

## Backpacking Essentials: A Quick Start Guide to Backpacking Light for Beginners



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## BACKPACKING ESSENTIALS: A QUICK START GUIDE TO BACKPACKING LIGHT FOR BEGINNERS

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Backpacking Essentials: A Quick Start Guide to Backpacking Light for BeginnersPicture yourself going backpacking in the Great Smokey Mountains. Got it? What would that look like? Do you imagine yourself with a 100-pound pack on your back? Stooped over under the weight? Exhausted after less than a mile of hiking? That would be WRONG! Backpacking is intended to be fun. This book shows even beginners how to make that happen! Backpacking Essentials is written to teach beginners how to enter the hiking experience in a way that is safe and fun. You'll have all you need packed neatly into a small backpack that doesn't rob you of the joy of the journey. It isn't automatic. You need someone who understands and who is capable of teaching and coaching you along the way. That's where Backpacking Essentials author Paul Greene enters the picture. He gives simple step-by-step tips to turn beginners into veteran backpackers. In Backpacking Essentials, you will learn: The essential things needed to pack light for your backpacking adventureWhat to take along to deal with minor first aid or safety issuesThe two types of navigation and the navigational aids to take alongHow to select the clothing and boots for this expeditionWhat to take along for starting and fire and providing needed lightHow to keep your skin clean and protect it against the elements How to have plenty of water (remember, you are backpacking light!)What lightweight and nutritious food to keep in your packHow to choose and load your backpackThe benefits and best size of backpacking stickObviously, you are going to learn a lot. Don't be intimidated. The author makes everything very simple...

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