



# Survive: Mountains

*Justin Lichter*

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## **Survive: Mountains** Justin Lichter

Lightweight and small enough to fit in your pocket or tucked into your backpack, *Survive Mountains* is the must-have item to keep with you in case you find yourself in a mountainous survival situation. Including topics on administering basic first-aid, finding food and water, building shelter, and mental preparation, *Survive Mountains* also has full-color images and illustrations throughout. Expert hiker, and first-ever winter thru-hiker of the entire Pacific Crest Trail, Justin Lichter gives you the absolute essential information needed to get you home safely.

Inside you'll find:

- How to build fire, construct shelter, find water, and get food
- Navigation, orienteering, and signaling
- Worst-case-scenario advice for precarious situations
- Tips for common trail concerns, from lightning to blisters

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