



# Wilderness Basics: Hiking, Backpacking, Mountain Biking (Mountaineers Outdoor Basics)

*Kristi Anderson*

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A classic handbook for the outdoor novice--extensively updated to reflect new trends in wilderness recreation.

\*New chapters on mountain biking, Leave No Trace strategies, and avoiding dangerous encounters with wild animals \*Wilderness instructors address the real questions of people heading into the backcountry for the first time

Instructors for the Wilderness Basics Course of the San Diego Chapter of the Sierra Club have taught tens of thousands of people how to enjoy the wilderness. Now they have updated their indispensable guide to backcountry adventure--from planning a trip and selecting gear to fitting a backpack and practicing first aid. Additional new material includes GPS use and sample menus utilizing the latest food products on the market.

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