



## Backpacking Start-Up: A Beginner's Guide to Hiking and Backpacking

By Doug Werner

Tracks Publishing, U.S. Hardback. Book Condition: new. BRAND NEW, Backpacking Start-Up: A Beginner's Guide to Hiking and Backpacking, Doug Werner, Aimed specifically at the novice outdoor adventurer, this comprehensive guide explains the essential gear, preparations, precautions, and techniques required for day hiking and short backpacking trips. Through informative, entertaining, and encouraging personal anecdotes, the guide emphasizes the physical, aesthetic, and spiritual benefits of spending time in nature. Essential first aid and map-reading information is also included.

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