



The Complete Idiot's Guide to Backpacking and Hiking

Jason Stevenson

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

Backpacking remains one of the most popular, and inexpensive, outdoor activities in America. *The 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.

- 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 travelling with groups or pets

The Complete Idiot's Guide to Backpacking and Hiking Details

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From Reader Review The Complete Idiot's Guide to Backpacking and Hiking for online ebook

Colin says

Lots of good tips and a great overview of hiking and backpacking. A light and easy read that sparks my interest to do more of the subject.

Jim Cunningham says

A great very broad introductory overview of the subjects at hand. It will provide information for the novice about what they need to learn for each area and provide them with the basics.

Steve Losh says

Wonderfully practical introduction to backpacking. Doesn't talk down to you, but also doesn't gloss over the basics that out-of-practice people like me need.

Brenda says

I don't have any strong feelings on this, except to say if I were to buy a guide on backpacking, this probably wouldn't be it. (Got it from the library)

Kevin says

Very well-written and concise.

A lot of this was a refresher-course for me, but there were some things I hadn't even considered before, like using a Permethrin treatment on clothes and gear rather than (or in addition to) DEET. Even topics like the use of antimicrobial fabrics were pretty interesting. Usually, it seemed like most books focus on layering, which is great in cold climates but doesn't apply much to summer camping/hiking in Florida ;)

Other sections slowly changed my mindset on certain things -- mainly with the use of sleeping pads. The author makes a convincing case for their use.

I guess things have changed over the past few years and they aren't all bulky and heavy like they used to be. I'm also looking forward to trying out an inflatable pad, myself, and seeing if it's really as great as everyone claims.

Tony says

Good general reference book for those not schooled in the art of Backpacking.

Leslie says

This is definitely a great book for those of us who are getting starting in backpacking and hiking!!! It has a lot of general information and some specific information. You should see my book, with all of the highlighting and all of the pages I've tagged!!!

However if you are looking for a book for a specific area hike or backpacking type, this is not your book. You will need to look for a book and map for that specific area/state and hiking/camping type. As I learned with this book, there are many different types of equipment needed for the different types of hiking/camping and you **MUST** be prepared for what you are going out for so research, pack and be prepared!!!! This means, reading this general book, reading other specific books, getting maps, getting the right gear, and so forth.....

Like I said this is a wonderful general, getting started book and I totally recommend it!!! But don't let this one be your last one. It's not mine :-)

Valerie says

An insider's guide to the basic set of information you should know before you go backpacking and hiking. Easy to read and understand, this book will get you on the path to accomplishing your goals of adventure!

I highly recommend this book. More of my review can be found at: hesaidbooksorme.blogspot.com

Cindi says

Skim/read this today. There is a lot of information here and though I have learned much of it before, there was plenty that I needed. We are trying for our first backpacking trip this fall.

Jessica says

Does what it says on a tin. A good guide to backpacking and hiking (mostly backpacking) that feels thorough without being overwhelming.

Aja Marsh says

3.5-4: for me, i found this helpful in just sorting out some of the terminology and thinking through some of the different aspects of a backpacking trip. i actually read this whole book, which i actually didn't expect going into it. it was clearly written and there were some places where i wanted a bit more detail, but he was very consistent in writing "just enough", so i felt like there were other resources i could turn to if it was more detail i wanted. i wish these "idiots" books had more photos, but i realize it's not quite the point. i enjoyed it.
