



## The Ultralight Backpacker : The Complete Guide to Simplicity and Comfort on the Trail (Paperback)

By Ryel Kestenbaum

McGraw-Hill Education - Europe, United States, 2001. Paperback. Condition: New. Language: English . Brand New Book. Head out lighter, farther, freer - welcome to the world of ultralight. Backpacking has always been one of the best ways to experience nature up close, with much of traditional backpacking based on the idea that the more your campsite feels like home, the happier you'll be. By contrast, ultralight backpacking pares equipment, food, and clothing to the essentials, giving it the undeserved reputation of sacrificing comfort for utility. However, with recent advancements in equipment manufacture and design - lighter pack frames, sleeker tents and sleeping bags, multipurpose fabrics - you can now be both comfortable and practical. The Ultralight Backpacker is the first book to offer a complete survey of this new generation of gear and show how the ultralight method works for any backpacker or hiker looking for a less stressful trip, whether it's for a night, a weekend, or several months on the trail. By emphasizing self-reliance over gear reliance and by adhering to the maxim less is more, the ultralight backpacking philosophy is inspiring beginners and converting traditionalists. The Ultralight Backpacker shows you how to combine proper planning...



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