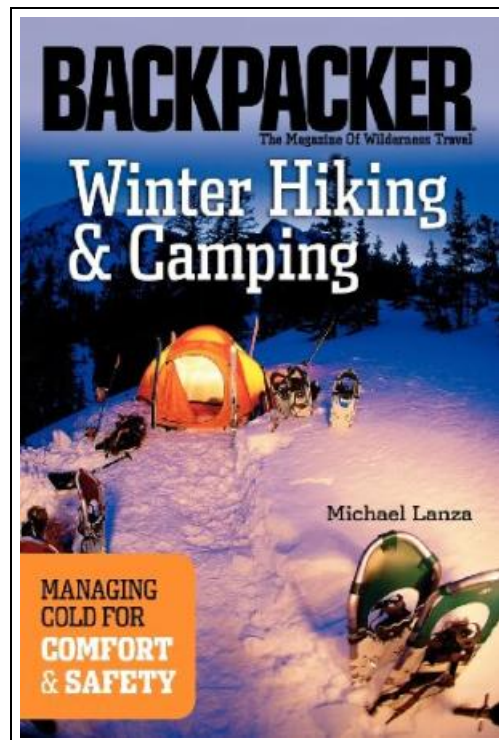


## Winter Hiking and Camping: Managing Cold for Comfort Safety (Paperback)



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Mountaineers Books, United States, 2003. Paperback. Condition: New. Language: English . Brand New Book. \* New addition to the Backpacker magazine series with The Mountaineers Books \* Author is a contributing editor for Backpacker and a contributor to AMC Outdoors \* Techniques apply to winter sports and environments that present cold weather in spring and fall and at higher elevations The outdoor world in its frozen state can take you into a new realm of pleasure where you can enjoy silence, solitude, and a landscape that will redefine white in your mind. Learn the skills to help you enjoy wintertime safely and comfortably. Part one covers everything you need to know to take day trips winter hiking, snowshoeing, or easy ski touring. It includes choosing gear, expanded food choices while hiking in a freezer, navigation challenges in ice and snow, and avoiding cold-weather dangers. Part two covers making camp in winter, including keeping dry and warm in a tent or snow shelter during winter, winter cooking techniques, and what to pack in your winter first-aid kit. Michael Lanza, a syndicated newspaper columnist and contributing editor for Backpacker magazine, has also written for AMC Outdoors. He is the author of Day Hiker s Handbook, also published by Mountaineers Books. He lives in Boise, Idaho.



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