



## A Woman s Guide to the Wild: Your Complete Outdoor Handbook (Paperback)

By Rudy McConnell

Sasquatch Books, United States, 2016. Paperback. Book Condition: New. 190 x 140 mm. Language: English . Brand New Book. For any woman who wants to get outside and play, here is the definitive guide to being a woman in the great outdoors. This guide covers the matters of most concern to women, from feminine functions in the wilderness to how to deal with condescending rangers and arrogant fellow travellers. Outlining the basics of wilderness survival tailored to women s unique needs, including gear lists, setting up camp, building a fire, food and water, safety, weather and navigation, it s written by an Oregon geologist and Outdoor School instructor (and avid outdoors woman). It covers the basics for traditional outdoor recreational activities like hiking, camping and backpacking, as well as other outdoor sports such as kayaking, snowshoeing and cycling.

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