



The Hiking Engine: A Hiker's Guide to the Care and Maintenance of Feet and Legs

Stuart Plotkin

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Until a hiker injures a foot or leg--a blister on the foot, a sprained ankle, an unattended scratch that gets infected--he or she might not pay a lot of attention to the care of legs and feet. The Hiking Engine increases awareness of all that can potentially go wrong on any kind of hike, so you can avoid the worst and enjoy the best.

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