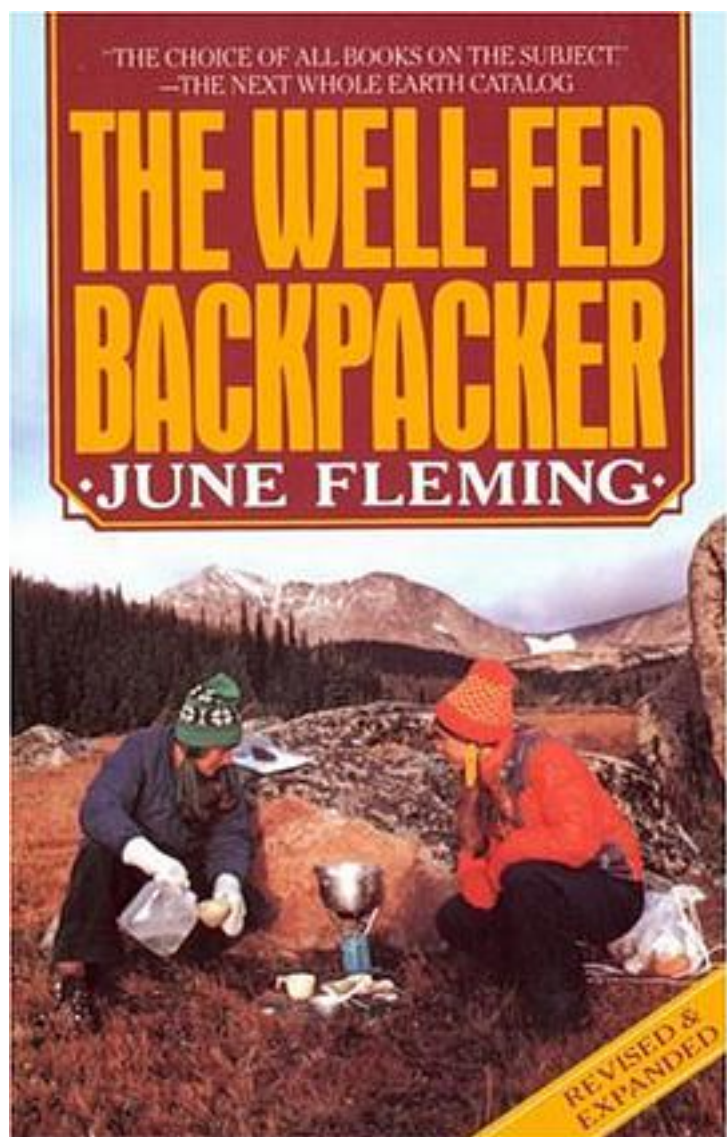


The Well-Fed Backpacker



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A vastly expanded edition. Offers a long list of food sources, new material on drying techniques and many more winter meals to provide heat and sustenance on an icy hike. Haute hiking menus for spring, summer, fall, and winter.

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