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Cal Poly Professor Edits New Guide to Safe, Eco-Friendly Hiking and Backpacking

SAN LUIS OBISPO – Cal Poly Professor Marni Goldenberg and Ohio University Professor Bruce Martin have teamed up to produce “Hiking and Backpacking,” a guide to safe and eco-friendly hiking and backpacking.

Goldenberg is a faculty member in Cal Poly’s Recreation, Parks, & Tourism Administration program. Goldenberg and co-editor Bruce Martin, a professor at Ohio University, are members of the Wilderness Education Association.

Their book, published by Human Kinetics, is intended both as a resource for first-time hikers and backpackers and a textbook for outdoor recreation courses in higher education. The WEA is also planning to use the “Hiking and Backpacking” as a reference guide for its own introductory courses and workshops.

The book is divided into two sections. The first outlines necessary preparations for a hiking or backpacking trip, including fitness essentials, background knowledge, introduction to gear, basic safety, nutrition on the trail, and skills for survival. The second section covers technical skills and techniques required on the trail, including campsite selection, backcountry cooking, and seasonal considerations.

For more information, go to: www.humankinetics.com or www.weainfo.org.

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