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The New Backpacker's Guidebook



Tips and Insight for Getting the
Most Out of Overseas Travel

Craig McMahon

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InfoNinja Publishing : The New Backpacker's Guidebook: Tips and Insight for Getting the Most Out of Overseas Travel before purchasing it in order to gage whether or not it would be worth my time, and all praised The New Backpacker's Guidebook: Tips and Insight for Getting the Most Out of Overseas Travel:

6 of 9 people found the following review helpful. The 3rd Graders Backpacking GuidebookBy C. CarlsonThe information in this book is simply written and common sense. If you have absolutely no experience travelling this book might be what you are looking for. Otherwise get something better like Rolf Potts Vagabonding for example.- Szen6 of 6 people found the following review helpful. Great resource for the novice international backpackerBy M. M.As someone who has experience backpacking abroad, it was a pleasure to read this excellent guide. This book is lightweight enough to bring with you during your trek and is intended for US and Canadian young adults -- college upperclassmen, recent graduates, grad students, and young professionals -- interested in backpacking overseas.Note

that backpacking internationally is quite different from participating in an organized study abroad program; and while that experience can and will certainly help prepare you, it's not the same as living out of a backpack as a nomad. So, with that clarified, this book is intended for those who have never backpacked abroad. It's organized into brief chapters that each cover a different topic; they flow chronologically from beginning your trip preparations all the way through being overseas and then finally returning home. As far as the author's writing style is concerned, you might fear that someone who has written a guide based on their own backpacking experiences could potentially come across as an insufferable know-it-all -- or worse still, the jaded "been there, done that" type -- but author Craig McMahon couldn't be further from that. He writes earnestly, openly, and with heart. You know right from the first page that he genuinely wants you to have the best possible experience backpacking abroad. He offers his advice in a helpful, non-threatening way. Additionally, he doesn't talk too much about his own trips but instead speaks about the nomadic experience in general terms. (He goes into a few detailed memories in the Appendix but does so with a purpose: to show some common behavioral faux pas that young international travelers often make.)

Topics covered:- Things to consider before embarking (age, cash flow, etc.)- Travel prep, including a very basic list of clothing items; a discussion on backpacks vs. suitcases; whether to bring and how to deal with phones, laptops/netbooks, converters, and other electronics; how to build a basic first aid kit; what to leave behind and what to buy upon arriving- Deciding where to land first, as your "home base"- Basic timeframe for preliminary adjustment to your new surroundings- Tips for continuing the adaptation process after you have been abroad for a few weeks- Traveling from your home base, including recommendations on budget European airlines and a discussion of the pros and cons of getting a railpass- Preparing to come back to the US, returning home and readjusting- Resources for hostels, flights, and rail trips; books and websites to help plan your trip; humorous anecdotes about the author's own observations during his time spent backpacking abroad

There are a few topics not covered, like a comprehensive packing list. McMahon does give some excellent basic suggestions, but he likely intentionally omitted a comprehensive packing list from this guidebook because each individual backpacker has an equally individual list of "must pack" items. Additionally, it's far beyond the scope of this guidebook to include information on traveling in specific countries; you'll have to refer to country- and region-specific guides for that. Despite a handful of Europe-specific details, the general advice provided in this guide could be applied across the board to any country or continent in which you may be traveling. Most of the content will be familiar to readers who have backpacked overseas before; however, I still found the guide to contain quite a bit of information that I hadn't considered. Note that although I received this book for free in exchange for writing a review, I would recommend it without hesitation to the first-time international backpacker!

4 of 4 people found the following review helpful. An excellent little guide to one's first overseas travel

By Michael A. Duvernois

When I first looked at this thin book, I thought to myself, "there's not much here, just some very basic advice." But the more I thought about it, the more convinced I became that that is precisely what is needed for a first time backpacking overseas trip. A minimum of advice and guidance. Take the information offered, and go forth and have fun. Though short, the author hit on a lot of what I would have offered as advice to the perspective traveler (I really dislike the term backpacker since it comes with so much baggage, as it were): avoid jeans (they're heavy, weigh you down, and stigmatize you), roll your clothes (my grandfather taught me that one, it takes much less room than folding, is faster, but leaves clothes reasonably wrinkle free), check your bag on the way home, be willing to ask for directions (or even help), and a good, short packing list. I'd have put a little more text on learning as much of the foreign languages as you can, and packing a clothesline and some Woolite to not look like the negative stereotype of a dirty backpacker, but everyone would push slightly different advice. The main goal is to make the trip enjoyable. Everyone makes mistakes and ends up with stories in which they are the butt of the joke, but it's all fine if you're willing to travel again.

My packing list: 1 comfortable bag, 2 small bags that fold up and disappear into pockets, 3 pairs pants, 3 shirts, 1 fleece, 1 raincoat, 1 pair comfortable shoes, 1 pair flip flops, 4 pairs underwear, 4 pairs socks, camera, flashlight, toiletries, first aid kit, book, notebook, 2 pens, cash, credit card, passport. That'll cover you most anywhere in the world. If you're in your thirties instead of twenty years old, add a blazer or swap the fleece out for it or add a black dress to the bag. Also consider an international cell phone, extra memory cards batteries for the camera, and an additional warm layer. Ahhh...it's been a while since I've been traveling except for work...

Full disclosure: The reviewer received a copy of the book, for no charge, from the publisher.

Many college students decide they are ready to travel the world [and] it is imperative to have several good guide books, including one that gives you practical knowledge in areas such as: preparation; what to take, to travel alone or with someone; what if you forget items; what to do in an emergency; and many other such topics. Craig's book addresses these and a variety of other topics in a style that is clear, practical and concise. ...Anyone traveling abroad should be prepared and knowledgeable about where they are going, how they will adjust to changes in schedule and plans, and possible natural or man-made problems. Craig's book helps fill that void and will make any trip much more enjoyable than one that has only 'fly by the seat of your pants' planning. --College Parent Magazine (May 2010 -

Available at CollegeParenting.com) About the Author Craig McMahon has traveled throughout the European continent and then eventually made his way from St. Petersburg to Beijing via the Trans-Mongolian Railway. He spent a few years after graduate school - by working as a public librarian and a high school educator - in order to save enough money for his first long-term travel. Leaving for Ireland in early 2008, he originally planned to see a handful of countries in Europe, but plans changed... (from BackpackersGuidebook.com)