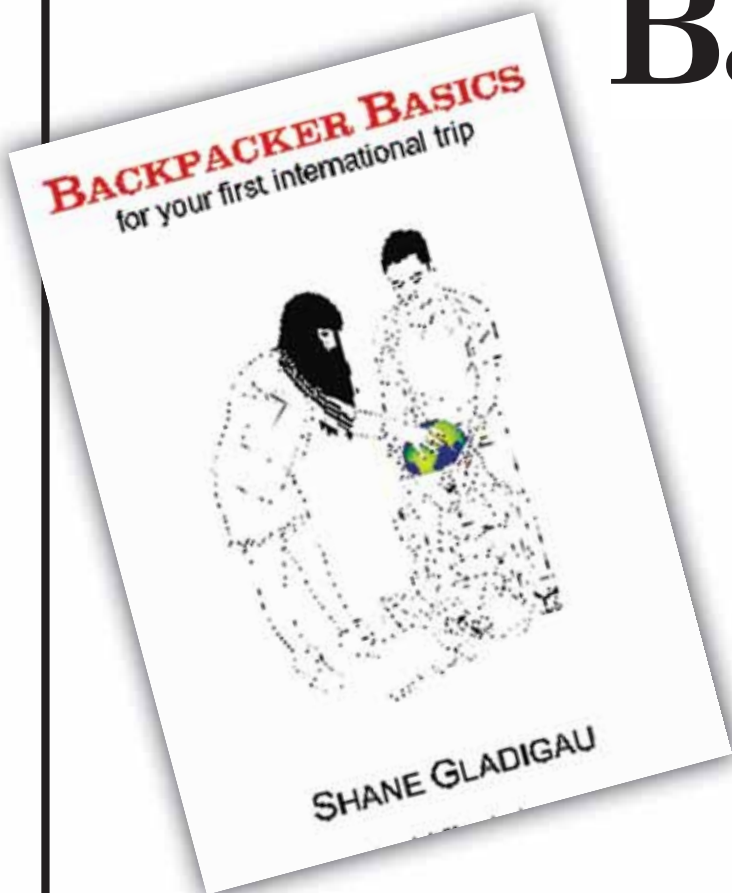


Backpacker guide



“Incredible experience or get caught up in a wish-to-be-forgotten one”

Backpacking is a specific form of travel that comes with a specific mindset. Freedom is a key need coupled with the desire to be unstructured and spontaneous while travelling.

Most backpackers will start with broad intentions and work out the details along the way. Fully enjoying the freedom of having an unstructured plan and being spontaneous in a foreign country, however, means being effectively prepared before getting there. The

day you start out is not the day to start your preparations.

When Shane Gladigau did something similar a few years ago, the first thing he did was go hunting for a good, general guide that would give him a taste of what backpacking was all about.


He couldn't find anything on the shelves that appealed, so when he got back from his first trip, the idea for a book was hatched. He wanted to write a simple guide for those who have made the same decision, beginning with the initial dream of international travel through to re-entry and covering all the territory in between. Backpacker Basics for your first international trip was born.

The guide does not have a text preaching — do this and don't do that — but a handy information source helping to educate and empower inexperienced budget travellers about the processes involved and the type of issues they may be confronted with in unfamiliar overseas environments.

Hopefully, the background

information in the guide will help instil confidence and could potentially mean the difference between having an incredible and memorable international experience or getting caught up in a disastrous and wish-to-be-forgotten one.

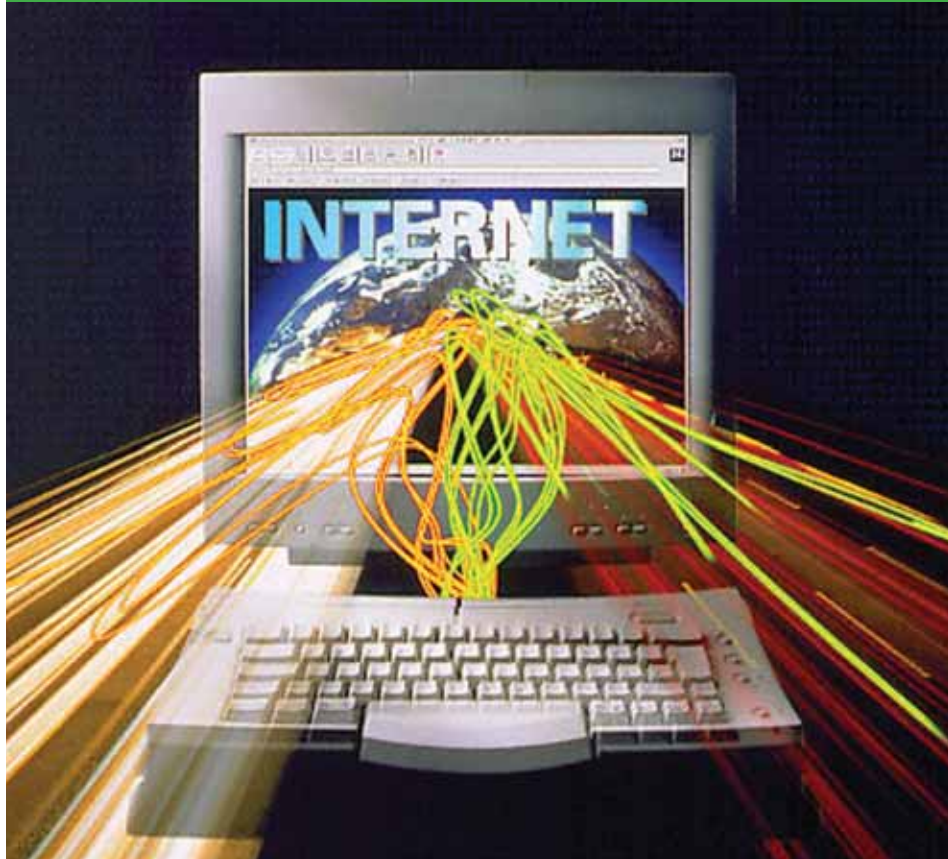
Each chapter is self-contained and follows a logical sequence. The information presented is based on Shane's first hand experiences while backpacking for the first time as well as the many stories he encountered while working within the backpacking industry in Canada and Australia.

Shane Gladigau used to be a manager, receptionist, cleaner, coffeemaker, traveller, friend and lover in backpacker hostels in Canada and Australia. He lives in Melbourne forging a career as a freelance writer, specialising in the fields of travel, environmental management, health and fitness. Backpacker Basics is his first book. 

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