



Backpacker's Start-Up: A Beginner's Guide to Hiking and Backpacking (Start-Up Sports series)

Doug Werner

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Aimed specifically at the novice outdoor adventurer, this comprehensive guide explains the essential gear, preparations, precautions, and techniques required for day hiking and short backpacking trips. Through informative, entertaining, and encouraging personal anecdotes, the guide emphasizes the physical, aesthetic, and spiritual benefits of spending time in nature. Essential first aid and map-reading information is also included.

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