

THE ULTIMATE GUIDE TO PLUS-SIZE BACKPACKING

A new, unique guide for travelers of size!

Montreal, Canada - February 3, 2016 – *The Ultimate Guide to Plus-Size Backpacking*, an e-book entirely dedicated to travelers of size, was launched yesterday in Montreal.

After realizing how the travel and outdoor gear industries too often forget plus-size people, the author, Edith Bernier, decided to find her own alternatives and share them with her fellow plus-size travelers. *The Ultimate Guide to Plus-Size Backpacking* is a compilation of tips, based on the lessons learned in the last seven (7) years through her attempts at traveling as light as possible.

“As I was planning a three-month trip to India [...], my good friend G. told me she had traveled to Southeast Asia with just a carry-on, to which I answered that “carry-on luggage aren’t proportional to the traveler’s size... and my underwear are probably the size of your tank tops.” We had a good laugh, but that is the awful truth we have to deal with as travelers of size.” – Edith Bernier, author & plus-size backpacker (Excerpt available at: <http://psbackpacker.com/ebook-en>)

In *The Ultimate Guide to Plus-Size Backpacking*, readers will find out what they REALLY need to know before embarking on their next journey, whatever the length or destination may be. This e-book will provide essential, plus-size oriented advice on:

- picking the right gear;
- finding the best clothes to travel;
- prevent common health annoyances occurring amongst overweight travelers;
- and so much more!

The Ultimate Guide to Plus-Size Backpacking is now available for sale in the Amazon Kindle Store (<http://amzn.to/1TpXyz3>), along with its French translation, *Le Manuel des routards taille plus*.

Since 2009, Edith Bernier visited numerous countries. In 2013, after facing numerous challenges caused by her body size while traveling the world, she created *The PS (Plus-Size) Backpacker* blog. Inspired by the motto *“Travel light. Whatever your size”*, she shares her tips and advice to all plus-size travelers tempted by adventure.

Edith Bernier is available at your convenience for interviews or if you require further information (see complete contact details in “SOURCE”).

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SOURCE:

Edith Bernier

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