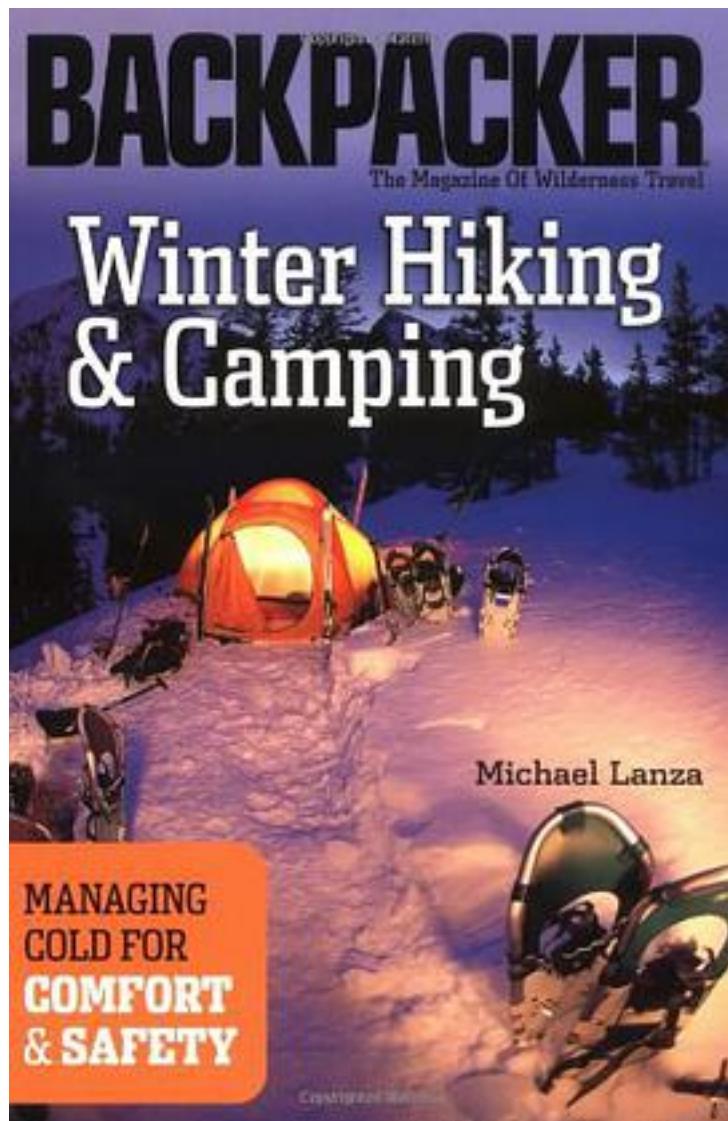


Winter Hiking and Camping



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The outdoor world in its frozen state can take you into a new realm of pleasure where you can enjoy silence, solitude, and a landscape that will redefine "white" in your mind. Learn the skills to help you enjoy wintertime safely and comfortably. Part one covers everything you need to know to take day trips hiking, snowshoeing, or easy ski touring. It includes choosing gear, expanded food choices while "hiking in a freezer," navigation challenges in ice and snow, and avoiding cold-weather dangers. Part two covers making camp in winter, including keeping dry and warm in a tent or snow shelter, winter cooking techniques, and what to pack in your winter first-aid kit.

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