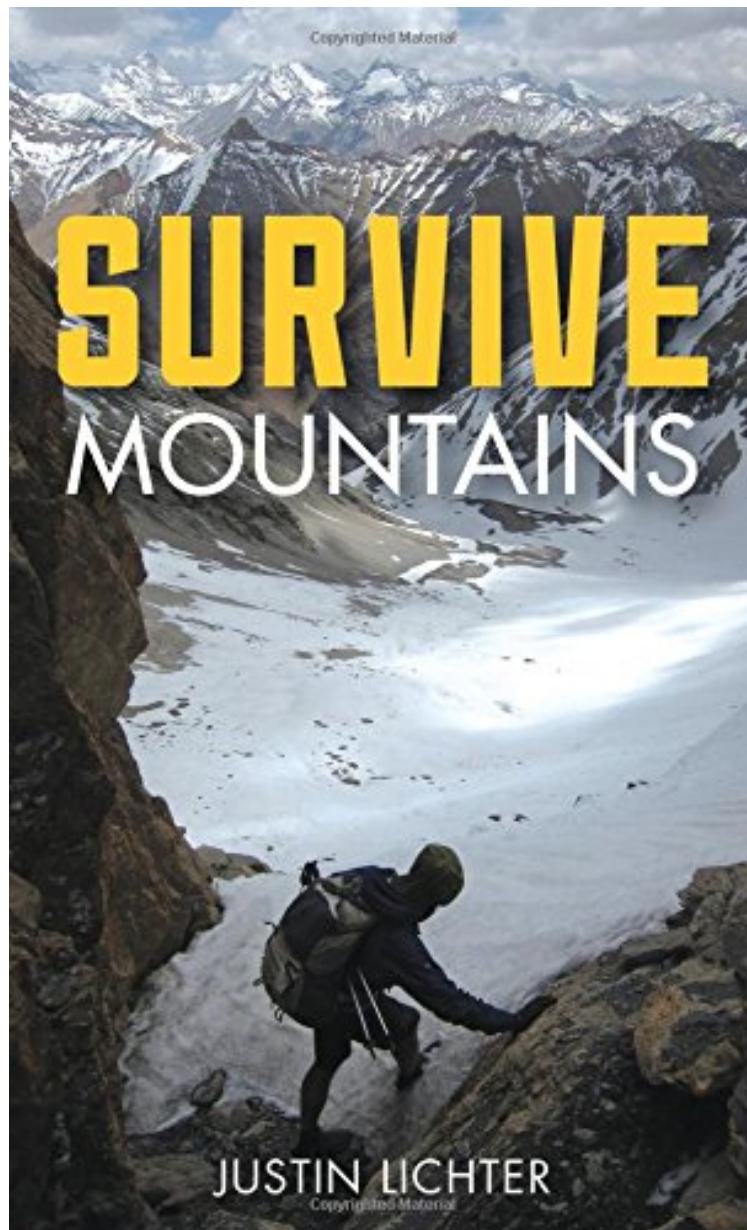


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Survive: Mountains

Justin Lichter

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Justin Lichter : Survive: Mountains before purchasing it in order to gage whether or not it would be worth my time, and all praised Survive: Mountains:

Lightweight and small enough to fit in your pocket or tucked into your backpack, *Survive Mountains* is the must-have item to keep with you in case you find yourself in a mountainous survival situation. Including topics on administering basic first-aid, finding food and water, building shelter, and mental preparation, *Survive Mountains* also has full-color images and illustrations throughout. Expert hiker, and first-ever winter thru-hiker of the entire Pacific Crest Trail, Justin Lichter gives you the absolute essential information needed to get you home safely. Inside you'll find: How to build fire, construct shelter, find water, and get food Navigation, orienteering, and signaling Worst-case-scenario advice for precarious situations Tips for common trail concerns, from lightning to blisters

About the Author Justin Lichter has hiked more than 35,000 miles since 2002, including thru-hikes on the Appalachian Trail, International AT, Eastern Continental Trail, Pacific Crest Trail, Pacific Northwest Trail, Continental Divide Trail, Great Divide Trail, as well as treks in the Southern Alps, New Zealand, Africa, Iceland, and the Himalaya Range. He is a Triple Crown, having hiked the ECT, PCT, and CDT (more than 10,000 miles) in one year. He lives in Soda Springs, California. Check him out at justinlichter.com.