



Wilderness Basics: Hiking, Backpacking, Mountain Biking (Mountaineers Outdoor Basics)

Kristi Anderson

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A classic handbook for the outdoor novice--extensively updated to reflect new trends in wilderness recreation.

*New chapters on mountain biking, Leave No Trace strategies, and avoiding dangerous encounters with wild animals *Wilderness instructors address the real questions of people heading into the backcountry for the first time

Instructors for the Wilderness Basics Course of the San Diego Chapter of the Sierra Club have taught tens of thousands of people how to enjoy the wilderness. Now they have updated their indispensable guide to backcountry adventure--from planning a trip and selecting gear to fitting a backpack and practicing first aid. Additional new material includes GPS use and sample menus utilizing the latest food products on the market.

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Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite reserve and reading a guide. Beside you can solve your condition; you can add your knowledge by the reserve entitled Wilderness Basics: Hiking, Backpacking, Mountain Biking (Mountaineers Outdoor Basics). Try to make the book Wilderness Basics: Hiking, Backpacking, Mountain Biking (Mountaineers Outdoor Basics) as your pal. It means that it can being your friend when you experience alone and beside those of course make you smarter than in the past. Yeah, it is very fortunated for yourself. The book makes you considerably more confidence because you can know every little thing by the book. So , let us make new experience and knowledge with this book.

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