



# The Complete Idiot's Guide to Backpacking and Hiking (Idiot's Guides)

*Jason Stevenson*

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A guide so thorough it will send you packing...

Backpacking remains one of the most popular, and inexpensive, outdoor activities in America. *The Complete Idiot's Guide (r) to Backpacking and Hiking* helps anyone prepare and plan for a rewarding adventure.

Covers planning, training, shopping and packing for the trip.

- How to live on the trail
- First aid and other safety tips
- Practical time- and money-saving hints
- What gear is necessary and what isn't
- Special considerations when travelling with groups or pets

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