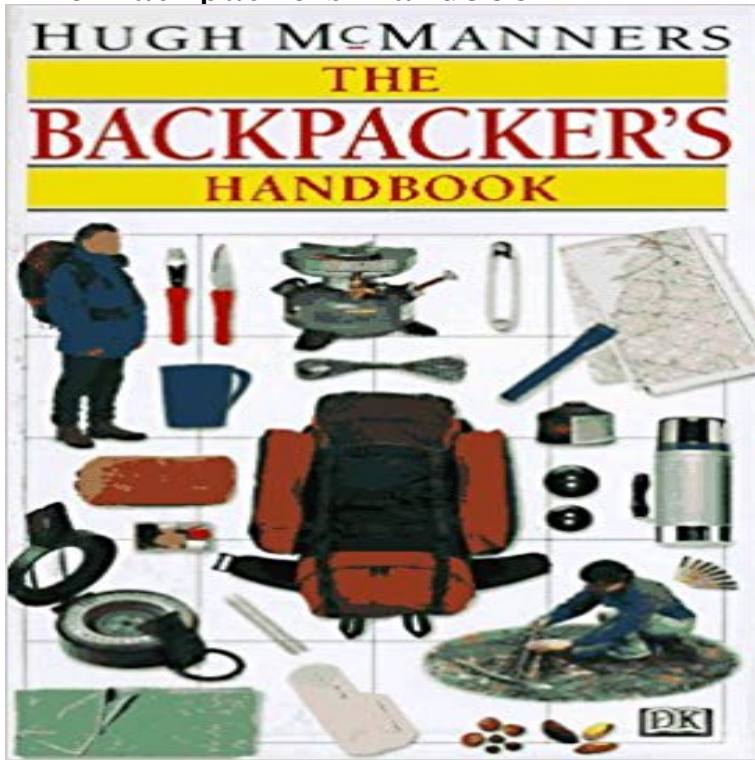


The Backpackers Handbook



An easy-to-use portable companion for anyone traveling through wilderness areas. As people of all ages rediscover the great outdoors, backpacking has become more popular than ever. Although hiking can be a fun and enjoyable hobby, backpackers should prepare for the many precautions and dangers. The Backpackers Handbook explains how to get physically fit for a trip and what equipment is necessary. Information on traveling in various conditions, using a map and compass, and moving over difficult terrain is presented in an easy-to-follow style. Once the right campsite is found, full details are given on such techniques as dealing with dangerous animals and extreme weather conditions, building emergency shelters, and finding food. Illustrated with full-color photographs, diagrams, and charts, The Backpackers Handbook is an indispensable companion for the wild.

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