

# Download The Complete Idiots Guide To Backpacking And Hiking

The Complete Idiot's Guide to Backpacking and Hiking [Jason Stevenson] on Amazon.com. \*FREE\* shipping on qualifying offers. Table of Contents Chapter 1: Get Started with Day-Hiking Getting started with shorter hikes that allow you to sleep in your own bed at night. Chapter 2: Hiking for All Ages and Types Finding a satisfying trail whether you hike by yourselfThe 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. Covers planning, training, shopping and packing for the trip.Jason Stevenson is a writer and editor who specializes in outdoor activities as well as lifestyle, nature, science, and technology. A former editor at Backpacker magazine, he has contributed to Runner's World, Men's Health, and Men's Journal. He is the author of The Complete Idiot's Guide to Backpacking and Hiking. show moreThe complete guide to a comfortable evening's rest at parks, camping sites, and backcountry tent-sites. Chapter 4: Backpacking Basics Getting deeper right into the woods, mountains, or anywhere you intend to check out by bring everything you require on your back.