



## 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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**Lighten Up!: A Complete Handbook for Light and Ultralight Backpacking (Falcon Guide) By Don Ladigin Bibliography**

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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:**

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**Jose Callender:**

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**Kathy Davis:**

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