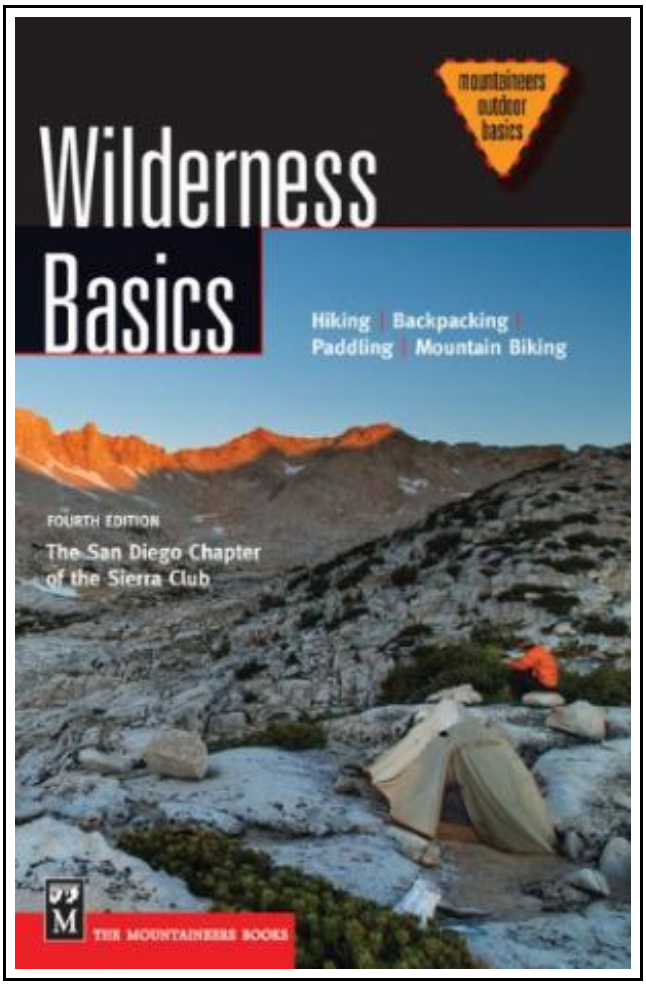
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Wilderness Press. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 8.4in. x 5.4in. x 0.8in. The standard text for the San Diego Sierra Club chapters Wilderness Basics Course. Extensive updating throughout, including many new photos. 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 chapters 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 weatherTheres more too in this exhaustively updated instructional for outdoor beginners and advanced backpackers, alike. Youll also appreciate the refreshed appendix of recommended websites for gear and travel info. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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