



# Backpacking: The Ultimate Guide to Getting Started on Your First Backpacking Trip

*Timothy S. Morris*

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**Backpacking: The Ultimate Guide to Getting Started on Your First Backpacking Trip** Interested in experiencing the outdoors but overwhelmed by everything you need to know to backpack safely? Do you have a sudden itch to venture out into the wilderness, wake up next to a babbling brook somewhere and watch the sun slowly come over the horizon? Are you ready to escape (albeit temporarily) from the daily grind and a society that prioritizes consumerism over all else? Backpacking allows us to experience nature in a way that simply isn't achievable through other means. The problem for many of us, however, is getting started. Finding a good place to backpack, selecting gear (one trip to the sporting goods store makes this seem like an overwhelming feat by itself) and learning how to survive without the modern amenities we have come to rely on are all daunting tasks for the inexperienced backpacker. **Backpacking is a rewarding activity that anyone can enjoy with proper knowledge, training and skills.** Also, you'll discover..

Selecting appropriate gear for your first trip  
How to make healthy food choices on the trail  
Complete gear checklist designed specifically for the novice backpacker  
And much more!

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