



Aux Quatre Points Cardinaux
551, rue Ontario Est,
Montréal QC
H2L 1N8

Tél.: 514 843-8116
Sans frais: 1 888 843-8116
Fax: 514 843-9644

HOW TO SUFFER OUTSIDE - A beginner's guide to Hiking and Backpacking (9781680513110)

Description du produit

- Refreshingly approachable guide for aspiring backpackers and casual hikers of all stripes
 - Colorful and humorous illustrations throughout
 - Relatable, rising female voice in outdoor literature
- Diana Helmuth offers real advice, opinionated but accessible and based on in-the-field experiences. She wins readers' hearts and trust through a blend of self-deprecating humor and good-natured heckling of both seasoned backpackers and urbanites who romanticize being outdoorsy, plus a helpful dose of the actual advice a novice needs to get started.

Featuring illustrations by artist Latasha Dunston, each chapter focuses on a critical topic: gear, food, hygiene, clothing, and more, along with useful checklists and resources. Humorous, philosophical, and practical, □ How to Suffer Outside □ teaches casual walkers, hikers, and campers of all stripes how to venture outdoors with confidence.

Diana Helmuth □ has hiked extensively throughout the western US, Europe, and Chile. She studied cultural anthropology at University of California-Berkeley and the American University in Cairo. When she's not on the trail or writing, she builds things in startup land and produces the occasional podcast. Helmuth lives in Oakland. An illustrator and painter, Latasha Dunston □ earned her BFA from Virginia Commonwealth University School of the Arts. Her clients include Otterbox, Range magazine, Craghoppers, SNEWS, and the Denver Art Museum. Dunston is based in Denver.

Prix : 27.95\$



Aux Quatre Points Cardinaux
551, rue Ontario Est,
Montréal QC
H2L 1N8

Tél.: 514 843-8116
Sans frais: 1 888 843-8116
Fax: 514 843-9644

Photo principale

