

Contents

Preface	vii
Introduction	xiii
Quick Profiles of Our Women Backpackers	xxi

Part 1: Into the Wild – Trail Tales

1 Physical , Mental, Spiritual: <i>This is Backpacking</i>	3
2 We Are Ready to Go: <i>First Trips</i>	23
3 Maybe This Will Work Out after All: <i>The Adventures Continue</i>	37
4 And Whose Idea Was This? <i>Partners & Support</i>	53
5 What's That Strange Sound I Hear? <i>Going Solo</i>	71
6 Don't Miss the Photo Op: <i>Congratulating and Rewarding Yourself</i>	81
7 Llama Beans: <i>Trekking with Llamas</i>	91
8 Beauty and the Bugs: <i>Exploring Sequoia National Park</i>	107

Part 2: It's Your Turn – Getting Up and Out

9 Brain or Bruin?	123
<i>Bears and Other Things that Go Bump in the Night</i>	
10 Now Where Did I Pack the...?	143
<i>Equipment</i>	
11 Do I Just Stand Here and Shake in My Boots?	169
<i>Safety in the Wilderness</i>	
12 Either Tortoise or Hare is Fine:	193
<i>Going at Your Own ace, Training & Staying Healthy</i>	
13 What's This Funny Little Blue Line on the Map?	207
<i>Where to Backpack: Trails & Organizations</i>	
Epilogue:	225
<i>End of the Trail</i>	
Appendix	229
Expanded Profiles	229
Acknowledgements	244
Time Line	245
Susan's Clothing and Sundries	248
Backpacking Essentials from A to Z	250
Sources and Suggested Readings	251
Index	254
About the Author	258