



# Hiking and Backpacking (Outdoor Adventures)

*Wilderness Education Association*

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Through *Hiking and Backpacking*, you can

- discover the essentials to prepare for your adventure,
- learn the basic skills and techniques from master teachers,
- find tips and insights regarding equipment and gear,
- test your knowledge with questions at the end of each chapter, and
- learn to use the Web to find great trails and adventures.

Hiking and backpacking are great leisure-time activities. But before heading out, you need to know how to ensure a safe, environmentally sound, and enjoyable hiking and backpacking experience. *Hiking and Backpacking* covers all that, and much more! Through this book you will learn how to

- prepare yourself physically for the rigors of hiking and camping;
- select and prepare the right equipment, gear, clothing, and footwear;
- manage risks and work to maintain safety while on the trail; and
- use good trail etiquette and proper hiking, backpacking, and camping techniques.

Master teachers take you step by step through the preparation, skills, and techniques you need to know for a successful adventure. They provide you with practical tips in all these areas, and they also supply you with Web addresses to help you plan your hiking and backpacking adventures throughout the world. This practical book presents all the essential information you need for hiking, overnight camping, and backpacking.

**Part I** prepares you for your adventure with the necessary background knowledge, fitness basics, equipment and gear selection, nutritional needs, safety, and survival skills. In **part II**, you build your basic techniques and skills so you can embark on your first trek and subsequent adventures of increasing difficulty. Starting with easy day trips, you move on to more challenging hikes, overnight camping, and extended backpacking adventures as well as adventures that include groups, families, and dogs. Throughout the book, expert guides offer technique, consumer, and safety tips from their extensive experience. Web sites help you explore the world of outdoor adventure.

Use *Hiking and Backpacking* to lead you on new trails, explore new places, and join other hiking and backpacking enthusiasts all over the world in one of the fastest-growing outdoor activities. Around each bend in a trail is a perfect moment waiting to happen—and this book will prepare you to take full advantage of that moment!

### **Outdoor Adventure Series**

Want to go on outdoor adventures of canoeing, kayaking, hiking and backpacking, and rock climbing? Start today with the Outdoor Adventures series. This practical series provides you with the essential information to get ready and go. The Outdoor Adventure series is designed to prepare you with instruction in the basic techniques and skills so you can be on your way to an adventure in no time.

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