



Gift guide for fitness buffs: Energy-boosting gels, cold-weather clothes, spill-proof water bottle, portion-control lunch boxes

Advice, Wesley Alden — posted by wesleyalden on November, 16 2010 5:00 AM



CONTIGO AUTOSEAL KANGAROO HYDRATION BOTTLE

This reusable 24-ounce water bottle scores big with me because it doesn't leak and if you knock it over it doesn't spill. It's perfect for those of us that are a little clumsy. There are no lids to remove and no spouts to open. The self-sealing lid offers press-to-sip drinking (it only takes one hand).

I've actually been taking this bottle with me on my long runs to stay hydrated. Another benefit is the compartment on the side that allows you to stow keys, credit cards, ear-buds, energy gels, etc. It's dishwasher safe and comes in a variety of colors. \$12.99

For more information, click on [water bottle](#).