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A Woman's Guide to the Wild: Your Complete Outdoor Handbook

Ruby McConnell

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A Woman's Guide to the Wild: Your Complete Outdoor Handbook Ruby McConnell
For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's *Wild*, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from "feminine functions" in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation.

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