



The Boomer's Guide to Lightweight Backpacking: New Gear for Old People, Carol Corbridge, Frank Amato Publications, Incorporated, 2008, 1571884424, 9781571884428, 102 pages. This book will bring you up to speed on all the new products and load-lightening techniques needed to make your next trail experience a great one. With detailed recommendations and a lively visual format, this book will help you re-create your wilderness system one piece at a time making it lighter, safer, and more comfortable. There's always some new gizmo or gadget on the market; and with so much gear out there, it's easy to get confused. Corbridge takes away the guesswork with gear tables in each chapter that tell you where to buy the items discussed; the tables list the specific model, manufacturer, price, weight, and website. Carol's done all the research for you over several years of trials and many miles of trails. For Corbridge light doesn't mean skimping on the fun. For a week-long journey, she carries about 30 pounds, which includes 1.8 L water, food, camera, fishing gear, swim fins... you get the idea. Once you've cut out the unnecessary weight, you can add back the toys. Extend your years on the trail. Enjoy every step, as you walk into lightness. With The Boomer's Guide to Lightweight Backpacking you'll carry less, have more fun, and go out more often. See you on the trail!

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Making Things Talk Practical Methods for Connecting Physical Objects, Tom Igoe, Sep 28, 2007, Computers, 426 pages. Provides instructions for building a variety of projects that are able to communicate with one another, including a video game controlled by a stuffed monkey and a battery

The Time Keeper , Kevin E. Cropp, Sep 30, 2005, Fiction, 235 pages. Sixteen miles downstream from the birthplace of George Washington where the Shenandoah River comes out of the Blue Ridge carrying sycamore leaves and acorns came a gem that

Silks , Dick Francis, Felix Francis, 2009, Horse racing, 423 pages. From award-winning author Dick Francis and his son, Felix, comes Geoffrey Mason--a defense barrister whose true passion is riding his thoroughbred. When a fellow jockey is

Crossfire: An Australian Reconnaissance Unit in Vietnam , , , , . .

Red Hot Lies , Christopher C. Horner, Nov 10, 2008, POLITICAL SCIENCE, 407 pages. In Red Hot Lies, bestselling author Christopher Horner--himself the target of Greenpeace dirty tricks and alarmist smears--exposes the dark underbelly of the environmental

Hiking & Backpacking A Complete Guide, Karen Berger, 1995, Sports & Recreation, 224 pages. A companion volume to the PBS-TV series "Trailside" discusses gear, safety, and trail courtesy.

The backpacker's manual , Cameron McNeish, 1984, Sports & Recreation, 160 pages. .

Google Maps Hacks , Rich Gibson, Schuyler Erle, Jan 24, 2006, Computers, 337 pages. Google

Maps makes Web-based mapping fun, and opens up an incredible variety of opportunities for developers. This resource shows developers how to add their own functionality

The Long-Range War Sniping in Vietnam, Peter R. Senich, 1994, , 268 pages. This is the most complete report ever on the U.S. military's unprecedented use of snipers and sniping equipment in Vietnam. Highlighted are the fielding of the XM21 sniper

Walking softly in the wilderness the Sierra Club guide to backpacking, John Hart, Sierra Club, 1977, Sports & Recreation, 436 pages. "This is the groundbreaking guide that first taught backpackers how to enjoy a genuine wilderness experience that leaves nature undisturbed. Since it was last revised in 1998

The Appalachian Trail Food Planner Recipes and Menus for a 2,000-Mile Hike, Lou Adsmund, Aug 30, 2009, , 128 pages. Appalachian Trail long-distance hikers do not diet. They need 4,000 or more calories a day, have to carry them all on their backs and still work all of them off and more! (Well

Hiking the Gulf Islands An Outdoor Guide to Bc's Enchanted Isles, Charles Kahn, Mar 1, 2004, , 248 pages. The ultimate guide to exploring the Gulf Islands..

Trail Life Ray Jardine's Lightweight Backpacking. Ray Jardine, Ray Jardine, Jan 1, 2009, , 399 pages. This is Ray's new, full-color, 2009 edition of his best-selling Beyond Backpacking. The new title reflects the multitude of updated information. This 400 page book (with color

Guide to the Superior Hiking Trail Linking People With Nature by Footpath Along Lake Superior's North Shore, Superior Hiking Trail Association, 1998, Sports & Recreation, 208 pages. .

