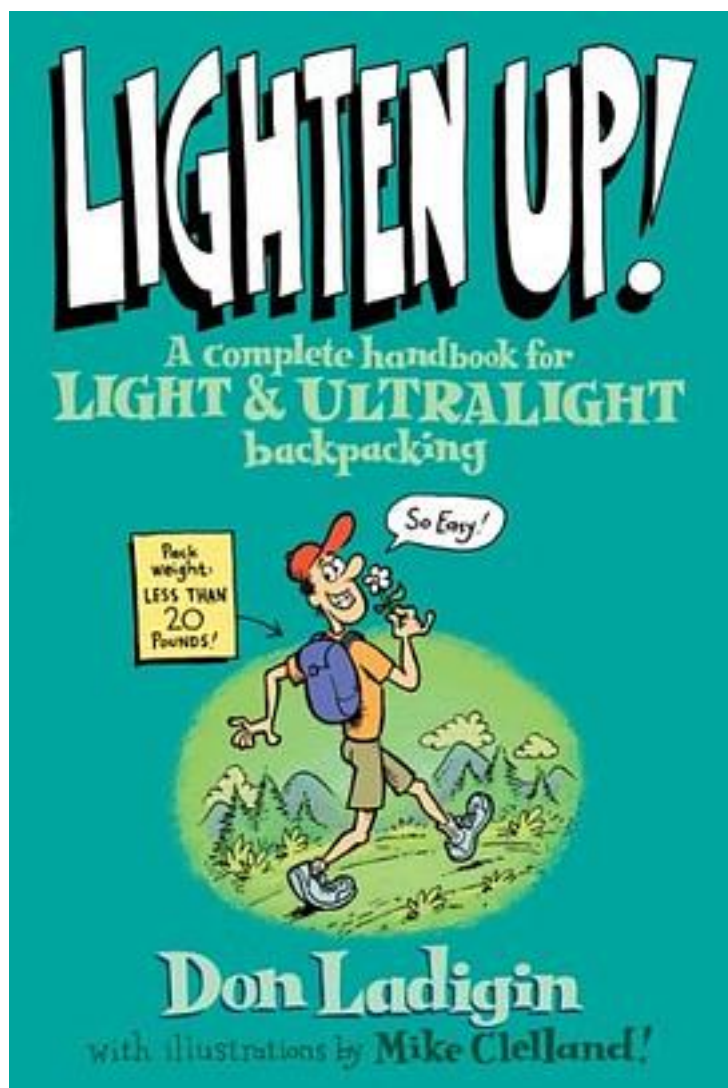


Lighten Up!



[Lighten Up!_下载链接1](#)

著者:Don Ladigin

出版者:Falcon

出版时间:2005-05-01

装帧:Paperback

isbn:9780762737345

Short, to-the-point, and humorously illustrated by famed outdoor illustrator Mike Clelland, this book presents everything hikers and backpackers need to be safe, comfortable, and well fed while carrying a very small and lightweight pack.

作者介绍:

目录:

[Lighten Up!_下载链接1](#)

标签

技能

户外

评论

全面讲解轻量化化的基本，三大系统，衣物，饮食

思路可以借鉴 但是部分做法太极端了

主要是核心概念和philosophy，别的都比较一般，可能是太薄了讲不清楚吧，建议不喜欢厚书的同学读。

[Lighten Up!_下载链接1](#)

书评

Lighten Up! 下载链接1