



TRAIL SAFE

How to Avoid Danger in the Backcountry

MICHAEL BANE

Host of Outdoor Channel's hit series,
The Best Defense

Michael Bane

Trail Safe: How to Avoid Danger in the Backcountry



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In this landmark publication, the to begin its kind in outdoor literature, author Michael Bane examines personal security in the outside. He describes a romantic relationship between awareness, intuition, and fear that, when fully comprehended, can both enhance our relationship with the crazy and help to keep us protected. TRAIL SAFE grew out of Bane's unique background, which in addition to extensive amount of time in the backcountry, contains the fighting techniques, firearms competition and teaching, a stint as a guest terrorist at Ft. To me, that's the contrary of fear. Bane has climbed 20,000 foot mountains, explored flooded caves as one of the small number of certified cave divers in the world, climbed frozen waterfalls, raced mountain bikes downhill at speeds of more than 60 miles each hour, skydived, para-sailed, scuba dived to the dark world at depths of 300 or more feet, bicycled across Loss of life Valley in July and the Iditarod Trail in Alaska in February, pitched kayaks off 3-tale waterfalls and other breath-taking adventures. I reside in the Rocky Mountains, says Bane, and each day I'm surprised at the richness it has to offer a person. Bane provides been featured in mass media around the world informing his story. My checkered career provides allowed me to provide some unique thinking to the whole issue of personal protection, says Bane, who is the Maker and Host of the strike OUTDOOR CHANNEL series THE BEST DEFENSE and Capturing GALLERY. Mindset is our most significant tool in personal protection, and TRAIL SAFE is aimed at helping you understand and use that tool. My objective was to take real-lifestyle lessons and present them within an easy-to-understand, logical format. A lot of times the information you need to stay safe in the trunk country or actually in your homes is usually hidden in jargon, non-sense buzz phrases or obscure journals, says Bane. A significant aspect of TRAIL SAFE is that its information is obtainable. TRAIL SAFE helps you embrace that richness while understanding the dangers. Those adventures were chronicled in another landmark book, OVER THE EDGE, which triggered the Wall Road Journal to exclaim, How did Michael Bane become the George Plimpton from Hell? Perhaps the most significant lesson of TRAIL SAFE is a better knowing of the globe around you not merely enables you to safer, but enhances your pleasure of that globe. Benning operating simulations against police SWAT teams and ten years in the high-risk sports activities arena.



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Good overview of situational awareness in the backcountry Bane's book, Trail Safe and sound, provides an excellent intro to the overall notion of situational awareness in the backcountry, and perhaps an overall strategy for not working afoul of evildoers in the woods. Great Book Makes you think about where your head reaches, even when are out on the trail. My expectations were actually for a little more "meat" - and here the publication didn't really deliver. The sections on choosing a firearm, for example, were fairly vague and general, without very much specific advice. There wasn't very much in the way of tactical-level guidance either - recommendations of what might one perform in specific circumstances or confrontations on the trail, at the trailhead, etc. As mentioned above, this was more about generalities. In every - Bane is a great writer, but since the book was mainly an overview, it was simply too much time. Read it and use it. I had numerous Oh's and Ah's while reading it. Although not focused specifically on the backcountry, a better treatment of the topic of situational awareness is usually Gavin de Becker's "The Gift of Dread" - which Bane references in his publication. Carry mace for bears and you'll be fine. I want my money back. I want my money back. Take time to read this publication- you earned't regret ever reading it. I would suggest Trail Safe by Michael Bane is a must- have book. Excellent Information I read this publication and was thoroughly pleased on its content. I have already been watching survival shows on several TV channels and I always try to imagine myself doing that- pitting yourself and your skill against Mother Nature. a must browse for the adventurous person. Trail Safe essential read The book Trail Safe and sound by Micheal Bane is a must read for anyone who adventures outdoors in both urban an rural settings. Bane covers many topics that are highly relevant to personal basic safety both on the trail and in the home. Excellent reserve, written in a very conversational style. This is a book I regularly give as gifts to both "gun people" and not. Viewing the world as it is definitely rather than how we want it to be just enhances your life. Bane shows us how that clearness can not only embiggen your wilderness encounters but keep you safer in the bargain. The publication draws from a number of qualified sources and the author's very own experiences in establishing a baseline for secure exploration of the trails and byways. Most of the concepts could be talked about in half the distance of this book. NRA propaganda That is book is only NRA propaganda. The guidelines are helpful, useful and practical. Do some analysis and you will find the actual statistical risk associated with hiking only is minimal. The words are easy to follow and he uses simple yet precise phrases to cover the topic. It was worth the download and quick browse. Every experience trekkers' manual! This book is ideal for beginners. Developing your 6th feeling when out in nature and paying attention on the individual condition is important in having a secure journey in character. After a long time of planning, I finally had enough time to try my hands at trekking. I

intend to start by trekking National Parks following the publication, Yosemite National Park: Amazing Tips To Fully Enjoy This Natural Beauty by Stephen Williams, influenced me. I have always wished to go trekking but I never had the time to do so. It covers all of the basics. Why don't we not task our fears and insecurities onto the supposedly Crazy and Untamed American Wilderness. What I value about it is how the author writes it. Hanging out in parks, alone or otherwise, is infinitely safer than being in cities so let's not really lose our thoughts. It's a decent read, but just don't expect an excessive amount of. You'll most likely tell yourself "Today why didn't I think of this?". It's a reserve every adventure seeker should examine before trekking off to Never-Never Property. Reading it would probably take you a couple of hours but it can probably save your life in the long run. don't order. It also makes for a good birthday present for all your family members. Keep them safe during their adventures by helping them learn skills that may last them their whole lives. Worse book ever.



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