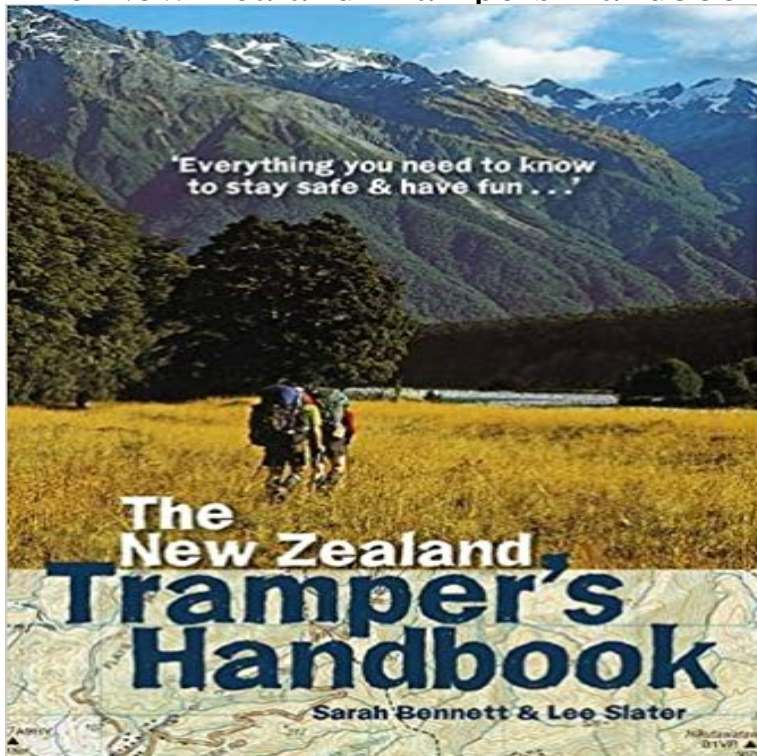


# The New Zealand Trampers Handbook



New Zealand has some of the most magnificent and accessible wilderness areas on earth, and exploring them on foot is both exhilarating and rewarding. The key to an enjoyable and safe outdoor adventure lies in sound preparation, and The New Zealand Trampers Handbook is an excellent starting point. Aimed at beginner trampers, it gives practical and sensible information on: clothing, footwear and equipment; maps and navigation; weather, river crossings and other challenges; safety and survival skills; camping tips and hut etiquette; the trampers pantry - eating well on the track; useful pre-trip checklists. Written by two experienced trampers and featuring advice and anecdotes from other seasoned experts, The New Zealand Trampers Handbook tells you what you need to know to stay safe, have fun, forget about the blisters and focus on the beautiful view.

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