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Sleeping Outside

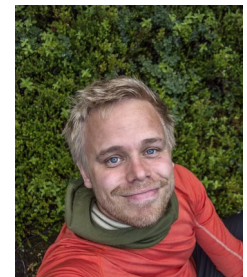
Never before have so many people been drawn out into nature. This book answers the question that many have been wondering about: Why and how should I sleep outside?

Sleeping Outside is a "survival guide" for nights in nature. It is easy to read and detailed, yet varied and packed with information. Here you will find everything you need to know about common issues when it comes to sleeping outdoors – everything about the weather, the seasons, regulations, campsites and landscapes, combined with information about modern equipment: clothing, sleeping bags, tents, hammocks, lean-tos, other methods of accommodation, cooking equipment, and so on.

Included in the book are vivid descriptions of what happens around us in nature at night, about the night sky and how to study it, about the northern lights, stormy weather and other phenomena that at times make this more or less worth doing. All of this laid out in detail and with a focus on sleeping outside.

Marius Nergård Pettersen

Marius Nergård Pettersen is an author, photographer and public speaker. He works with nature and the outdoors, writes for newspapers and magazines, and has published a number of books. He has won the Helge Ingstad Award and the Specialist Press Organisation's Photographic Award for his work. Marius himself grew up hiking from cabin to cabin.



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