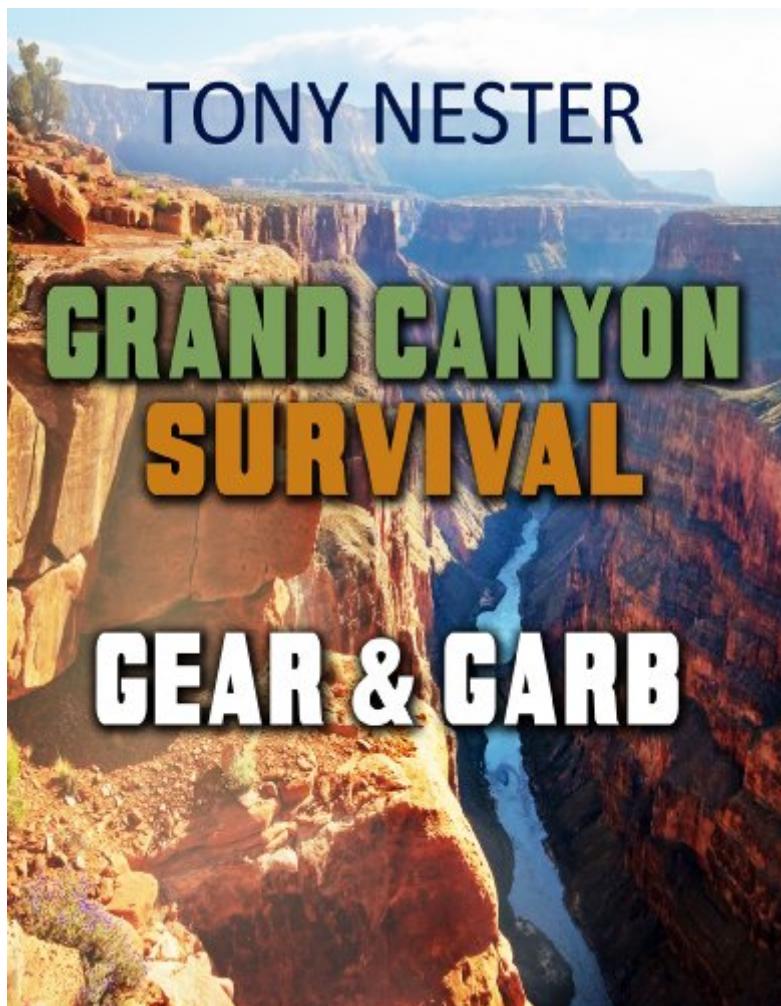


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# Grand Canyon Survival Gear & Garb (Practical Survival Series Book 10)



## **Synopsis**

The Grand Canyon region is one of the most visited wilderness areas in the world. Many hikers embarking on a day trip or overnight outing are unprepared for the triple-digit temperatures, elevation gains, lack of shade and desert conditions associated with the inner canyon. Grand Canyon Survival Gear & Garb prepares the hiker for backcountry emergencies that they may find themselves in while venturing beyond the rim. The book explains water and electrolyte requirements, strategies for coping with intense heat, preparing physically before your trip, essential survival gear for both short and long-term canyon explorations and the essential garb every desert traveler should have. Also covered are sections on common survival myths related to obtaining water from cactus and solar stills along with a helpful Q & A chapter for first-time visitors to the Grand Canyon region. In a straightforward style, enlivened with anecdotes from his own extensive experience as a guide at the Canyon, Nester offers a practical book for both day hiking and overnight backpacking trips. Tony Nester has worked as an interpretive ranger, backcountry guide and field instructor for Northern Arizona University. He operates the Ancient Pathways Survival School in Flagstaff and provides training for the FAA, NTSB and military special operations community. Tony is the author of seven books and served as a consultant for the film *Into the Wild* as well as the Travel Channel, NY Times and Outside Magazine.

## **Book Information**

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## **Customer Reviews**

Bottom line, up front: The number one survival tool in your kit for surviving and enjoying Grand Canyon resides between your ears. This book was a nice quick read that I finished in a couple of days on my iPhone. While it does address the specifics of what you will need on trail, I found that I needed to read other books to fully prepare myself for a one day R2R hike. Check out "Over the Edge: Death in Grand Canyon" for additional, anecdotal stories and information about what could go wrong in the canyon and how to mitigate those risks.

Nester does a great job cutting through the chase and describing what he's run into on the trail in the Grand Canyon. He reinforces his points with examples of reports from other hikers who ran into trouble. His ideas and tips aren't necessarily novel, but they're real and they fit the logic of spending time out in a hostile environment. Easy, quick read. Kindle rocks!

An easy read with good common sense tips. There are lots of reminders for locals and visitor alike. If you are traveling in the GC area for the first time, I would recommend that you read and take along this book.

This book had all the information I was looking for. The author is experienced and knowledgeable and his advice is quite valuable to someone planning a desert hike.

Excellent, and a great refresher with new information, even for the experienced desert rat. Should be reading for desert hikers.

very informative and useful in any situation emergencies do happen.

Tony Nester is required reading in my home, his insight will make the difference in your time of need. I promise

Fast shipping, well packaged, great information, thanks.

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