

Hiking for Beginners

Everything you need to start hiking with confidence: choosing trails, gear and clothing, food and water, navigation, safety, trail etiquette and building up to longer hikes.

E-BOOK · US LETTER

- From first walk to full-day hike
- Gear, navigation and safety made simple
- Packing list, hike planner and trail log

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Everything you need to start hiking with confidence: choosing trails, gear and clothing, food and water, navigation, safety, trail etiquette and building up to longer hikes.

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This e-book offers general information for beginning hikers. Outdoor activities involve risks. Check local conditions, weather, trail rules and permits before every hike, know your limits and consult a doctor before starting if you have health concerns. In an emergency, call your local emergency number.

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