



Wilderness Basics, 4th Edition: Get the Most from Your Hiking, Backpacking, and Camping Adventures (Mountaineering Outdoor Basics)

San Diego Chapter Of The Sierra Club

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CLICK HERE to download the chapter on "Animal Encounters" from *Wilderness Basics*

- * 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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Zachary Foushee:

The book untitled Wilderness Basics, 4th Edition: Get the Most from Your Hiking, Backpacking, and Camping Adventures (Mountaineering Outdoor Basics) contain a lot of information on that. The writer explains your girlfriend idea with easy method. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read the item. The book was published by famous author. The author brings you in the new period of literary works. It is easy to read this book because you can keep reading your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and order it. Have a nice go through.

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