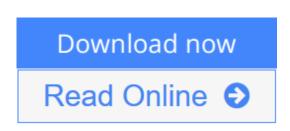


Lighten Up!: A Complete Handbook for Light and Ultralight Backpacking (Falcon Guide)

By Don Ladigin



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Short, to-the-point, and humorously illustrated by famed outdoor illustrator Mike Clelland, this book presents everything hikers and backpackers need to be safe, comfortable, and well fed while carrying a very small and lightweight pack.

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Editorial Review

From the Back Cover

Walking into the wilderness with a pack on your back is an empowering experience - even more so when that pack you're carrying isn't weighing you down. Lighten Up! shows you how to pack light without sacrificing the essentials or your safety. Featuring solid advice and trail-tested tricks from outdoors expert Don Ladigin and more than 150 humorous and helpful illustrations by the incomparable Mike Clelland, Lighten Up! is the ultimate guide for beginners and old hands alike. Make it a staple of your lightweight backpack.

About the Author

Don Ladigin has been hiking for more than twenty-five years and has taught the Ultralight Backpacking class at the University of Oregon since its inception in 2000.

Mike Clelland is a NOLS instructor and illustrator who studied *Mad* magazine rather than go to art school. He has numerous books with his name on them, including *Allen & Mike's Telemark Tips* and *Allen & Mike's Really Cool Backpackin' Book*.

Users Review

From reader reviews:

Kimberly Thibault:

In this 21st hundred years, people become competitive in each way. By being competitive currently, people have do something to make all of them survives, being in the middle of the crowded place and notice by surrounding. One thing that occasionally many people have underestimated that for a while is reading. That's why, by reading a e-book your ability to survive boost then having chance to stand up than other is high. In your case who want to start reading the book, we give you this particular Lighten Up!: A Complete Handbook for Light and Ultralight Backpacking (Falcon Guide) book as starter and daily reading reserve. Why, because this book is usually more than just a book.

Jose Callender:

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