



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

By Jason Stevenson

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### Editorial Review

#### Review

"Stevenson's clear instruction and trail-tested techniques make this a great introduction to backcountry hiking and camping."

-Jonathan Dorn, editor-in-chief, *Backpacker* magazine

#### From the Author

Pick any hiking trail in any part of the country on a summer weekend afternoon and you'll find people of every size, shape, age, and ability. You might spot a middle-age couple speeding along at three miles per hour, effortlessly carrying on a conversation as they clamber over logs and sprint up switchbacks. Behind them is a troop of kids, moving slowly as they search the forest floor for nature's shiniest pebbles and smoothest sticks as several fleece-wearing parents and zigzagging dogs herd them forward. And finally there might be a former athlete trying to reclaim the vigor of his younger days as he huffs and puffs to reach the top of the next hill. When he gets there, he stops and enjoys the view as he catches his breath and prepares for the next climb.

Despite their different styles, speeds, and motivations, everyone on that trail is breathing fresh air, getting great exercise, and experiencing the simple beauty of the natural world. Each of them is part of a growing community, an Outdoor Nation that seeks a powerful, individual release far away from the digital racket of the paved world.

If you're picking up this book, you probably want to be with those hikers on the trail. You're planning your own adventurous goals and looking to join the Outdoor Nation. And you easily can, because this club doesn't have any membership restrictions or requirements (although buying this book will help). When you're on a trail you can hike at your own pace, by yourself or in a group, and over any distance you choose. You can camp in a tent, in a cabin, or snug inside an RV or trailer. You can drive to your local conservancy or fly across the country to visit one of America's breathtaking national parks. You often hear the phrase "It's so easy that your grandmother could do it," to describe something simple to accomplish. Well, lots of grandmothers are avid hikers and active members of the Outdoor Nation. If they can do it, then so can you.

The key to getting off the couch is to discover what motivates you to get outside and then indulge it. Are you looking for a fresh and more exciting way to exercise? Do you want your kids to grow up with an appreciation for nature and wide-open spaces? Do you love to hear the crunch of leaves and pine needles under your boots? Are you looking to get in better shape without joining another gym? The possibilities of what you can find outside are as endless as what you might be searching for. And when you're out there, surrounded by nature, you'll discover that abstract distractions like office politics and undone chores evaporate as you focus on the nitty-gritty of your physical needs. How can I light this fire? Will this rock support my weight? Where is the easiest place to cross this stream?

The first step is always the hardest. Far more people imagine themselves hiking and camping than actually kick up dust along a trail. This book will get you over the initial planning and logistical bumps, but it's going to take something more, something that develops inside of you, to make it to the top of a peak or the end of a trail.

If you really want to hike and camp more, the real question you need to ask yourself is this: When Saturday

afternoon rolls around, where do you want to be? I hope you'll be on a trail.

And if you meet me there, I'll be the one huffing and puffing.

-Jason Stevenson

From the Back Cover

### ***The Complete Idiot's Guide to Backpacker and Hiking***

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

Hiking remains one of the most popular, fun, and inexpensive, outdoor activities in America. *The Complete Idiot's Guide 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 traveling with groups or pets

## **Users Review**

### **From reader reviews:**

#### **Mary Gale:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite publication and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the book entitled *The Complete Idiot's Guide to Backpacking and Hiking* (Idiot's Guides). Try to make book *The Complete Idiot's Guide to Backpacking and Hiking* (Idiot's Guides) as your friend. It means that it can to get your friend when you feel alone and beside those of course make you smarter than before. Yeah, it is very fortunated to suit your needs. The book makes you considerably more confidence because you can know almost everything by the book. So , we should make new experience as well as knowledge with this book.

#### **Kevin Serna:**

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**Benjamin King:**

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**Susan Rogers:**

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