



The Bushcraft Field Guide to Trapping, Gathering, and Cooking in the Wild

Dave Canterbury

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What to eat, where to find it, and how to cook it!

Renowned outdoors expert and *New York Times* bestselling author Dave Canterbury provides you with all you need to know about packing, trapping, and preparing food for your treks and wilderness travels. Whether you're headed out for a day hike or a weeklong expedition, you'll find everything you need to survive--and eat well--out in the wild.

Canterbury makes certain you're set by not only teaching you how to hunt and gather, but also giving you recipes to make while on the trail. Complete with illustrations to accompany his instructions and a full-color photo guide of plants to forage and those to avoid, this is the go-to reference to keep in your pack.

The *Bushcraft Field Guide to Trapping, Gathering, and Cooking in the Wild* helps you achieve the full outdoor experience. With it, you'll be prepared to set off on your trip and enjoy living off the land.

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