does not try to cut corners. While others may be trying to use cheaper materials, construction, or labor, it seems like Hydro Flask is trying to do things the right way, and, well, that comes at a price. The Hydro Flask 32 oz. Wide Mouth Water Bottle The 32 oz. wide mouth model (Click here to check the current price on Amazon) is probably one of the best-selling bottles by Hydro Flask. And why wouldn't, it offers almost everything one may want. The bottle is made from high-quality 18/8 stainless steel, which is both BPA and Phthalate-free. It can keep your beverages hot for up to 12 hours and water cold for up to 24 hours thanks to its superb double-walled vacuum insulation. The bottle is dishwasher safe making cleaning it a breeze. It is easy to sip from the wide mouth. The wide mouth is 2.26 inches in diameter, so you can also add ice cubes and fruits with ease. The diameter of the whole bottle measures at 3.58 inches, and it is 9.4 inches tall. The bottle is a bit heavy compared to other bottles weighing at 15.2 oz. This can make carrying it not that easy. Filling the bottle up with just water can add an additional 35 oz. of weight. This will be a total of a little over 3 pounds. It comes with the standard flex cap, which provides superb insulation and leak protection. Other types of lids are sold separately like the straw sports lid or the Hydro Flip™ lid. The straw lid is good, but be careful with the Hydro Flip™ lid. A lot of people have been reporting problems with it where the lid leaks while you are drinking from it. This water bottle comes with a limited lifetime warranty. This is a very high-quality product, and as it can be expected, it comes at a higher price compared to other bottles on the market. And this, in my opinion, is one of the most significant disadvantages of the Hydro Flask water bottle. The price is high, but for somebody that uses water bottles on a daily basis, the price will be well justified. Frequently Asked Questions about the Hydro Flask Water Bottles Below I will answer some of the most popular questions that I have heard being asked about the Hydro Flask water bottles. Do Hydro Flask Bottles Dent? One of the best pros about the Hydro Flask stainless steel water bottles is that they are very tough and durable. The Hydro Flask Bottles do not dent easily. But with that being said, they can dent if dropped from significant heights. As with any water bottle, exercising care is advised when handling them. Stainless steel is a solid material that can last you a lifetime, but it can be dented or bent. However, compared to other types of materials like plastic, glass, and aluminum, stainless steel comes on top when it comes to durability. You can take the bottles with yourself even on the toughest of journeys without having to worry about it breaking. Can You Put Your Hydro Flask Bottle in the Fridge? You can put your Hydro Flask bottle in the fridge. However, as a result of the double-wall vacuum insulation, and granted the lid is placed on the bottle, the temperature will have a hard time getting through the insulation and actually cooling down your water. If you really want to cool down your water, you can place the bottle with the lid off. That way, you will speed up the cooling process. Keep in mind, though, that the water can also absorb any odors from the fridge that way. Can You Put a Hydro Flask Bottle in the Freezer? Maybe you are looking for a bottle that you can freeze, and you are wondering if a Hydro Flask can do that. Do not place your Hydro Flask bottle in the freezer. Freezing a Hydro Flask bottle filled with water can damage its internal parts and insulation. The expanding freezing water can damage the double-walled insulation of the bottle. Can You Put a Lemon in Hydro Flask Water Bottle? Hydro Flask water bottles are made from food-grade 18/8 stainless steel. This type of stainless steel is known to not leach off any harmful chemicals or metals to the food or beverages inside of it. Stainless steel water bottles are safe for use even with acidic beverages like lemon water. Can You Put a Hydro Flask Bottle in the Dishwasher? It is not recommending running your Hydro Flask water bottle through the dishwasher. The dishwasher may potentially use water with temperatures that are too high and can discolor and possibly affect the insulation capabilities of your bottle. With all that being said, some of their newer bottles come with the Color Last™ feature. This is a better powder coating finish that offers the same extra grippy surface, and best of all, it is dishwasher-safe. In general, the Hydro Flask bottles should be hand washed with warm soapy water. It is also not recommended to use any strong cleaning chemicals like bleach and chlorine as these can also discolor the powder coating on the exterior wall. Where Are Hydro Flask Bottles Sold? Hydro Flask bottles can be found in many different places. You may find Hydro Flask at local grocery stores, supermarkets like Walmart, Costco, and more. Hydro Flask bottles can be found online, as well. You can buy yourself a bottle from their website or even on Amazon. I invite you to check out different places in order to find the best deals on Hydro Flask bottles. Are There Fake Hydro Flask Water Bottles? As it is with anything of good value – it gets imitated. There are fake Hydro Flask bottles sold on different websites and places. Usually, a solid giveaway of fake a Hydro Flask bottle is a lower price. Frequently the logo and the printed text look a bit off, too. If you are buying a Hydro Flask bottle online, make sure to either go through a reputable and authorized Hydro Flask dealer on Amazon or through the Hydro Flask's website itself. The same rules apply when buying your bottle from a store or a hypermarket. Are Hydro Flask Bottles Made in China? Even though Hydro Flask is based in Bend, Oregon. Hydro Flask bottles are, indeed, made in China. There is information about the company stating that the manufacturing facilities are well-maintained and they are very socially-conscious. The Plastic Water Bottles Plastic water bottles are the most widely and frequently used type of water bottle in the whole world. Why Are Plastic Water Bottles so Popular? There are several reasons why plastic water bottles are so popular nowadays. Plastic is easy and very cheap to manufacture. It keeps the manufacturing costs very low. This is why plastic water bottles are almost always going to be much less expensive compared to any other type of water bottle. This is making them a lot more accessible by the general public as people will not be paying a high price for their bottled water. As a result, manufacturers have been doubling down on the production and the use of plastic water bottles. Pros and Cons of Plastic Water Bottles Freezer-Friendly I enjoy drinking ice-cold water, especially during the hot summer months. Ice-cold water is just a must-have for me; it is super refreshing and a great way to combat the heat waves (Check my best freezable recommendation water bottle on this post). And the other people like me out there know that plastic water bottles are unmatched when it comes to freezing water in a bottle. Granted, they will change their form a little as the water freezes, but later as it thaws, the bottle will be back to its natural look. I have frozen water in plastic water bottles before, and I have never had a bottle split on me. In comparison, other water bottles made from hard materials like glass, stainless steel, aluminum, or copper are not going to fare well in the freezer. Low Price As previously mentioned, the price for acquiring a plastic water bottle, be it disposable or not, is going to be very low. You can buy at lease several plastic water bottles for the price of a single Hydro Flask. This makes it a viable and cheap way to buy some water while on the go or in a pinch. Ease of Use Plastic water bottles are very light and easy to carry. Even if you have to carry the bottle the whole day, it is not going to put that much of a strain on you. An empty 50 oz water bottle will be weighing on average at just about 0.03 pounds. When completely filled with water, it will be about 3.3 lbs. This is very close to what filled with water 32 oz. Hydro Flask will weigh, but you get to bring a lot more water with yourself. Stainless steel, glass, even aluminum water bottles cannot come anywhere near that number. Toxic Chemicals One of the biggest concerns and disadvantages of plastic water bottles is, of course, the harmful chemicals that can be leached off and into your water. Namely the BPAs and the Phthalates. These toxic chemicals have been studied quite extensively, and the general consensus is that they can be extremely harmful to our health. The BPA is considered an endocrine disruptor. What this means for us is that ingesting BPA will disrupt the normal hormonal function of the human body. The Taste Even if you are using a good plastic water bottle that is free from the majority of harmful chemicals, there is something about plastic that alters the taste of the water. Just give it a try. Pour a cup of water in a plastic bottle and a glass water bottle. Make sure to have them properly cleaned beforehand. And leave the water to sit there for a day or two, then take a sip. You will feel the difference. Plastic is just not a good material for keeping the taste of the water inside fresh. Have you ever wondered why all the expensive alcohol never comes in plastic water bottles? That is the reason. Dirty Plastic Plastic is a porous material that sometimes can be very tricky to clean (especially if you are storing different beverages or foods in it). Because of that, plastic can retain smells and tastes from what has previously been kept in it. A sip of water smelling like old coffee is definitely not the best thing in the world. Plastic also can start to stain with time making it look very unsightly and dirty even when it is supposedly clean. Even deep cleaning or running it through the dishwasher may not help in these cases. Insulation Issues The next downside to plastic water bottles is that the majority of them (especially the disposable ones) are single-walled. In other words, they have no insulation whatsoever. The water inside has a direct contact point with the outside elements through the single wall. This means that the temperature transfer is going to happen very quickly. If you pour ice-cold water in a plastic bottle like that, it will get warm very quickly and vice versa. To make matters worse, when a plastic water bottle is filled with cold water, it will start to sweat. This makes it one of the worst things that you can put in your bag or backpack as it will make everything inside wet. Alternatively, if you pour something hot as, say, coffee or tea, the bottle will get super hot on the outside surface. So much so that it can literally burn your hands. Not to Be Used with Hot Beverages The next thing that will be of great importance to many is the fact that you should not be drinking anything hot from a regular plastic water bottle. Why? Because plastic water bottles contain many harmful chemicals. Yes, plastic bottles can leach off harmful toxins even when you do not do anything to them. But this process can be sped up significantly if the bottle is exposed to high temperatures. Even leaving the bottle in the direct sunlight may be enough for some tiny amounts of plastics to get into the water. These may not necessarily make you sick in any way, but the plastics can add up. Plastic Pollution Back in the days when plastic bottles were considered a relatively new thing, they were loved by many. But with time, we have discovered that all this comes at a cost. Now plastic water bottles are considered one of the single biggest environmental pollutants. Now, just think about it; more than 60 million disposable plastic water bottles are used each day. And the majority (about 88%) of these are never recycled. What happens is they end up in landfills and in the oceans. There have been a lot of alarming problems lately because this issue is getting out of hand. Are Reusable Plastic Water Bottles Good? Of course, we have to distinguish between disposable and reusable plastic water bottles. Reusable plastic water bottles are definitely going to be better than their disposable relatives. There are a few things that are worth mentioning. By switching to a reusable plastic water bottle, you will be cutting down on the plastic waste significantly. A reusable plastic water bottle can be used for many years on end. Just like the Hydro Flask bottle, plastic bottles can last you a lifetime. Many of the reusable plastic water bottles are phthalate-free and even BPA-free as well. There is a little caveat here, though. Some bottles may be produced with other chemicals that are in the same family as the BPA. There are BPS, BPF, and more. These have not been studied, but do have a similar structure and function to the BPA. It can be argued that they can potentially have the same effect on the human body as the infamous BPAs. Nalgene Wide Mouth Water Bottle There are hundreds of different plastic water bottles, so this was a hard choice. But I wanted to compare the Hydro Flask to a good plastic bottle. This water bottle by Nalgene (Click here to check the current price on Amazon) is a great example of the pros of using plastic water bottles that takes care of some of their cons. It is a wide mouth water bottle, which is making it easier to sip from and keep clean. It is super cheap and affordable and very lightweight, weighing at a little over 3 oz. It has a single wall, so it is not going to be great at maintaining the temperature of the liquids inside. But the best thing that I like about it is that the manufacturer has stated that it is BPA, BPS, and Phthalate-free. Of course, some may worry about other toxins, but this is definitely a step in the right direction. Resources I Used: //www.nationalgeographic.com/environment/2019/07/exposed-to-extreme-heat-plastic-bottles-may-become-unsafe-over-time/ Page 2 healthy food selections For years, we've been told to store our food in the fridge and freezer. This is no longer a great practice, and for many reasons, but one of them is because it can create problems in the long run. We all have bad habits when it comes to food storage. But with a little awareness and a lot of willpower, you can easily avoid many of these pitfalls. In a world where food is often perishable and easily spoils, we know how important it is to properly store our food. But what happens when we put things into storage incorrectly? What should you keep in mind if you want to avoid wasting your food? We know that not all foods are created equal, so we have a few steps you can follow to ensure you're getting the most out of your food storage and avoiding wasting time, money, and ingredients. In this blog, we're going to look at 10 common incorrect food storage step that many of us have made—and the way that you can avoid them. Storing Food That They Don't Enjoy Not happy with the food he eats One of the biggest mistakes people make is storing food in the cupboard which doesn't appeal to them, that they've never tasted, or which they're not familiar with. That's the most common mistake I see happening. I'm most likely going to refer to beans and rice in this post. This is an example that should be replaced with something you know comes to mind for your world. If you are going out, everyone is saying stock some beans and rice. Beans and rice are good because they're inexpensive and last forever. blah blah... You go out and buy beans and rice, but you don't know how to cook them, you don't know if your family likes them or not, and you don't know what to do with them. You may have wasted a lot of money. You shouldn't store foods that you don't like. This is the time to maybe spend $5 and go get some beans and go get some rice and learn how to cook them, look up some you know recipes on the internet. And discover different ways that you might be able to fold that into your menu. If you don't already, you can decide, whether or not it's worth stocking upon, whether or not you can get your kids to eat it, or whether or not you can get your spouse to eat it. Don't focus on foods that other people are saying are a good thing to stock up on, instead focus on foods that you currently eat and enjoy, because those are the ones that you need to stockpile. Don't Rotate Their Foods Stockpile canned food in storage The second mistake that I see a lot is that people don't rotation their food. If you're just starting out, it's a good idea to buy 10 cans of tuna, and then two weeks later buy 10 more cans of tuna, make sure to put those behind the first 10 cans or whatever is left of them, because it's a first in the first method. You want to use those ones that you bought first before you use the ones that you just bought, and you want to pay attention to the best buy date or the expiration dates, to make sure they are not spoiled. by doing this, it can help you rotate your food appropriately. I've been getting questions recently from people who have gone to the store and bought 10 cans of tuna. They see it on the shelf and they decide to go get 10 more, and they notice that the best buy date on the new purchase is earlier than it is on the previous purchase, so you want to keep track of that, to see if you need to check expiration dates before you make a purchase. I know it seems like a lot, but it's actually pretty easy. Just glance at it when you go to put it away and then you'll know which ones to use first. If you keep

buying 10 cans of tuna and after a year the ones you bought first are all the way in the back, they're not going to be good, that's why you must rotate this. You want to make sure that you keep track of the ones that you bought first upfront and the ones that you bought last in the back, and rotate them through. It's important that you get into the habit of doing it, instead of just tossing it in the cabinet, you want to make sure that you organize and make sure that it's in the right place. Okay, let's get this thing out of the way. Storing Food Not In The Right Temperature storing food in the refrigerator The temperature is the third incorrect food storing step that I see happening. The things that are bad for food storage are light, temperature, and moisture, so if you're talking about food storage, the common theme is light, temperature, and moisture. They say that you should keep it in a dark, cool, and dry place. Now we've people that live in Arizona without air conditioning, California, New Mexico, Florida that have humidity, that have heat, with no air conditioning and a lot of people ask, what do I do with this? It's not that you're not going to be able to eat it, it's just that it's not going to last as long as you'd like it to. It should be okay as long as the jars come unsealed. With the increase in heat, the nutritional value tends to decline. When it comes to extreme temperatures, you have to watch your food storage containers to make sure that they remain sealed. That plays an important role. ⇒ Read my post about: Why is Proper Food Storage and Refrigeration Very Important The heat can make things expand, it does play a factor in your food storage containers regardless of what they are, whether you're a home canner or you buy most of the stuff from the store or whether you have things in five-gallon buckets. The best temperature for food to be stored in is between 50 and 70 degrees theoretically.  When it comes to temperature play, what is worse, a constant 90 degrees or a constant 80 degrees? It is worse for your food when the temperature goes from 30 to 80 than it is when it stays at 80. Now I've seen say 42 degrees to this, but let's just round it up. Okay, 50 to 70, 75 degrees is the optimum temperature you want for your food. If you can't maintain that because you don't have air conditioning, you're going to have to add to what you need to keep an eye on it. It's not that it's going to go bad, it's just that you need to make sure that it stays sealed, it stays contained, and you may need to rotate it through a little bit faster, just because the nutrition value could be impacted. So temperature is a very big deal when coming to the food storage step. Not Storing Enough Liquid to Reconstitute Their Foods pouring water into a bowl of rice It's number four, not storing enough liquid to reconstitute your food. let's get back to the beans and rice, You can't make rice without some kind of liquid, you can't make beans without some kind of liquid, and you can't make instant mashed potatoes without some type of liquid., so the liquid is needed for a lot of different long-term storage foods in order to make them edible. Having water on hand is very important. So you can store a hundred pounds of beans and a hundred pounds of rice, but you'd better have a hundred gallons of water to go with them or a way to get that liquid to go with them. So many times with canning, when you do a lot of home canning, there is a liquid created either by the product that you're canning or added to the product that you're canning in the jar. And so that liquid comes into play a lot when you're using things that need to be reconstituted. So if you're making beans and rice and you want some ground beef in there, you can take the liquid from that jar and you can pour it onto your beans and rice, and add it to that. So you know that there are different things that you can use that liquid in the jars for, and ideally, you want to make sure that you have water so the rule of thumb always is at least a gallon a day per person. So make sure to store enough liquid to reconstitute those foods that you're putting in your pantry. Don't Have Condiments and Spices for The Food That They Stored different types of spices Number five is condiments and spices, beans and rice taste terrible if they don't have something else with them. If they don't have stock in the rice, if they don't have spices, if they don't have condiments, then they will get boring very quickly. You can make a lot of different meals using the same base ingredients if you add different spices and condiments. Take a look at your spices and condiments, see how much more you would need to add to the food that you have stored in order to change the flavor, to use them in, and to make it better a taste. You can also do things like making your own mustard, It's simple to make your own mustards, just a few ingredients and you're good to go. A whole bunch of different food can be changed into a better-tasting meal with the use of mustard. what you want to be careful though are the things that expire really quickly, mayonnaise, miracle whip, and salad dressing are things that do have a certain shelf life and you really have to be careful about the temperature that they're stored in. So you want to make sure that wherever you store your food it's the safest and that it is the most temperature control, condiments and spices are necessary for good tasting food, so look at what you have in your refrigerator and your cabinets today, look at what you can store more long-term, look at what you can make from scratch and make sure to put some of that away also. Not Having Enough Food Variety different varieties of food stock Six is not having a variety of foods. Variety is the spice of life, it is really important. There's a thing that's called food fatigue, and if you've never felt it before, bless your heart. That's awesome because most people, I don't think, have any idea how serious food fatigue really is. It is very real, it is very serious, and it can actually make you ill. If you have to eat a baked potato every day for the next month, I can almost guarantee you by day 10 you'll say "I can't eat another baked potato" and by day 20 you will actually start to want to be sick if somebody puts that baked potato in front of you. Variety is the spice of life. Especially when it comes to your food storage. You need a variety of foods for your family, and especially for your children, to avoid getting "food fatigue". Because kids will suffer from food fatigue faster than anybody else. As an example a lot but you want to make sure that you've got that variety if you have to base every single meal off beans and rice, you want to make sure that you've got a way to change it from day today. Today ideally, you don't want to have beans and rice every day. Instead, you want to have scalloped potatoes or stuffing or you want to have something else. It's good to have variety in your food storage, and I'm not talking about having 30 different meals with all kinds of different ingredients. You just need to make sure that you're not being really really redundant with what you're cooking and serving. Storing Huge Food Stock the stock of white rice Number seven is storing too much food, I can't believe I must say this but size matters. it does it really really does, In terms of weight and volume, you need to keep only the right amount of food to keep yourself comfortable. For example; when you purchase 50 pounds of flour, it may be more affordable and it's more of a prepared attitude to keep that 50-pound bag of flour in that 50-pound Bag, but it's just not something you should do. You need to break the large items into smaller containers. To make them easier to manage, to make them more manageable, to make sure that you're going through them at the right place, to make sure that they are stored properly, and not being impacted by light, moisture, heat, and bugs. Your purchase that 50-pound bag of rice, and then you break it down into smaller quantities, such as 5 10-pound bags or 5 10-pound buckets. You then want to make sure that each of those bags or buckets are sealed properly and contained, This will prevent anything from getting into them and making your rice stale. You now have more control over your food supply. In my opinion, the ingredients are important. When I purchase my food, I preferably purchase in "pantry-size" cans. Which is about half the size of a number 10 can, and while I have to have twice as many of those to have the same amount as number 10 cans, you know I could have 10 pantry cans or five number 10 cans, but the number 10 cans I can't go through all of that fast enough. by doing this I make sure to put the food in it at risk and becoming unusable. Because I Know I Will Be Able To Use It At The Rate I Need To Use It. It's just whatever you buy, however you buy it, what you want to do is, you want to break it down into more manageable portions, more manageable quantities so that you can use it, what's best for your family. Now what I typically do for my typical family of two isn't going to work for your typical family of seven. So my method is different for your family than it is for mine. So food storage for your family is based on your family's needs. if you have a family of seven, you're going to need to up your portions, and you'll also want to think about storing it in a way that keeps it fresh and nutritious. Make sure that you've got the buckets, that you've got the jars, that you've got everything that you need to put it into the proper portions, and that it's properly stored in the right containers. Size matter!  Not Using Properly Food Containers different types of food containers We're going to merge right into number eight which is the food containers. There are various kinds of food containers for different needs. We've discussed some of them at one time or another. I use mason jars a lot; for canning, storing my grains, flour, sugar, and such, and also use them for storing my dried herbs and other "perishable" bulk items. I have two pints that I use for my spices. I have a half-gallon jar that I use for different things like crackers and flowers and salt. I use court jars to store crackers. I know it really depends on what I'm storing and what jars I have available at that time. I use buckets that are food-grade, you can get those at Walmart. They're around $3 per piece and don't come with a lid, so you'll need to buy lids separately. You could probably find these buckets normally near the paint aisle, though. I've never honestly looked for the lids at Walmart, but I use Gamma Lids for everything, you can normally buy Gamma Lids on Amazon. You can buy them from Home Depot and a lot of Hardware Stores. So hunt around and you can find gamma lids for your five-gallon buckets. The other thing is mylar bags. These are very very good for storing a multitude of items in, if you take that 50-pound bag of flour and you divide it into one-gallon bags, then that is perfect to seal those up, store them in a bucket and you've got your flour ready for you all ready for whatever you want. ⇒ Read my post about: Why Use Mylar Bags in Food Storage You can take that one-gallon bag and empty it into your canister. Then you can use what you need. If you haven't used it in a while, you don't have to worry about oxygen absorbers. Definitely breaking things down and putting them into the right containers is very, very important. So look at what you've got, what you need, how you can break it down, and the equipment that you need, to do it. It's a little bit of an investment but it's absolutely worth it in the long run, just to not waste money, to not throw money out the door. Ziploc bags are not like Mylar bags, just in case you were wondering. They are not airtight, so you cannot store your dehydrated goods in there for the long term. You really do need to find an alternative way to store these things and you can store them in glass jars, you can store them on buckets, and mylar bags. You can actually use oxygen absorbers in five-gallon buckets with gamma lids. ⇒ Read my post about: Best Glass Jars for Dry Food Storage Not Using Extended Staples fresh tomato, dried tomato, and frozen tomato Here are the number nine incorrect food storage steps, not using extended staples. But wait! what are extended staples? Extended staples mean that you're not putting all of your eggs in one basket, you're also storing dehydrated and freeze-dried food, home good,s, and store-bought food, you're going to hit all of those different things so you're not going to put all of your eggs in one basket. I have chicken in jars, chicken in the freezer, I have fruit in jars, I have dehydrated fruit, and I have frozen fruit. I have vegetables in the jars, I have vegetables in the freezer, and vegetables that are freeze-dried. So, you see, you need to make sure that you're not putting everything all in one basket. You should diversify how you store your food. It's really important to have a backup to your backup, in case one thing goes wrong. Make sure you have extended staples for several different types of storage units for your stuff. Not Having Comfort Food in Their Storage different types of food comfort food Last but not least, the number ten incorrect food storage step I see is not having quick and easy comfort food in their storage. It is about health, it is about not filling yourself with a whole bunch of garbage. So it's in home-canned or store-bought it really doesn't matter garbage is garbage. But when it comes to storing food, it's also important to take into account your health. You may be tired or not feeling good, or perhaps you've had one of those days. It's always a good idea to keep a supply of easy-to-make meals on hand, and when you're storing your food for an emergency situation, you might want to consider choosing foods that won't require a lot of preparation.  I mean the whole time that I was home during the first shutdown, I cooked every single day at least once a day, we normally scavenge for the other meal but at least once a day every single day. After about four months of this I was like "Please God, just give me a break!" I knew it was a big risk but could we get a pizza, please could we get a PB&J, anything so I didn't have to prepare a full meal. Quick and easy food that'll satisfy your hunger and give you energy so that you're less likely to be cranky and less likely to have a bad day. That's why I always keep a stash of my favorite comfort foods in my kitchen. I call them "emergency foods." You never know when life (or a lack thereof) is going to hit you in the gut, and having a little baggie of comfort foods on hand will help you get through those rough patches. You want to find something that brings you some kind of comfort or pleasure, and a lot of us talk about "chocolate" or "cookies". I remember before last year's winter hit, I vacuum sealed up some vanilla wafers, because when I was sick I had vanilla wafers and they helped my stomach, and it's just one of those things you have in your "toolbox" for those unexpected situations when things aren't going so well. Now I've got crackers and cookies vacuum-sealed in there because they're comfort foods. Sometimes life sucks. You know, some quick easy a fly again, quick easy comfort food, really goes a long way, and not having that in your food storage is a mistake, in my opinion. Conclusion I'm sure these are just the 10 most common food mistakes that I see on a regular basis I hope they have you take a closer look at your pantries at your plans for your pantries, for your food storage, and what you can do to kind of fill those gaps and take care of those issues ahead of time. Remember only buy what you eat, eat what you buy, remember to rotate it through, eat the oldest first, remember to keep it stored at the evenest temperature that you can. Remember to always have some kind of liquid to reconstitute the foods that require it, condiments and spices are your friends, you really need to get acquainted with them make sure to have a variety. Size matters when it comes to storage so buy that 50-pound bag of flour but break it down into smaller amounts in proper storage containers, make sure that the containers are food safe and that they are stored properly. Make sure that you have your extended staples to make sure that you're not putting all eggs in the same basket. And then last but not least quick and easy and comfort those are really really important during very stressful times. i hope that you enjoyed this post. I would love to hear if you have any concerns about long-term food storage? Plastic bottles sure are convenient! They're easy to buy almost anywhere, and you can drink and discard them without carrying them around. But, they have a dark side to them. Plastic bottles don't decompose entirely and end up polluting our ecosystems and hurting wildlife.Did you know that scientists estimate that there's currently 75 to 199 million tonnes of plastic in our oceans?! If we don't start thinking about the environment more, there won't be a beautiful planet to explore! It's time we make changes, starting with decreasing our use of single-use plastics.We can all start by taking small steps...Something that everyone can do very easily but will also make a huge impact is to carry a reusable water bottle. Stop relying on those convenient but super harmful disposable ones!But with so many options on the market, like Yeit and Nalgene, how do you decide which one to buy? Today, I'm looking into the ultra-popular and super-hype water bottle brand Hydro Flask.I've owned some of these over the years, and this brand should definitely be on your radar! It's a reputable water bottle brand that travelers have been swooning over. Let's find out what's special about Hydro Flask and if its steep price tag is worth it.Image Courtesy: Hydro FlaskWhat Is Hydro Flask?Founded in 2009, Hydro Flask is a company that offers a wide range of reusable travel gear, including insulated steel water bottles, cups and tumblers, jars, coolers, insulated totes, bags, and much more.Hydro Flask's most popular product range, as you might have guessed, is its sleek collection of insulated bottles that are made of steel.Hydro Flask's products are a sustainable and environmentally-friendly alternative to single-use plastics. Its products are widely popular among Gen-Z and millennial travelers, college students, and eco-conscious groups.The company also donates towards restoring natural resources through its Parks for All program. On top of all of this, the company has won many awards for its products.Hydro Flask TrendIt's undeniable—the Hydro Flask craze has taken over and shows no signs of slowing down.This trend is not just about keeping your drinks at the right temperature—it's a lifestyle statement. The Hydro Flask trend has turned this stainless-steel, vacuum-insulated water bottle into a must-have accessory, blending functionality with style.Whether at a park, gym, or café, you're likely to spot someone nonchalantly sipping chilled water from their vibrant, metallic Hydro Flask, while you're left questioning your lukewarm, single-use plastic bottle choices.The Birth of the CrazeAs I mentioned, Hydro Flask was born in 2009. To deep dive into its origin story, it's the brainchild of a couple from Bend, OR. They were fed up with settling for lukewarm drinking water. The couple took inspiration from the century-old double-wall vacuum insulation technology and reimagined it into a sleek, modern bottle catering to those leading "an active and joyful life on the go."This isn't the first time a generation has adopted a water bottle as a lifestyle symbol. Remember the Nalgene boom of the early 2000s? Those indestructible bottles became ubiquitous, transitioning from outdoor gear to fashion statements with their vibrant hues.So now let's look at today. Hydro Flask isn't just for the athletic and outdoorsy. Somehow, it's become a symbol of cool for millennials, Gen Zers, and the ever-popular VSCO girls.The Rise of Metallic Eco-WarriorsAs the eco-conscious movement grew and skepticism towards plastic bottles surged, metal bottles emerged as the new trend. Hydro Flask and brands like Yeti, S'well, and Klean Kanteen became symbols of environmental advocacy. They were no longer just containers! Big reusable water bottles were statements of one's eco-consciousness and style.But why did Hydro Flask come out on top? Here are 2 things the contributed to it's popularity:Social Media BuzzThe buzz around Hydro Flask on social media platforms, especially among Gen Z, has fueled its trendiness. The #HydroFlask hashtag on TikTok and Instagram showcases creative customizations, user testimonials, and various adventures accompanied by the bottle, contributing to its widespread popularity and community engagement.The 'VSCO Girl' PhenomenonThe Hydro Flask trend received a considerable boost from the 'VSCO Girl' phenomenon, where it became a staple accessory, along with scrunchies and oversized T-shirts.This trend spotlighted the brand, associating it with a laid-back, eco-friendly lifestyle, and a sense of belonging to a community.Hydro Flask vs. Its CompetitorsWhat sets Hydro Flask apart? Is it their vibrant aesthetics, savvy marketing, or perhaps the favor of social media algorithms? Regardless, the youth have embraced the colorful bottles from Bend with open arms, and it doesn't seem like they're letting go anytime soon.In this age of visual identity and environmental mindfulness, Hydro Flask has seamlessly blended utility with style, making it not just a bottle, but a lifestyle accessory that's as expressive as it is functional. And with every sip from these cool, insulated bottles, the craze only seems to grow.Image Courtesy of Bluewater Sweden on UnsplashWhat's So Special About Hydro Flask?Great InsulationThe insulation feature puts single-use and reusable plastic bottles to shame!Hydro Flask bottles come with double-walled vacuum-insulated technology that can maintain the temperature of your hot drinks for up to 6 hours and cold drinks for up to 24 hours.Condensation is also not a worry with Hydro Flask water bottles!Reliable DesignLeakage is a common issue in many stainless steel bottles but not in Hydro Flask products, as endorsed by many happy users. Other key features of Hydro Flask bottles are that they're lightweight and easily portable. Plus, they offer a slip-free grip thanks to the powder coat exterior. The newer Hydro Flask bottles, anything produced after 2020, are also dishwasher-safe.DurabilityThe main bodies of Hydro Flask bottles and other products are made of food-grade stainless steel. Their caps and handles are made with BPA-free plastic. This combination makes Hydro Flask products very sturdy!With good care, you can use these bottles for a long time without an issue. And, because of Hydro Flask's durability, it is also an ideal choice for kids.The bottles come with a limited lifetime warranty that covers manufacturing defects.CustomizationYou can get a Hydro Flask bottle customized with a name, quote, or symbol printed on the back of the bottle. You can also specify the cap type, color(s), and size of the bottle.The customization feature is available for tumblers and standard/wide-mouth water bottles.Image Courtesy: Hydro FlaskWhat Are Some Drawbacks of Hydro Flask?ExpensiveCompared to other stainless steel insulated water bottles on the market, Hydro Flask models are pretty pricey!So, if you are looking for a budget-friendly option, this is not it. If insulation is not one of your concerns, you can always choose a reusable BPA-free plastic bottle that costs less.However, keep in mind that you get what you pay for. Hydro Flask products will probably last longer than a cheaper reusable plastic bottle.DentingWhile durable, Hydro Flask bottles are prone to denting with frequent usage, especially if they sustain a lot of knocks and drops. While smaller dents won't affect functionality, bigger ones may cause leakages.You can purchase a silicone boot to prevent the bottom from denting.Best Hydro Flask Bottle RecommendationsHydro Flask 32 oz Wide Mouth with Straw LidIf you prefer a built-in straw for easy sipping on the go, you might like the Hydro Flask Straw Lid Bottle. It's the perfect addition to your ultimate backpacking packing list. This mid-size option weighs only 15.5 oz and is easy to carry around. It comes in many vibrant colors and is available in 24 oz and 40 oz sizes.It can maintain the temp of your cold drinks for up to 24 hours and hot drinks for 12 hours! But, don't use the straw to drink hot beverages. Some have noted that the straw is difficult to flip up, but that's a minor flaw.Image Courtesy: Hydro FlaskHydro Flask 21 oz Standard Mouth BottleIf you want an average-sized bottle that can fit in the side pocket of your backpack, then this Hydro Flask product is the choice for you! In addition to the double-wall insulation, the honeycomb design of the lid also contributes to temperature control.The opening is compact enough to drink comfortably without spilling and big enough to fit in ice cubes. The bottle is also available in 18 oz and 24 oz sizes and comes in 12 attractive colors.You can also go for the Hydro Flask wide-mouth version available in 20 oz, 32 oz, 40 oz, and 64 oz sizes.Image Courtesy: Hydro FlaskHydro Flask 12 oz Kids Wide Mouth BottleThis kid's bottle comes with a Flex Straw Cap, making it easier for kids to sip and drink. However, it is not leakproof. There's a silicone boot at the base of the bottle for added grip, and it's a safe water bottle choice for kids compared to plastic alternatives. Available in 6 colors and comes in 20 oz if you prefer a bigger size, this bottle has all the options you could want.Image Courtesy: Hydro FlaskHydro Flask Reviews: What Others Are SayingDiving into Hydro Flask reviews, it's clear the bottle has garnered many fans.Users praise Hydro Flask's remarkable ability to maintain beverage temperature, proving itself in sweltering heat and freezing cold.The aesthetic and functional harmony is a standout feature. Satisfied customers in their Hydro Flask reviews give big ups to the variety of colors and customization options, allowing users to express their individuality while enjoying a practical, high-quality water bottle. Another feature that users love is how durable Hydro Flask bottles are built. Its products meet daily rigors and adventures with minimal wear and tear. Finally, Hydro Flask's commitment to sustainability has earned it applause from eco-conscious consumers, adding another feather to its cap.Despite the widespread acclaim, Hydro Flask is not without its negative customer reviews as well.The most commonly cited drawback is the price tag. For some, shelling out $30 to $60 for a water bottle can be a bit steep, leading to hesitancy among potential buyers. While many users find the bottle's performance and longevity justify the initial investment, it's worth noting that there are those who feel the cost is a significant barrier. If you're on a budget or don't care too much about style, you may be able to save money on alternatives!Image Courtesy: Hydro FlaskIs Hydro Flask Worth It?Yes, I would recommend investing in a Hydro Flask bottle, no matter if you're a digital nomad or an avid outdoor traveler.Forget that it's a pop culture phenomenon. Instead, focus on every benefit and feature Hydro Flask's products are packed with! It's worth the price when considering Hydro Flask bottles' quality, durability, temperature control, and other solid features. Although other solid alternatives like the Yeti compete with Hydro Flask, you're sure to enjoy your buy if you go with Hydro Flask. With positive reviews and lots of product info on the Internet, you won't be met with any surprises. Hydro Flask may be a bit more pricey, but think about all the money you'll be saving since it really is a long-term water bottle!Our Rating: 4.5/5Pros:Good insulationReliable designDishwasher safeDurableCustomization featureCons:ExpensiveProne to dentingOther Hydro Flask FAQsWhy Is Hydro Flask So Expensive?Most people would say Hydro Flask is so pricey due to its brand name. It's like asking why lululemon is more expensive than the slew of other athletic clothing brands.That said, there are some technical factors of Hydro Flask products that make them more expensive than competitors.For instance, Hydro Flask bottles are priced higher due to their advanced double-wall vacuum insulation technology, durable build, and stylish design. This technology ensures excellent temperature retention for both hot and cold beverages. Additionally, the brand's commitment to quality, sustainability, and customization options contributes to the elevated cost.Why Is Hydro Flask So Popular?Besides the fact that it's a cultural phenomenon among the trendsetting generation, the answer to this question is that it blends function and style.The bottles are known for their excellent temperature retention, various colors, and customization options. Who doesn't want a water bottle with their own name on it? Sounds like a great feature when traveling around and staying with other adventurers!Which Hydro Flask Should I Get?Choosing the right Hydro Flask largely depends on your needs, preferences, and lifestyle. Here's a guide to help you decide based on what type of traveler you consider yourself:For the Day-TripperSuggestion: Standard Mouth 18 ozWhy: Compact and convenient, this size is ideal for short excursions and fits easily into small bags.For the Outdoor AdventurerSuggestion: Wide Mouth 32 oz with Straw LidWhy: The larger capacity is perfect for longer hikes, and the wide mouth makes it easy to fill from natural water sources. The straw lid provides easy hydration on the go.For the Business TravelerSuggestion: Standard Mouth 24 ozWhy: Sleek and versatile, this bottle is professional-looking and the right size for staying hydrated between meetings.For the Long-Haul FlyerSuggestion: Multi-Cap 40 ozWhy: The larger capacity reduces the need for frequent refills on long flights, and the multiple cap options provide versatility.For the Road Tripper:Suggestion: Wide Mouth 64 ozWhy: This size will keep you hydrated for the duration of your journey and is particularly useful when water sources are scarce.How Long Do Hydro Flasks Last?Hydro Flasks are known for their durability and are built to withstand daily wear and tear. Many users report their bottles lasting several years with minimal signs of aging. The longevity of a Hydro Flask will also depend on how well you maintain it and the frequency of use. If you stick to regular cleaning and proper care, you'll be able to extend the life of your bottle.Stay Hydrated While ExploringSo now you can grab your high-quality Hydro Flask water bottle and start your next adventure. But wait, have you planned it yet?If you're still trying to organize your upcoming adventure, whether it's solo or with friends, I've got the go-to trip planner to get you super organized.