

101 Backpacking Tips

author: Sienna Santos

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Synopsis

author	Sienna Santos
readBy	Samantha Novak
inLanguage	english

“We travel for life not to escape us.” This quote has always been the one that has stuck in my head. For those of us lucky enough to be able to travel, life feels so much more enriched from meeting new people from different parts of the world and from different backgrounds, experiencing new cultures and seeing some amazing sights and places of natural beauty. This is exactly how I feel every time I take a trip to a new country. Traveling has opened my eyes to so many things and helped me to feel grateful for the life that I have and the world that we live in. I started my backpacking days in my late 20s and have not stopped since. I still feel there are so many new places to discover, people to meet, new food to try. When I was a newbie traveler, I made many mistakes, forgot to take essential items, and just made some bad choices. Over the years, through experience and learning from others, I have learned what you need to do to travel as safely as possible, what essential items to take, how to take care of your health, and how to make the most of your trip. My goal with this book is to pass on all these tips to you so that you can get it right from the start. I have made all the mistakes so you don't need to. Let's face it. You don't want to end up on a hike with just a pair of flip flops to your name or end up with a tropical disease because you didn't get your vaccine done before you left home. This book gives you all the know-how you need to avoid these mistakes. In this book, you'll learn:

- What essential items to take with you
- How to pack light
- What you need to do before you go
- How to make the most of your time
- How to travel as safely as possible
- How to get immersed in the local culture

And much more. You may think that it is all common sense; that you don't need any tips. And this may have been my thinking at one point. But there will be many things that have just not crossed your mind that you will be pleased you

knew before you jetted off.

 Even if all this book does is teach you one thing you didnâ€™t know, then youâ€™re one step closer to being the knowledgeable backpacker you were hoping to be.

 If this sounds like you, then scroll up and buy now.</p>

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