



Barefoot Hiker

Lingjun Ying



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Our Own Devices Edward Tenner,2004-06-08 This delightful and instructive history of invention shows why National Public Radio dubbed Tenner the philosopher of everyday technology Looking at how our inventions have impacted our world in ways we never intended or imagined he shows that the things we create have a tendency to bounce back and change us The reclining chair originally designed for brief healthful relaxation has become the very symbol of obesity The helmet invented for military purposes has made possible new sports like mountain biking and rollerblading The typewriter created to make business run more smoothly has resulted in wide spread vision problems which in turn have made people more reliant on another invention eyeglasses As he sheds light on the many ways inventions surprise and renew us Tenner considers where technology will take us in the future and what we can expect from the devices that we no longer seem able to live without

Survive Ky Furneaux,2025-09-30 Always be prepared essential tips and tricks for keeping safe and surviving in the outdoors Whether you re going for a leisurely hike or setting off into the wilderness there is nothing more important than being properly prepared Being knowledgeable about survival techniques can be the difference between having fun outside and an emergency rescue Join experienced survivalist global adventurer and stuntwoman Ky Furneaux featured on Discovery s Naked and Afraid as she equips you with essential tips and tricks for your time outdoors Learn how to build fires and shelter find water and food recognize potential emergencies apply basic first aid identify poisonous plants and much more You will learn how to survive in any conditions should an emergency arrive From fishers and hunters to hikers and cyclists this critical guide is perfect for anyone in your life who enjoys the great outdoors so they can stay safe while spending time in nature

The Backpacker's Handbook, 4th Edition Chris Townsend,2011-10-14 What you need to know before you hit the trails Whether you are backpacking for the first time or a veteran follower of the trails this enormously practical guide includes everything you need to know from essential techniques such as map and compass work to the skills needed for more remote wilderness journeys The Backpacker s Handbook also gives you the latest information on gear You ll find the last word on How to choose packs and footwear and make sure they fit What clothing to take on the trail Tents tarps stoves water purifiers and other gear GPS cell phones and other electronic devices And much more Reviews from previous editions The most up to date and comprehensive guide to equipment and technique available anywhere Backpack UK A clear and comprehensive primer on backpacking gear Townsend s knowledge is immense Sierra Belongs in every bookcase dealing with outdoor topics Chockablock full of useful practical commonsense info If you tramp the outdoors get this book Maine Sportsman For those thinking of taking a backpack journey The Backpacker s Handbook is required reading Daily Local News West Chester PA

Chasing the Grid Kenneth Posner,2025-09-23 Discover the transformational journey of a conventional minded runner to a minimalist mountain climbing adventure seeking ultrarunner determined to conquer the Catskill Mountains challenge known as the Grid After a successful career on Wall Street the Catskill Mountains beckoned In

Chasing the Grid author Kenneth Posner a seasoned corporate worker and intrepid but non elite runner sets out after an ultra distance mountain running record which nearly destroys him Along the way he stumbles upon an obscure peak bagging tradition known as the Grid which becomes his new obsession The Grid is a project where a determined athlete must run hike or climb a list of peaks in every month of the year the purpose being to get to know the mountains intimately in every season For New York s Catskill Mountains where this story takes place the formula requires more than 400 separate ascents For Posner the Grid turns out to be not just another running challenge it s a pilgrimage It offers a retreat from the spirit of modern running often reduced to a one dimensional activity driven by ego and moderated by clocks in favor of how our ancestors moved through nature in days gone by purposefully patiently and mindfully Posner emerges from the experience as a radically different kind of runner now running barefoot across trails and shirtless in the winter leaving behind food water lights navigational gear and even bug spray By following Posner in his quest to complete the Grid readers will feel sandstone fragments under bare soles pad across a bed of moss as luxurious as a Persian carpet squelch with him through cool black boreal mud dance across snow and ice and participate in discoveries about the passage of time the energy of nature and the sense of self

Feet and Footwear Margo DeMello,2009-09-10 Take a walk in someone else s shoes in this fascinating examination of shoes and feet around the world This one of a kind A Z reference work contains over 150 fascinating entries and intriguing sidebars that look at feet and adornment of feet across the many cultures of the world throughout time A wide range of international and multicultural topics are covered including foot binding fetishes diseases of the foot customs and beliefs related to the foot shoe construction myths and folktales featuring feet or shoes the history of footwear iconic brands and types of shoes important celebrities associated with shoes and the types of footwear worn around the world This exhaustive compilation is ideal for students and general readers interested in the human body fashion and medicine and even scholars looking for more in depth coverage on the social and cultural uses of the body will find it as a useful starting point in their research Cross references suggestions for further reading and a full bibliography of print and electronic resources are valuable tools for all readers Students can use this reference work to draw cross cultural comparisons as well as study the evolution of footwear in terms of social religious and ethnic parameters Aside from iconic American brands and types of shoes this volume will also look at how feet are treated and viewed around the globe removing shoes upon entering a house washing feet for religious purposes giving feet the spa treatment and covering feet up for social customs Perfect for undergraduate and high school students studying anthropology and world culture

THE BACKPACKER'S HANDBOOK
Chris Townsend,2004-11-21 The most up to date and comprehensive guide to equipment and technique available anywhere Backpack UK This enormously practical guide includes everything from essential techniques such as map and compass work to the skills needed for more remote wilderness journeys such as how to ford rivers safely and how to choose a route through untracked terrain As a gear advisor this book is unequaled You ll find the last word on How to choose packs and footwear and

make sure they fit What clothing to take on the trail Tents tarps stoves water purifiers and other gear GPS cell phones and other electronic devices And much more Now in its third edition *The Backpacker's Handbook* also covers desert hiking ultralight backpacking and adventure trekking in distant corners of the globe Indeed there is little about backpacking Chris Townsend does not cover This trusted reference will prepare you for the challenges and excitement of backpacking the wilderness A clear and comprehensive primer on backpacking gear Townsend's knowledge is immense *Sierra* Belongs in every bookcase dealing with outdoor topics Chockablock full of useful practical commonsense info If you tramp the outdoors get this book *Maine Sportsman* For those thinking of taking a backpack journey *The Backpacker's Handbook* is required reading Daily Local News West Chester PA *The Barefoot Hiker* Richard Keith Frazine,1993 Once again we have found the unique in outdoor books the first book about hiking barefoot Developed by a hiker in New England it introduces people to the idea that the foot can hit the trail without benefit of boot or sneaker All the joys the hazards and the myths are dealt with along with a lot of careful instructions for beginners *The Pacific Crest Trail Hiker's Handbook* Ray Jardine,1996 Manual on planning and preparing for hikes of the Pacific Crest Trail through California Oregon and Washington Jardine's initial presentation of his lightweight hiking theories **Whole Green Catalog** Michael W. Robbins,2009-09-01 A consumer's reference to green living counsels readers on how to identify truly eco friendly products and includes reviews and advice for everything from home furnishings and appliances to toys and clothing Original **Resurgence** ,2006 **Happy Trails** John McKinney,The Trailmaster,2004-04 Time Off! Kristine Enea,Dean LaTourrette,2005 A guide for those in need of a sabbatical or hiatus in a career or life transition laid off or expecting to be or ready to find more balance in life **Newsweek** ,1996 **The Utne Reader** ,1999-05 **Trail Tracks** ,1994 **Educational Travel on a Shoestring** Judith Waite Allee,Melissa L. Morgan,2002 A road map for family fun and learning across the country in around a hometown A helpful tool for homeschooling Includes ideas for memorable and inexpensive vacations and field trips how to find sources for travel money ways to build closer family ties with children and teenagers National Parks ,1983 Climber's and Hiker's Guide to the World's Mountains Michael R. Kelsey,1990 The one principal objective of this book is to get the climber or hiker on the right side of the mountain in question and to the top via the normal or easiest route possible This book will not discuss the kinds of clothing and equipment needed for traveling or climbing with the exception of such things as rain gear or ice ax and crampons when special conditions require them Subjects such as geology history and cultures of the people living in the areas surrounding the mountains will not be discussed here with only a few exceptions Books in Print ,1994 **From the Detail** Karen Michelle Richards,2005

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