

The Hillwalker's Manual: A definitive source of reference (Cicerone Techniques)

Bill Birkett



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The leading practical manual for the hillwalker, covering equipment, safety, navigation, survival and photography. The book is split into the following sections: The Hillwalker's World - weather and seasons, physical features, altitude and nature, organisations, hill environment; Equipment - footwear, clothing, rucksacks, winter, equipment care; Navigation - using the map, compass work, other methods of navigation; Techniques - Route planning, preparation, footcare, group leadership, solo walking, walking technique; Survival - being prepared, dealing with natural hazards, accident and rescue; and Photography - cameras, lenses, filters, tripods, film, storage, techniques, sharp photographs, light, composition.

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