

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

*Justin Lichter*

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#385704 in Books JUSTIN LICHTER 2013-05-21 Original language: English PDF # 1 9.10 x .70 x 7.501, 1.40 #File Name: 076278783X264 pages Trail Tested | File size: 62.Mb

**Justin Lichter : Trail Tested: A Thru-Hiker's Guide To Ultralight Hiking And Backpacking** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Trail Tested: A Thru-Hiker's Guide To Ultralight Hiking And Backpacking:

5 of 5 people found the following review helpful. Must Read for all Backpackers By David Swinehart While there is a lot of information for the novice backpacker, it is also loaded with great tips for the highly experienced hiker. Chapters on foreign trips, winter travel, cross country travel and especially thru-hiking long distance trails are superb. I have backpacked for almost 40 years, recently doing the Colorado Trail with my Aussie dog, and I loved his chapter on hiking with dogs. Justin has very good ultra-light concepts, but keeps a balanced approach with bigger picture goals than just trying to cut another 0.127658 ounces off of the base weight, as fretted by some ultra-light fanatics. Equipment and pack weight are just a means to much more important end - appreciating the total backpacking/wilderness experience. This comes through in Justin's stories and passion for backpacking. I highly

recommend this book. 5 of 5 people found the following review helpful. Okay reference for beginners By bigwheat If you have very minimal experience backpacking, this book could be helpful. It is mostly simplistic and I didn't find it very useful. I much preferred Andrew Skurka's Ultimate Hiker's Gear Guide. 1 of 1 people found the following review helpful. Buy the book you will not regret it. By Roaming Gentle Good book with many great tips on all different kinds of hiking. Some people feel that he advertises a lot in the book. I didn't get this feeling. He dose list what he uses. Based on how long he has hiked. You will understand when you read the sponsorship chapter why he lists his brands a lot. However he never says this is the only brand you can buy. Take what he is saying and apply it to what brands you want and you'll be happy.

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

"The best modern backpacker's guide, bar none." --Examiner.com, "Christmas Shopping for the Backpacker on Your List" One of the most comprehensive looks into the world of hiking ever created by one of the sports most accomplished athletes. Trail Tested is an excellent guide for any hiking enthusiast from beginner to expert. Learn in one exciting read what it took Trauma thousands and thousands of hard-earned miles to learn. Eric Larsen, Polar Explorer, Educator, and Lecturer, Outside magazines Eco All Star (2008) A must-add gear guide for your backpacking book collection. SectionHiker.com Not your typical how-to book [Trail Tested will] give you all of the tips and advice you need to get out there and experience what the great sport of hiking and backpacking has to offer. --Trailspace.com, 4.5-star review "There is no one I would trust more than Trauma to give valuable and experienced advice on hiking. In my opinion, Trauma offers the right compromise between comfort and necessity when it comes to ultralight hiking. His methods and experience will allow you to go as light and far as possible without exposing yourself to undo risk in the backcountry in the US and abroad." --Jeff Knight, Granite Gear CEO, Co-founder, and Designer "Equally at home on a coffee table or as an educational tutorial, Trail Tested is a must-read for anyone passionate about outdoor pursuits and exploration. Through a stunning array of striking photography, personal anecdotes, and definitive know-how, Trauma's comprehensive manual sets a new standard and reaches audiences from the novice camper to the intrepid trekker, impelling them to seek wild places on their own." --Shawn "Pepper" Forry, Triple Crown, Outward Bound Lead Instructor "Trail Tested is a visually stunning foray into the realities of long-distance hiking. Justin Lichter's 35,000 miles of hiking experience and trail-tested wisdom come through in every page. Trail Tested is great for both day hikers and hikers that will be out for many days!" --Lawton "Disco" Grinter, Triple Crown, directed and edited The Walkumentary, author of I Hike "Is there another man who has torn up, slashed, split, and/or ripped up more gear in so many varied environments in his lifetime? I don't believe so.... This book is probably the most important outdoor field guide that has come off the presses ince the first release of The Complete Walker, by Colin Fletcher, in 1968. The information contained within these pages will save you time, money, and many exhausting nights of confusion from surfing mindless Internet threads. Trauma... I tip my old and faded Tilly hat to you for a job well done." --Winton Porter, Georgia Author of the Year 2010 for Just Passin' Thru, owner of Mountain Crossings at Neels Gap on the Appalachian Trail