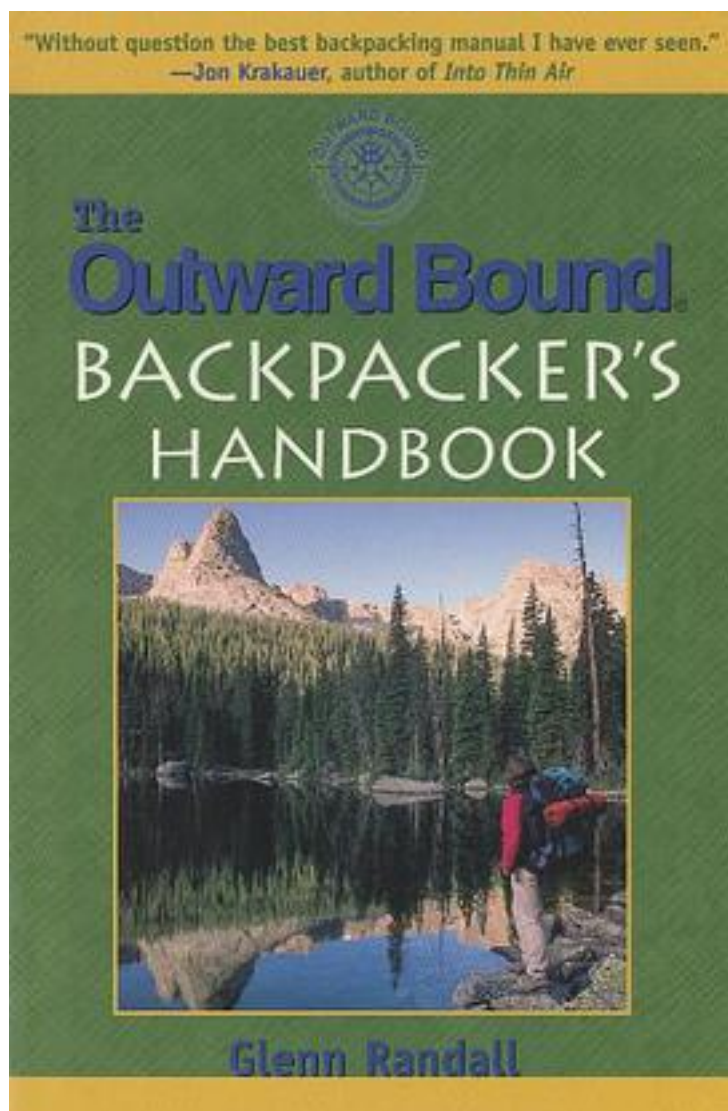


# The Outward Bound Backpacker's Handbook



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著者:Randall, Glenn

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This book should be at the top of every adventurer's equipment list. Written by one of the most experienced and knowledgeable outdoorsman in North America, this manual includes instructions for everything from ecologically conscious trailside cooking to responsible trip-planning. Randall specifies how to buy the right boots, tents, and sleeping bags; how to keep warm in cold weather and cool in hot weather; and how to pack a backpack for greatest efficiency. He also addresses trekking with children, the use of environmentally friendly latrines, foot care and other first-aid concerns, as well as the wisest approach to dealing with bears, mosquitoes, poison plants, and everything in between. Filled with practical advice and invaluable insight, "The Outward Bound Backpacker's Handbook" is the essential reference book for every modern backpacker.

作者介绍:

目录:

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