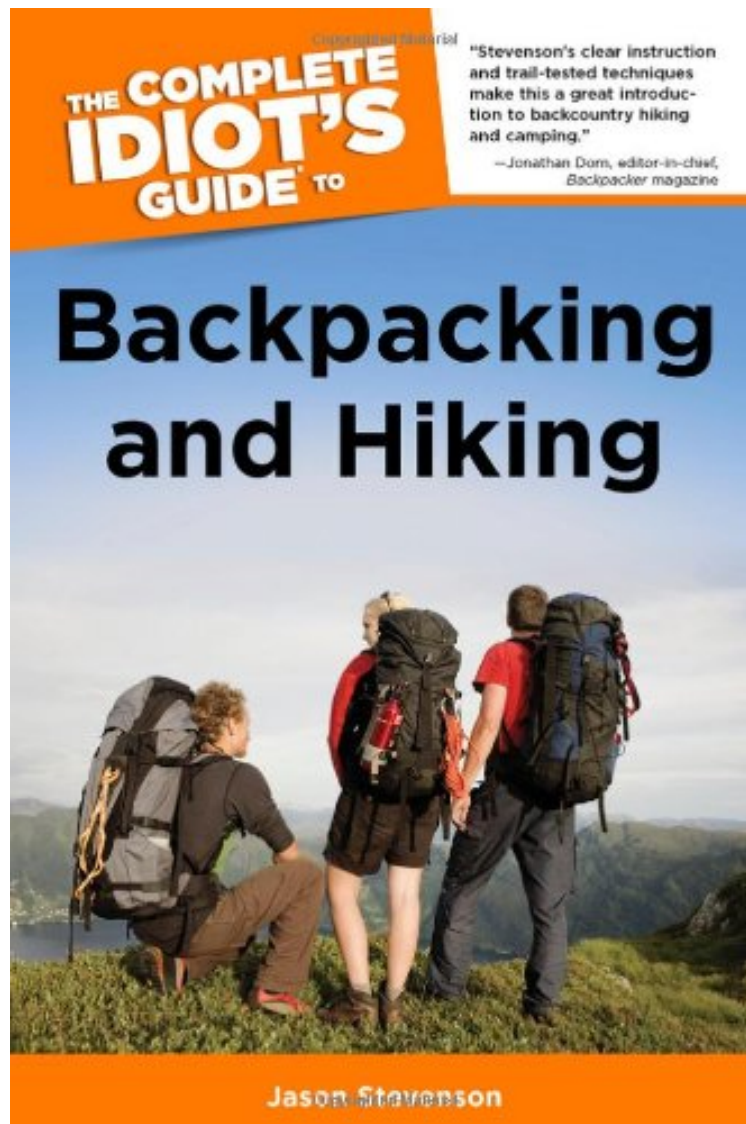


[E-BOOK] The Complete Idiot's Guide to Backpacking and Hiking (Complete Idiot's Guides (Lifestyle Paperback))

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

Jason Stevenson

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Jason Stevenson : The Complete Idiot's Guide to Backpacking and Hiking (Complete Idiot's Guides (Lifestyle Paperback)) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Idiot's Guide to Backpacking and Hiking (Complete Idiot's Guides (Lifestyle Paperback)):

4 of 4 people found the following review helpful. The Complete Idiot's Guide to Backpacking and HikingBy Deborah

E.I bought this for my 19 year old granddaughter. She loves to hike but has never given thought to safety or comfort or what to do if she is lost, etc. She fell off of a 200 foot sandy bluff last June ending with a mild concussion, bruises and scratches. I can't put a bubble around her (darn it) but I can give her information. She dove into this book fast and finished it fast! I can only tell you that if you have a loved one that loves the outdoors, this is an excellent book. It touches on all that encompasses hiking and backpacking. It has also prompted her to read more about the subject. Until I can get that bubble I spoke of....wait...she'll never agree to go in it. :) 2 of 2 people found the following review helpful. Really a wonderful book for those of us that are new to backpacking!!!!!! A wealth of great info!!!!!! By Leslie Asher This is definitely a great book for those of us who are getting starting in backpacking and hiking!!! It has a lot of general information and some specific information. You should see my book, with all of the highlighting and all of the pages I've tagged!!! However if you are looking for a book for a specific area hike or backpacking type, this is not your book. You will need to look for a book and map for that specific area/state and hiking/camping type. As I learned with this book, there are many different types of equipment needed for the different types of hiking/camping and you MUST be prepared for what you are going out for so research, pack and be prepared!!!! This means, reading this general book, reading other specific books, getting maps, getting the right gear, and so forth.... Like I said this is a wonderful general, getting started book and I totally recommend it!!! But don't let this one be your last one. It's not mine :-)) 0 of 0 people found the following review helpful. Perhaps a little too basic for my needs By Allyson Salvucci When they say "complete idiots" guide, they mean it. The information in this book was SO basic that even a beginner like me who had done a little research on my own online and whose completed a few solo hikes had a hard time finding information I didn't already know. While the information is good, sometimes it's almost too thorough that it's boring and repetitive. If you have a middle schooler or high schooler or maybe even a perpetual city dweller looking to take a trip...this may be good for them. But if you've ever done any sort of hiking or personal research on the subject...you may want to look into other reading material options.

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 get you in shape for any level of hiking. Chapter 6: Never Get Lost (Again) Easy-to-follow map, compass, and GPS tutorials to keep you on the right trail. Chapter 7: Essentials for Every Trip The lifesaving gear you should never leave home without. Chapter 8: Welcome to Gear World Expert advice on how to buy high-quality and long-lasting equipment. Chapter 9: Footwear Fundamentals Finding hiking boots or trail shoes guaranteed to keep your feet happy and blister-free. Chapter 10: Outdoor Clothing 101 Smart layering advice for weather that's either fair or foul. Chapter 11: Hauling Your Gear: Daypacks and Weekend Packs The surefire guide to finding and loading the ideal backpack. Chapter 12: Shelter from the Storm Building the perfect sleep system by combining tents, sleeping bags, and ground pads. Chapter 13: The Outdoor Kitchen Cooking advice and recipes to fuel every hike and hiker. Chapter 14: Liquid Refreshment Where to find water and how to make it safe to drink. Chapter 15: Hygiene on the Trail Sensible strategies to keep clean on the trail. Chapter 16 How to Survive The no-panic plan on how to respond when trouble arises. Chapter 17: First Aid The on-trail prescription to fix blisters, bumps, and bruises. Chapter 18: The Wild Things Keeping encounters with poisonous plants and wildlife at a safe but exciting distance. Chapter 19: High-Country Hazards Hiking and camping tips for more challenging trails and terrain. Chapter 20: Expanding Your Skills Where to seek your next great adventure. Appendixes A Glossary B Resources C Equipment Checklists

"Stevenson's clear instruction and trail-tested techniques make this a great introduction to backcountry hiking and camping." -Jonathan Dorn, editor-in-chief, Backpacker magazine From the Author Pick any hiking trail in any part of the country on a summer weekend afternoon and you'll find people of every size, shape, age, and ability. You might spot a middle-age couple speeding along at three miles per hour, effortlessly carrying on a conversation as they clamber over logs and sprint up switchbacks. Behind them is a troop of kids, moving slowly as they search the forest floor for nature's shiniest pebbles and smoothest sticks as several fleece-wearing parents and zigzagging dogs herd them forward. And finally there might be a former athlete trying to reclaim the vigor of his younger days as he huffs and puffs to reach the top of the next hill. When he gets there, he stops and enjoys the view as he catches his breath and prepares for the next climb. Despite their different styles, speeds, and motivations, everyone on that trail is breathing fresh air, getting great exercise, and experiencing the simple beauty of the natural world. Each of them is part of a growing community, an Outdoor Nation that seeks a powerful, individual release far away from the digital racket of the paved world. If you're picking up this book, you probably want to be with those hikers on the trail. You're planning your own adventurous goals and looking to join the Outdoor Nation. And you easily can, because this club doesn't have any membership restrictions or requirements (although buying this book will help). When you're on a trail

you can hike at your own pace, by yourself or in a group, and over any distance you choose. You can camp in a tent, in a cabin, or snug inside an RV or trailer. You can drive to your local conservancy or fly across the country to visit one of America's breathtaking national parks. You often hear the phrase "It's so easy that your grandmother could do it," to describe something simple to accomplish. Well, lots of grandmothers are avid hikers and active members of the Outdoor Nation. If they can do it, then so can you. The key to getting off the couch is to discover what motivates you to get outside and then indulge it. Are you looking for a fresh and more exciting way to exercise? Do you want your kids to grow up with an appreciation for nature and wide-open spaces? Do you love to hear the crunch of leaves and pine needles under your boots? Are you looking to get in better shape without joining another gym? The possibilities of what you can find outside are as endless as what you might be searching for. And when you're out there, surrounded by nature, you'll discover that abstract distractions like office politics and undone chores evaporate as you focus on the nitty-gritty of your physical needs. How can I light this fire? Will this rock support my weight? Where is the easiest place to cross this stream? The first step is always the hardest. Far more people imagine themselves hiking and camping than actually kick up dust along a trail. This book will get you over the initial planning and logistical bumps, but it's going to take something more, something that develops inside of you, to make it to the top of a peak or the end of a trail. If you really want to hike and camp more, the real question you need to ask yourself is this: When Saturday afternoon rolls around, where do you want to be? I hope you'll be on a trail. And if you meet me there, I'll be the one huffing and puffing. -Jason Stevenson

From the Back Cover

The Complete Idiot's Guide to Backpacker and Hiking A guide so thorough it will send you packing... Hiking remains one of the most popular, fun, and inexpensive, outdoor activities in America. The Complete Idiot's Guide 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