



# **A Snow Walker's Companion: Winter Trail Skills from the Far North**

*Garrett Conover, Alexandra Conover*

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This guide teaches how to live and travel in the winter wilderness using Native American nomadic skills. It includes plans and detailed building instructions (as well as sources for those who would rather buy) for the essential equipment of the Native American snow walker: snowshoes and moccasins, toboggans, tents and clothing. A snow walker can haul 130 pounds of gear on a traileed sled more comfortably than can a skiing or snowshoeing backpacker carrying less than 45 pounds and using the most modern equipment. The text includes 80 photographs of American Indians in the north, demonstrating techniques and building equipment. It provides a guide to the techniques of snowshoeing along frozen waterways, carrying supplies in towed toboggans.

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