



The Ultimate Backcountry Survival Manual

Aram Von Benedikt

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When it's you against the wilderness, you need to be prepared for whatever life can throw at you. Whether you're planning to hike the Pacific Crest Trail or camping off the beaten path in your nearby state park, being out in the wild comes with inherent risks. From the everyday disruptions to the extreme circumstances, the *Total Backcountry Survival Manual* has you covered. With high-quality design, intricate detail, and a durable flexicover—this manual is the perfect gift!

While you're heading into a world of fun and adventure, you're heading into a world of possible trouble - if you're not prepared. Luckily the experienced backcountry trekkers, guides, and sportsmen at *Outdoor Life* are here to get you through any outdoor endeavor.

Prepare and Plan From those fishing weekends sleeping under the stars to the hike of a lifetime, preparation is important. Crucial tips for map reading and how to properly pack all your gear, accompany the like of the gear guide and important hydration information.

Trail Threats How to get by a damaged section of the trail, deal with mountain lions and coyotes, injury prevention and more.

Camp and Eat Responsibly To spotting a good camping site off the trail, to getting sustenance that's safe to eat, to controlling a campfire – find all the practical skills you need to (literally) live on the trail.

How to Make it out Alive Put simply, how to get out of there when everything goes wrong.

Find these top tips and more in the *Total Backcountry Survival Manual*, all brought to you by the professionals who have been there - and made it out alive.

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