

## Trail Tested: A Thru-Hiker's Guide To Ultralight Hiking And Backpacking

Justin Lichter



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**Trail Tested: A Thru-Hiker's Guide To Ultralight Hiking And Backpacking** Justin Lichter Justin Lichter, a.k.a. Trauma, divulges hundreds of valuable tips and advice based on his more than 35,000 miles of hiking across the country and beyond. *Trail Tested* is a comprehensive guide to hiking and backpacking. Whether you're a new hiker looking for expert advice, an experienced hiker looking to hone your skills, or a thru-hiker gearing up for a 6-month trip, this book is packed with priceless information to make your trip a successful and comfortable one.

Vibrant images from Trauma's treks will entice all readers of all skill levels to get out and enjoy the backcountry. You'll learn why getting the right gear and learning outdoor skills are integral to making the most out of your next backpacking trip. Some topics included in this guide are:

- \* Gear advice, including backpacks, sleeping bags, tents, ultralight shetlers, and clothing
- \* Gear maintenance and repair
- \* Ultralight tips for novices to gram-counters
- \* Low-impact camping and hiking
- \* Campsite selection
- \* Hiking with dogs
- \* Navigating the backcountry
- \* Winter camping
- \* First aid
- \* Weather forecasting

\* Advanced techniques for creating routes, cross-country hiking, fording rivers, multi-sport adventures, and animal encounters

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