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## High Heels and a Head Torch: The Essential Guide For Girls Who Backpack

By Chelsea Duke

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, High Heels and a Head Torch: The Essential Guide For Girls Who Backpack, Chelsea Duke, When Chelsea Duke took a year out to travel round the world alone, she had no idea what she was letting herself in for. Never having described herself as the outdoorsy type or having stayed in a hostel before, life on the backpacker trail held some rather unpleasant surprises. But by the end of the year she had amassed a range of survival techniques to rival Ray Mears, all of which she is generously passing on here. From beauty treatments to do before you set off and how not to kill yourself in a South American shower, to the indispensable nature of the sparkly flip-flop, "High Heels and a Head Torch" will tell you everything you need to know to keep yourself looking and feeling glam when your wardrobe fits into a shoe box and those little home comforts are a million miles away. As well as lists of 'dos and don'ts' and tons of useful advice on every aspect of the travel experience, including personal safety, "High Heels and a Head Torch" is full of hilarious anecdotes...



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