

Advanced Backpacking



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Here an expert long-distance backpacker shares her secrets to make every hitchhiker's adventure safer and more enjoyable. The first part of the book covers the basics of expedition planning, including scheduling, route selection, and food and equipment resupply. The second part examines the special gear and skills you need for a variety of situations, including rain, winter, high mountains, deserts and foreign travel. The final part offers a list of destinations with descriptions of hikes in every conceivable type of terrain and ecosystem.

作者介绍:

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