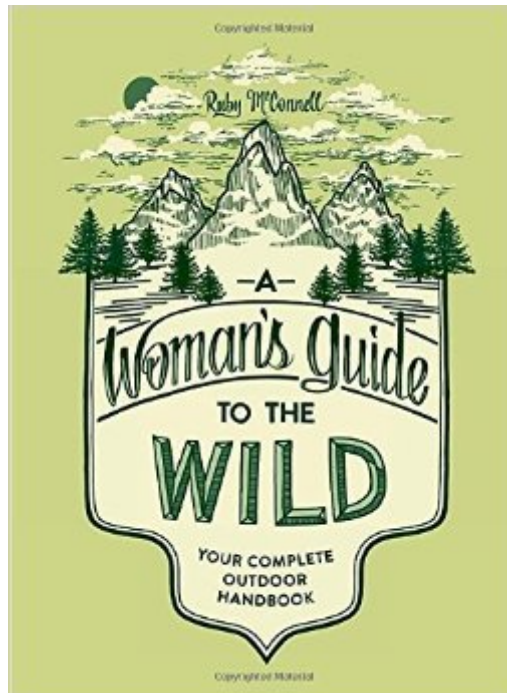


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# A Woman's Guide To The Wild: Your Complete Outdoor Handbook



## Synopsis

For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's *Wild*, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from "feminine functions" in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation.

## Book Information

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## Customer Reviews

When I was Ruby's editor at Lane Monthly Magazine, she could always be trusted to get timely, smartly written articles in no matter when I asked for them - two weeks before or a few hours before during a couple of emergency "please write a hiking article!!" moments. Reading *A Woman's Guide to the Wild* is such a joy because it's filled with Ruby's signature humor plus her wit and her desire to help teach other women love the wilderness as much as she does (or at least know how to make s'mores, not to mention not peeing on themselves in those middle of the night out of the tent moments). *A Woman's Guide to the Wild* is practical, yes, but it's also beautifully written and illustrated, and for people who either grew up without camping or, like me, left it in the Girl Scout years for a while, it's deeply helpful in reconnecting to our beautiful wilderness areas. And let me tell you, if you need lists? This is the book for you. Ruby gives guidelines for what to bring, for how to navigate, for how to stay safe, for first aid kits, for dealing with weather and so much more. Then there are the fantastic recipes that look equally good for my home kitchen - pesto pasta, kebabs,

home-fried potatoes, barbecued tempeh wraps and so much more - as for my campfire, or, more likely, cookstove. Best of all is Ruby's attitude. If she's charming, and calming in times of stress, in person (and she is!), she's even more so in the book. Worried about what to wear, how to pack, how to deal with blisters, how to locate yourself? Not to worry: Ruby has it covered. It was fun to be her editor, but hoo boy is it great fun to read this book, which is light and an excellent size for packing at the top of every backpack. Nice work, Ruby!

I haven't finished the book quite yet, but I love the content so far! Ladies, if you want a book that relates to your adventurous side and doesn't make you feel bad for not knowing everything about the wild, this is for you! It has lots of information pertaining to the outdoors that are specifically for women's knowledge, but also the broad topic of "the wild" in general. Men, if your significant other has an adventurous spirit (or if she's just starting to become interested in the outdoors) then this would be a good, helpful book for you to give her.

A useful, easy read about practical ways to enjoy being in the wilderness that addresses concerns and issues women might have. The allusion to a Scouting handbook begin with the cover and extends throughout the text. There are lists with boxes to check of supplies and tasks for everything from safety to bedrolls to camp comfort. McConnell clearly knows and respects the Great Outdoors: how to read clouds, use a compass, understand a topographical map, measure the distance of lightening. She includes tips from wilderness professionals as well as her favorite locations for hiking and camping. My applause goes for a comprehensive treatment as well as the charming epigraphs beginning each chapter--especially the passage from Thoreau! But what really makes the text even more compelling are the diminutive and charming illustrations from Teresa Grassesschi. From the cover with its subtle humor to the prevailing pine cones and sporks to the various evergreen branches (accurate renditions) and the detailed work on using maps, each illustration enhances and supplements the text--the reader knows exactly what is meant.

I received this book as a gift and fell in love with it right away. I ended up reading it from cover to cover, and I'm sure it will get picked up again, shared with friends, and have a treasured spot on the outdoor book shelf. As a woman with a good amount of outdoor experience, most of the information was reinforcement to things I have already learned along the way, but it is awesome to read about other women sharing the same experiences and definitely brought up a few things I had never considered. I would highly recommend this book to any woman getting started on their outdoor

adventure life, or at any stage of wilderness appreciation.

FANTASTIC BOOK!!! It doesn't read like an informational guidebook, even though you can easily use it as one. The tips and checklists are easy to find, and the illustrations are beautiful. What sets this book apart from any other outdoor book are the hilarious, but informational, anecdotes. Whether you are a novice to the outdoors or an expert, you'll learn something new and be inspired to get outside!!

This is one of the best books I have read in a long time. It is not only instructive, but entertaining. The author carefully points out what actions a woman in the wilderness must take to not only survive but enjoy her wilderness experience. You can tell that McConnell loves the wilderness and wants to share her knowledge with other women to equip them reconnect with nature. This book is very thorough, giving you not only guidelines but lists on what to bring, how to stay safe, first aid, dealing with weather, how to set up camp including your cooking area, and much more. Yet it is small enough to put in your pack so you can reference it while out hiking or camping. If you are new to the wilderness experience, this book is definitely one you will want to read and even study.

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