



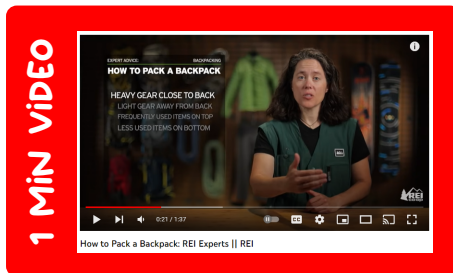
Hiking Tips & Resources

THE
URBAN
ODYSSEY

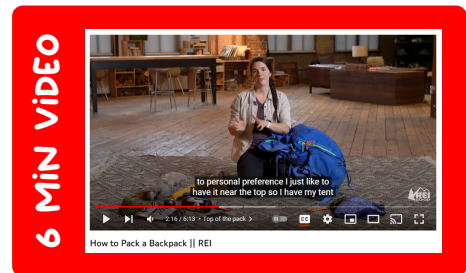


PACKING

REI: Overview- How to pack a backpack

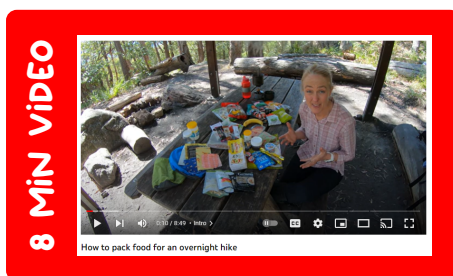


REI: Demonstration- How to pack a backpack



FOOD

Lotsafreshair: Lightweight and easy hiking food

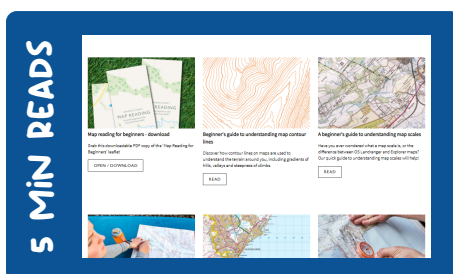


Hiking Food Australia: Tips for multi day hikes



NAVIGATING

OS: Map reading skills - beginner's guides



REI: How to read a topographic map

