



The Survival Guide for the Adventurous International Traveler

Albert Podell

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Albert Podell, the only American to visit every country in the world, reveals the tactics and techniques that enabled him to explore and survive in the most dangerous places on earth.

In *The Survival Guide for the Adventurous International Traveler*, Podell shows how to prepare for rugged trips: how to lay out a reasonable itinerary and route, select equipment and supplies, and pack for a combination of maximum self-sufficiency and maximum mobility. He explains all the steps needed to get in physical condition for these long and arduous journeys, how to safeguard your health from all manner of medical threats, how to outwit the bandits and bad guys you are likely to encounter, and, in those rare moments of relaxation, how to get the best deal on souvenirs.

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