



# Trail Life: Ray Jardine's Lightweight Backpacking

*Ray Jardine*

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## **Trail Life: Ray Jardine's Lightweight Backpacking** Ray Jardine

This is Ray Jardine's new, full-colour, 2009 edition of his best-selling book "Beyond Backpacking". Now full of colour photos and diagrams, this new title reflects a multitude of updated information, detailing Ray Jardine's lightweight backpacking techniques, his gear, and his methods for enjoyable and safe trekking and camping. Sections and chapters include Packweight, Equipment, Food, Water, Trail Biology, Sewing Your Own Gear, Hiker's Well-Being, Wilderness Skills, Insects, Long-Distance Trekking, a chapter specifically for women, and much more. "Trail Life" will be the new standard reference book for the backpacker. If you have ever thought your pack weighed too much on a week long hike, this book shows hikers how to cut the weight out and explodes myths about heavy equipment. This is the most comprehensive long distance trekking guide ever written. A lightweight approach to backpacking is here to stay. "Trail Life" is for all hikers, at all levels of experience, from beginners to the most advanced. It includes 400 pages, over 50 chapters with more than 230 colour photos. The author and his wife have hiked well over 25,000 miles along all the well known trails as well as a myriad of other routes. Their experiences will prove to be an invaluable guide for those who love to hike and those who seek the solitude of the outdoors.

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