



Wilderness Basics 4th Ed (Mountaineering Outdoor Basics)

Kristi Anderson

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* The standard text for the San Diego Sierra Club chapter's Wilderness Basics Course.

* Extensive updating throughout, including many new photos.

More 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 chapter's signature Wilderness Basics Course (WBC) and is written by chapter members.

Updates to this new edition include:

* Outdoor Ethics latest Leave No Trace practices

* Conditioning completely rewritten, with targeted advice for certain health conditions

* Outfitting updates on planning your pack weight, water treatment methods, expanded tent and sleeping system info

* Foods and Cooking new information on how to not dirty a pot, in-the-bag cooking, and Dutch oven cooking

* Navigation completely updated, including information on adjusted declination compasses

* Backcountry First Aid the latest wilderness first aid info, first aid kit materials, and information on the Hantavirus and West Nile Virus

* Winter Adventures added information on predicting changes in backcountry weather

There's more too in this exhaustively updated instructional for outdoor beginners and advanced backpackers, alike. You'll also appreciate the refreshed appendix of recommended websites for gear and travel info.

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Daisy Harris:

The reason why? Because this Wilderness Basics 4th Ed (Mountaineering Outdoor Basics) is an unordinary book that the inside of the guide waiting for you to snap it but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who also write the book in such awesome way makes the content on the inside easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of advantages than the other book get such as help improving your skill and your critical thinking technique. So , still want to postpone having that book? If I have been you I will go to the book store hurriedly.

Russell Fielder:

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