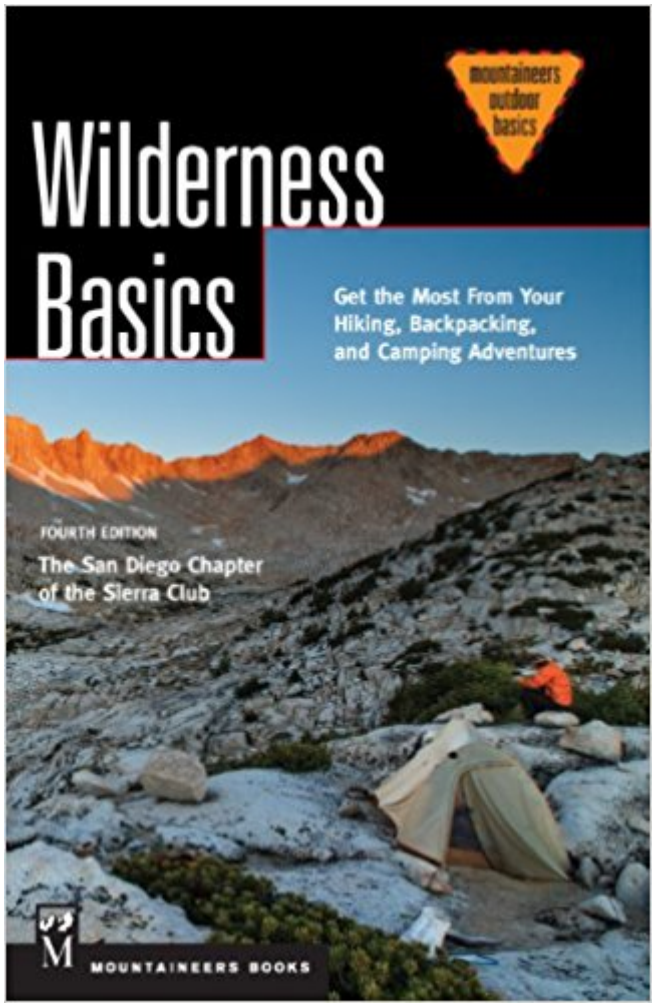
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Wilderness Basics: Get The Most From Your Hiking, Backpacking, And Camping Adventures (Mountaineering Outdoor Basics)



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Synopsis

CLICK HERE to download the chapter on "Animal Encounters" from Wilderness Basics* The standard text for the San Diego Sierra Club chapterâ ™s Wilderness Basics Course * Extensive updating throughout, including many new photosMore than 100,000 copies of Wilderness Basics have been sold over the years, and this new edition will continue as a training staple for those wanting to build their outdoor skills. It is the text used in the San Diego Sierra Club chapterâ ™s signature Wilderness Basics Course (WBC) and is written by chapter members. Updates to this new edition include:* Outdoor Ethics â " latest Leave No Trace practices * Conditioning â " completely rewritten, with targeted advice for certain health conditions * Outfitting â " updates on planning your pack weight, water treatment methods, expanded tentÂ and sleeping system info * Foods and Cooking â " new information on how to not dirty a pot, in-the-bag cooking, and Dutch oven cooking * Navigation â " completely updated,Â including information on adjusted declination compasses * Backcountry First Aid â " the latest wilderness first aid info, first aid kit materials, and information on the Hantavirus and West Nile Virus* Winter Adventures â " addedÂ information onÂ predicting changes in backcountry weatherThereâ ™s more too in this exhaustively updated instructional for outdoor beginners and advanced backpackers, alike. Youâ ™ll also appreciate the refreshed appendix of recommended websites for gear and travel info.Â

Book Information

Series: Mountaineering Outdoor Basics

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Customer Reviews

KRIISTI ANDERSON spent the first half of her life NOT hiking and camping, until she took the

Wilderness Basics Course in 1996. After that, she was hooked! and has spent the last seven years hiking and leading camps for WBC and the Sierra Club and personal hikes and trips. At age 38, she is now in training to climb San Gorgonio and wants to eventually climb Mount Whitney, oh, and spend the rest of her days hiking and camping. Anderson is the editorial coordinator for Academic Press.

Love it! Super useful for planning trips.

This is a great handbook for beginning or advancing your backpacking experiences. Well organized and thorough, it brings all the information you need into a single comprehensive edition. The authors share their wealth of personal experience to ensure you’re well prepared for backcountry travel.

This is a comprehensive guide to everything you need to know about backpacking in the wilderness. It covers everything from clothing to navigation to first aid. The authors seem to be very experienced in their fields. It looks like a lot of love and experience went into creating this book.

A great introductory book based on one of the best "basics" courses in the U.S.

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