



The Complete Idiot's Guide to Backpacking and Hiking (Paperback)

By Jason Stevenson

Dorling Kindersley Ltd, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. A guide so thorough it will send you packing. Backpacking remains one of the most popular, and inexpensive, outdoor activities in America. The Complete Idiot's Guide(r) to Backpacking and Hiking helps anyone prepare and plan for a rewarding adventure. -Covers planning, training, shopping, and packing for the trip -How to live on the trail -First aid and other safety tips -Practical time- and money-saving hints -What gear is necessary-and what isn't -Special considerations when traveling with groups or pets Table of Contents Chapter 1: Get Started with Day-Hiking Getting started with shorter hikes that allow you to sleep in your own bed at night. Chapter 2: Hiking for All Ages and Types Finding a satisfying trail whether you hike by yourself, with a partner, or in a group. Chapter 3: Camping Overnight The complete guide to a comfortable night's sleep at parks, campgrounds, and backcountry tent-sites. Chapter 4: Backpacking Basics Getting deeper into the woods, mountains, or wherever you want to explore by carrying everything you need on your back. Chapter 5: Training Your Body for the Trail Everyday fitness routines to...

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