



## Wilderness Basics: Get the Most from Your Hiking, Backpacking, and Camping Adventure (Paperback)

By San Diego Chapter Of The Sierra Club

Wilderness Press, United States, 2014. Paperback. Condition: New. 4th ed.. Language: English . Brand New Book. [CLICK HERE](#) to download the chapter on Animal Encounters from Wilderness Basics \* The standard text for the San Diego Sierra Club chapter s 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 chapter s 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...



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