



Rucksack Guide - Alpinism

Alun Richardson

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Rucksack Guide - Alpinism is your essential handbook when on the mountain. It offers concise guidance and support for whatever situations you might find yourself in, including:

- technical skills: tips and reminders on the key techniques
- the Alpine environment: dealing with hazards, altitude and avalanches
- navigation: various techniques to help in a range of weather conditions
- safety: essential procedures to ensure the safety of yourself, your party and others on the mountain
- emergencies: guidance on what to do in extreme situations.

The book is colour-coded for easy reference and all information is presented in lists and tables, making it simple to understand in testing conditions.

The *Rucksack Guide* series is adapted from *Mountaineering: The essential skills for mountain walkers and climbers*, the definitive handbook for hill walkers, climbers and mountaineers.

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