The Backpackers Field Manual Revised And Updated A Comprehensive Guide To Mastering Backcountry Skills Rick Curtis

Short, to-the-point, and humorously illustrated by famed outdoor illustrator Mike Clelland, this book presents everything hikers and backpackers need to be safe, comfortable, and well fed while carrying a very small and lightweight pack.

"With tales from the trail, arresting images, and helpful instruction, this wild guide reveals what calls people to camp: under all the gear, it's as much about living off the grid as it is about the thrill of staying alive. Whether you love car camping with kids, rock climbing with friends, or roughing it solo in a lean-to, you'll find there's always somewhere new to explore--even if it's just in your backyard."--

This is the third edition of this publication which contains the latest information on vaccines and vaccination procedures for all the vaccine preventable infectious diseases that may occur in the UK or in travellers going outside of the UK, particularly those immunisations that comprise the routine immunisation programme for all children from birth to adolescence. It is divided into two sections: the first section covers principles, practices and procedures, including issues of consent, contraindications, storage, distribution and disposal of vaccines, surveillance and monitoring, and the Vaccine Damage Payment Scheme; the second section covers the range of different diseases and vaccines.

Written by expert wilderness educators and packed with best practices from the Appalachian Mountain Club, this comprehensive guide tackles the technical skills every hiker should master. Beginners will learn hiking essentials such as gear, navigation, and safety. More experienced readers can hone backpacking skills, including trip planning, efficient packing, and advanced wilderness ethics. With this essential companion, readers will map new adventures, perfect their pace, or simply plan a fun weekend of camping and day-hikes.

Baseball in the American City

Wilderness Basics, 4th Edition

How to Suffer Outside

Lighten Up!

Techno and New Age as Transnational Countercultures in Ibiza and Goa

Choose the Right Gear, Plan Your Ultimate Trip, Cook Hearty and Energizing Trail Meals, Be Prepared for Emergencies, Conquer Your Backpacking Adventures

Backpacking, One Step at a Time

Come for a visit in Bear Country with this classic First Time Book® from Stan and Jan Berenstain. Brother, Sister, and Cousin Fred are ready to set out on a Bear Scout adventure. However, when Papa joins the trio, things end up becoming a bit of a mishap. This beloved story is perfect for fans of all things funny and adventurous.

"A show-and-tell guide to clothing, footwear, backpacks, shelter and sleep systems, camp stoves, and more, as well as tips on foot care, campsite selection, and hiking efficiency, this single book contains all the knowledge you'll need to hit the trail, "--Amazon.com.

Nothing against the Bright Angel Trail, the Narrows, the Presidential Traverse, or Half Dome, which are all certainly worth of their popularity, but hikers don't need another resource pointing them toward those conga lines. It's time we rewrite the backpacker's life list. Enter Backpacker Hidden Gems. For the first time ever, here is a collection of Mother Nature's best kept secret hikes, chockful of life-list worthy views, campsites, waterfalls, wildlife, and more. This book spills every secret and pulls back the curtain to reveal the top 100 trips across the country, with information on how to reach them, when to go, and what you'll see. With color topographic maps and over 200 gorgeous photographs to complete the package, this book is the perfect keepsake for anyone looking to expand his hiking horizons.

The classic backpacker's handbook—revised and updated—providing expert guidelines for anyone who loves the outdoors. The Wilderness Guide brings the savvy of the world's most famous and respected outdoor organization to everyone—from the sixteen million backpacking Americans to the more than 265 million people, tenderfeet and trail-hardened hikers, who visit our national parks annually. It covers: -Selecting equipment—including discussions of the advantages and disadvantages of products such as the internal frame pack, lighter-weight boots, and freestanding tents -The latest "leave no trace" camping techniques -Traveling safely and sensibly—including vital information on maps, compasses, and tips on crossing difficult terrain -Backcountry cooking, with tips on building fires and tricks for making gourmet meals -Search-and-rescue techniques, including how to organize a self-sufficient search group and when to call in professional rescue teams Illustrated throughout with instructional drawings and photos and featuring lists of equipment, the Wilderness Guide is a must-have for anyone planning to explore the great outdoors.

Bushcraft First Aid

Set Out into the Wilderness and Hit the Trail with Confidence

The National Outdoor Leadership School's Wilderness Guide

Backpacker The National Parks Coast to Coast

Lifesaving Nuclear Facts and Self-Help Instructions

The Dreamt Land

Plan Perfect Trips | Sharpen Your Skills | Recipes, Fire Tricks, Family Tips & More

Refreshingly approachable guide for aspiring backpackers and casual hikers of all stripes Colorful and humorous illustrations throughout Relatable, rising female voice in outdoor literature Part critique of modern hiking culture and part how-to guide, How to Suffer Outside is for anyone who wants to hit the trail without breaking the bank. Diana Helmuth offers real advice, opinionated but accessible and based on in-the-field experiences. She wins readers' hearts and trust through a blend of self-deprecating humor and good-natured heckling of both seasoned backpackers and urbanites who romanticize being outdoorsy, plus a helpful dose of the actual advice a novice needs to get started. Featuring illustrations by artist Latasha Dunston, each chapter focuses on a critical topic: gear, food, hygiene, clothing, and more, along with useful checklists and resources. Humorous, philosophical, and practical, How to Suffer Outside teaches casual walkers, hikers, and campers of all stripes how to venture outdoors with confidence.

From the creator of the Just a Colorado Gal blog comes a guide to help you plan for a fun backpacking experience. It's time to take a hike! In Backpacking 101, outdoor expert Heather Balogh Rochfort goes step-by-step through the preparation process of hiking—from selecting the right gear to choosing the perfect destination. She also provides useful information for out on the trail, including how to -Properly read a topographic map -Set up an environmentally friendly campsite -Safely interact with wildlife -Handle being lost in the woods With Backpacking 101 in your bag, you can be prepared for whatever comes your way during your trek—no matter what skill level you are. It's the perfect resource for anyone ready for an outdoor adventure!

The director of Princeton University's Outdoor Action Program offers a comprehensive guide to skills, equipment, and trip planning for backpackers of all levels, in a revised handbook that includes the latest information on GPS technology, ultra-light hiking equipment, first aid, trip planning, resources for professional outdoor leaders, and more. Original. 25,000 first printing.

This stylish, gorgeously photographed guide to Mexico City will help you get the most out of this vibrant, culturally rich destination—or make you want to plan a trip! Vast and exciting, Mexico City has so much to offer, from museums to markets, architectural wonders to Aztec monuments. This thorough and practical travel guide includes everything you need to know to enjoy the lifestyle of Mexico City—its sights, sounds, and tastes. This Is Mexico City showcases the best museums (both traditional and off-the-beaten-path), old-school mercados, public art, food trucks, and much more. Organized by neighborhood, each section offers insider recommendations for every interest: For shoppers there are boutiques, galleries, and local artisan studios; for foodies, trendy bars, tiny taco restaurants, ice cream parlors abound. An incredible experience awaits! This Is Mexico City includes: Archaeological Sites • Architecture • Artists • Designers • For Kids • Galleries • Libraries • Monuments • Museums • Parks • Plazas • Public Art • Shopping • To Eat, Drink • To Stay

A Comprehensive Guide To Mastering Backcountry Skills

Four Fish

Your Complete Outdoor Handbook

Ultralight Backpackin' Tips

Backpacker Hidden Gems

Backpacking & Hiking

Nuclear War Survival Skills

Hit the trails with all the backpacking and hiking information you need You know there's nothing quite like spending time with nature, enjoying the fresh air and magnificent vistas. But thinking about where to go, what to bring, and how to protect yourself from the elements might have you feeling less adventurous than you'd like. Well, it's time to get off the couch and onto the trail with Outdoor Adventure Guides: Backpacking and Hiking. Fille guide gives you all the information you need to survive and thrive in the great outdoors. Packed with information ranging from preparing your body and choosing what to bring to handling the elements and knowing your first aid, this no-nonsense guide has everything you've been looking for in a trail buddy--and its travel-friendly size means it fits in any backpack you bring! So what are you waiting for? Go have an adventure!

For the first time since 1984, we have a new edition of the classic book that Field & Stream called "the Hiker's Bible." For this version, the celebrated writer and hiker Colin Fletcher has taken on a coauthor, Chip Rawlins, himself an avid outdoorsman and a poet from Wyoming. Together, they have made this fourth edition of The Complete Walker the most informative, entertaining, and thorough version yet. The eighteen years since the publ Walker III have seen revolutionary changes in hiking and camping equipment: developments in waterproofing technology, smaller and more durable stoves, lighter boots, more manageable tents, and a wider array of food options. The equipment recommendations are therefore not merely revised and tweaked, but completely revamped. During these two decades we have also seen a deepening of environmental consciousness. Not only has popular, but a whole ethic of responsible outdoorsmanship has emerged. In this book the authors confidently lead us through these technological, ethical, and spiritual changes. Fletcher and Rawlins's thorough appraisal and recommendation of equipment begins with a "Ground Plan," a discussion of general hiking preparedness. How much to bring? What are the ideal clothes, food, boots, and tents for your trip? They evaluate each of these open, honest critiques and endorsements of brand-name equipment. Their equipment searches are exhaustive; they talk in detail about everything from socks to freeze-dried trail curries. They end as they began, with a philosophical and literary disquisition on the reasons to walk, capped off with a delightful collection of quotes about walking and the outdoor life. After a thoughtful and painstaking analysis of hiking gear from hats to boots, fro remind us that ultimately hiking is about the experience of being outdoors and seeing the green world anew. Like its predecessors, The Complete Walker IV is an essential purchase for anyone captivated by the outdoor life.

LIGHTWEIGHT BACKPACKING AND CAMPING offers insight into gear selection and techniques that can be used to reduce pack weight and decrease the margin of risk that occurs by taking less weight in the backcountry. This book is an ideal primer for the lightweight backpacking student who desires to build a solid foundation of knowledge about equipment and skills.

The director of Princeton University Outdoor Action, one of the country's most respected outdoor programs, offers a comprehensive guide to skills, equipment, and trip planning for backpackers of all levels. Original. 20,000 first printing.

Stories and Itineraries for Sleeping Under the Stars

Backpacking

The Complete Walker IV

How to Shit in the Woods, 4th Edition

The Essential Hiking and Backpacking Guide

A Complete Handbook for Light and Ultralight Backpacking

Field-Tested Gear, Advice, and Know-How for the Trail

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

Ultralight Survival Kit is the first book of backpacking tips that is itself ultralight! It focuses on all of the skills and techniques that hikers and backpackers would want at their fingertips while in the outdoors. Perfect for backpackers from beginner to advanced, this book contains: Worst-case-scenario advice you'd want handy if stuck in a precarious situation. Tips for the most common trail concerns, from lightning to blisters. Suggestions for keeping your pack light or ultralight without sacrificing the must-haves Topics like: how to identify/treat reactions to poisonous plants, how to handle animal encounters, how to identify animal tracks, how to build a fire, need-to-know essential knots, how to predict weather patterns, how to repair or replace gear with limited materials, and how to deal with the elements when you don't have a lot of gear on your back The book is formatted to make learning easy and user-friendly. This pocket-size book of tips is convenient to carry with you should you desire, but also includes advice you can easily digest ahead of time than add weight to your pack. The information is time tested in more than 35,000 miles of hiking experience. Readers will be able to adapt their surroundings to the techniques shown in the book and safely overcome challenges that may otherwise have turned them back.

"A necessary book for anyone truly interested in what we take from the sea to eat, and how, and why." —Sam Sifton, The New York Times Book Review Acclaimed author of American Catch and The Omega Princple and life-long fisherman, Paul Greenberg takes us on a journey, examining the four fish that dominate our menus: salmon, sea bass, cod, and tuna. Investigating the forces that get fish to our dinner tables, Greenberg reveals our damaged relationship with the ocean and its inhabitants. Just three decades ago, nearly everything we ate from the sea was wild. Today, rampant overfishing and an unprecedented biotech revolution have brought us to a point where wild and farmed fish occupy equal parts of a complex marketplace. Four Fish offers a way for us to move toward a future in which healthy and sustainable seafood is the rule rather than the exception.

"For people who want to develop their bushcraft skills and survive outdoors, this book provides information for treating injuries and illness while in the wild. It includes tips and information on how to use typical outdoorsman items in case of a medical emergency or survival situation"--

An Environmentally Sound Approach to a Lost Art

A Comprehensive Guide to Mastering Backcountry Skills

Ultralight Survival Kit

Smart Fuel for Outdoor Adventure

Backpacking in Michigan

AMC Mountain Skills Manual

153 Amazing & Inexpensive Tips for Extremely Lightweight Camping

There and back--what every new backpacker needs to know. A journey of a thousand miles starts with a single book. How to Survive Your First Trip in the Wild bundles up everything you need to prep for your first-ever backpacking adventure--so you can explore the backcountry with confidence. Start strong with an essential equipment guide geared toward beginners. Discover how to choose a campsite and follow along with camp setup and breakdown directions. Water treatment info, outdoor cooking basics, snacking suggestions, and a sample three-day backpacking food plan supply you with vital knowledge to survive in the wilderness. This beginners' backpacking handbook includes: Expert tips--Learn how to "Leave No Trace," navigate rough terrain, deal with wildlife, and other practical backpacking advice. Gear checklists--Track down the right gear with guides to clothing, footwear, backpacks, and shelters--even on a budget. Plan ahead--Handy cheat sheets help you pick the best time of year and the perfect starter trail for backpacking in your state. Start your backpacking experience now with How to Survive Your First Trip in the Wild.

Offers tips on equipment, clothing, supplies, cooking, physical fitness, safety, and protecting the environment

"The definitive guide to mountains and climbing . . ."—Conrad Anker For nearly 60 years it's been revered as the "bible" of mountaineering-and now it's even better than ever • The best-selling instructional text for new and intermediate climbers for more than half a century • New edition—fully updated techniques and all-new illustrations • Researched and written by a team of expert climbers Mountaineering: The Freedom of the Hills is the text beloved by generations of new climbers—the standard for climbing education around the world where it has been translated into 12 languages. For the all-new 9th Edition, committees composed of active climbers and climbing educators reviewed every chapter of instruction, and discussed updates with staff from the American Alpine Club (AAC), the American Institute for Avalanche Research and Education (AIARE), and the Access Fund. They also worked with professional members of the American Mountain Guides Association (AMGA), to review their work and ensure that the updated textbook includes the most current best practices for both alpine and rock climbing instruction. From gear selection to belay and repel techniques, from glacier travel to rope work, to safety, safety, and more safety—there is no more comprehensive and thoroughly vetted training manual for climbing than the standard set by Mountaineering: The Freedom of the Hills, 9th Edition. Significant updates to this edition include: • New alignment with AAC's nationwide universal belay standard • Expanded and more detailed avalanche safety info, including how to better understand avalanches, evaluate hazards, travel safely in avy terrain, and locate and rescue a fellow climber in an avalanche • Newly revamped chapters on clothing and camping • All-new illustrations reflecting the latest gear and techniques—created by artist John McMullen, former art director of Climbing magazine • Review of and contributions to multiple sections by AMGA-certified guides • Fresh approach to the Ten Essentials—now making the iconic list easier to recall

Now revised, updated, and with new recipes, And a Bottle of Rum tells the raucously entertaining story of this most American of liquors From the grog sailors drank on the high seas in the 1700s to the mojitos of Havana bar hoppers, spirits and cocktail columnist Wayne Curtis offers a history of rum and the Americas alike, revealing that the homely spirit once distilled from the industrial waste of the booming sugar trade has managed to infiltrate every stratum of New World society. Curtis takes us from the taverns of the American colonies, where rum delivered both a cheap wallop and cash for the Revolution; to the plundering pirate ships off the coast of Central America; to the watering holes of pre-Castro Cuba; and to the kitsch-laden tiki bars of 1950s America. Here are sugar barons and their armies conquering the Caribbean, Paul Revere stopping for a nip during his famous ride, Prohibitionists marching against "demon rum," Hemingway fattening his liver with Havana daiquiris, and today's bartenders reviving old favorites like Planter's Punch. In an age of microbrewed beer and single-malt whiskeys, rum--once the swill of the common man--has found its way into the tasting rooms of the most discriminating drinkers. Complete with cocktail recipes for would-be epicurean time-travelers, this is history at its most intoxicating.

Tools & Techniques to Hit the Trail

Ballpark

The Classic Handbook, Revised and Updated

Mountaineering: Freedom of the Hills

And a Bottle of Rum, Revised and Updated

Lightweight Backpacking and Camping

The Ultimate Hiker's Gear Guide, Second Edition

When it was first published in 1998, The Backpacker's Field Manual set the standard for comprehensive backpacking books. Now exhaustively updated to offer a more complete view of backpacking today, it covers the latest developments in gear—such as Global Positioning Systems and ultralight hiking equipment—first aid, and Leave No Trace comping, and includes a chapter devoted to outdoor leadership resources and basics. Beginners and experienced hikers alike will find this book indispensable for trip planning strategies and also as a quick reference on the trail for: BACKCOUNTRY SKILLS—how to forecast the weather, identify trees, bear-proof your campsite, wrap an injured ankle, and more--illustrated with more than 100 line drawings. TRICKS OF THE TRAIL—time-tested practical lessons learned along the way GOING ULTRALIGHT—downsizing suggestions for those who want to lighten up Every traveler knows that space in a backpack is limited, so on your next trip, carry the only guide you'll ever need—this one—and take to the great outdoors with confidence.

An exhilarating, splendidly illustrated, entirely new look at the history of baseball: told through the stories of the vibrant and ever-changing ballparks where the game was and is staged, by the Pulitzer Prize-winning architectural critic. From the earliest corrals of the mid-1800s (Union Grounds in Brooklyn was a "saloon in the open air"), to the much mourned parks of the early 1900s (Detroit's Tiger Stadium, Cincinnati's Palace of the Fans), to the stadiums we fill today, Paul Goldberger makes clear the inextricable bond between the American city and America's favorite pastime. In the changing locations and architecture of our ballparks, Goldberger reveals the manifestations of a changing society: the earliest ballparks evoked the Victorian age in their accommodations--bleachers for the riffraff, grandstands for the middle-class; the "concrete donuts" of the 1950s and '60s made plain television's grip on the public's attention; and more recent ballparks, like Baltimore's Camden Yards, signal a new way forward for stadium design and for baseball's role in urban development. Throughout, Goldberger shows us the way in which baseball's history is concurrent with our cultural history: the rise of urban parks and public transportation; the development of new building materials and engineering and design skills. And how the site details and the requirements of the game--the diamond, the outfields, the walls, the grandstands--shaped our most beloved ballparks. A fascinating, exuberant ode to the Edens at the heart of our cities--where dreams are as limitless as the outfields.

Whether you're a first-time backpacker, an occasional weekend warrior, or a seasoned long-distance trekker, this guide is a must for any backpacking, hiking, or camping trip. Supreme long-distance hiker Andrew Skurka—accomplished adventure athlete, speaker, guide, and writer—shares his knowledge in this essential guide to backpacking gear and skills. Skurka recounts what he's learned from more than 30,000 miles of long-distance hikes, including the Appalachian, Pacific Crest, and Continental Divide Trails, and the 4,700-mile Alaska-Yukon Expedition. A show-and-tell guide to clothing, footwear, backpacks, shelter and sleep systems, camp stoves, and more, as well as tips on foot care, campsite selection, and hiking efficiency, this single book contains all the knowledge you'll need to hit the trail. This second edition features 16 new pages (including food on the trail and other essentials), and updates all gear recommendations.

Backpacker Magazine'sThe Complete Guide to Backpacking combines and distills the most useful and relevant skills necessary for backpacking in one easy to use guide, from the most respected authority on backpacking— Backpacker magazine. From detailed descriptions of what to pack and how to pack it, to navigation and campsite cooking, to managing outdoor hazards and more, The Complete Guide to Backpacking is the definitive resource for Backpacking-related know-how.

This Is Mexico City

The Future of the Last Wild Food

100 Greatest Undiscovered Hikes Across America

A Woman's Guide to the Wild

Get the Most from Your Hiking, Backpacking, and Camping Adventures

Peak Nutrition

The Berenstain Bears Blaze a Trail

Climbing partners Maria Hines, a James Beard-awardwinning chef, and Mercedes Pollmeier, an NSCA-certified strength and conditioning specialist and Level 2 nutritionist, decided that they'd had enough of packaged bars and goos. As a celebrated chef, Hines can make anything taste great, and Pollmeier knows the science behind exercise nutrition. On their long drives to crags an idea blossomed: write a nutrition book for mountain sports. Peak Nutrition details 100 simple and tasty recipes within the context of outdoor goals and body science: motivation, recovery, hydration; how our digestive system works; how food provides energy; effects of weather and altitude; the relationship between food, muscle, and cramping; how nutrition relates to mental and physical stress; and much more. The authors also explore shifting eating habits and ways to develop a healthier approach, whether bouldering, climbing, backcountry skiing, mountain biking, trekking, or trail running. "Peak Profiles" offer food tips from elite athletes such as backcountry boarder Jeremy Jones and climber Sasha Diguilian and sample menus help readers plan what to prep and pack.

The Backpacker's Field ManualA Comprehensive Guide To Mastering Backcountry SkillsCrown

Pitch a tent anywhere and enjoy the trip of a lifetime with this expert guide, from the best-selling author of The Total Outdoorsman Manual. Featuring helpful resources, definitive lists, and informative illustrations, photos, and charts, Field & Stream The Total Camping Manual is the ultimate reference companion for campers at any level, from novice day hikers to experienced backcountry adventurers. This comprehensive, officially licensed guide provides hundreds of tips and techniques for first-time campers and veteran outdoor enthusiasts alike. Created by Field & Stream and Audubon Magazine editor-at-large T. Edward Nickens, this essential manual instructs campers on topics including planning your trip, setting up camp, cooking large meals in the woods, and preparation for the inevitable unexpected circumstances. Field & Stream The Total Camping Manual is the ideal companion for backpackers, car campers, and RVers alike. 200+ EXPERT TIPS: Hundreds of tips for beginning and intermediate campers include: how to stormproof tent seams, make a sleeping bag last (practically) forever, choose the right knife, ax, headlamp and hiking boots, treat water anywhere, and find the best camping spot. FAMILY CAMPING TRICKS: Learn how to how to involve the whole family in planning, set up camp for a crowd, and cook large meals in the woods. EXPLORE YOUR OPTIONS: Filled with ideas for camping outside of traditional campgrounds, from private sites to beaches to urban settings and "glamping," and expert advice for securing a coveted reservation at popular national and state parks. ACTIVITIES AND ADVENTURES: Learn how to read the night sky, throw an ax, fish in a stream, kayak and plan a campsite "spa day." FILLED WITH PHOTOS, CHARTS AND ILLUSTRATIONS: Informative photos, colorful illustrations, and step-by-step instructions help campers visualise their camping experience and make planning easy for all ages and skill levels. EXPERT AUTHOR: T. Edward Nickens is editor-at-large for Field & Stream magazine, contributing editor for Audubon magazine and contributor to many leading travel and outdoor magazines.

CLICK HERE to download the chapter on "Animal Encounters" from Wilderness Basics * The standard text for the San Diego Sierra Club chapter's Wilderness Basics Course * Extensive updating throughout, including many new photos More than 100,000 copies of Wilderness Basics have been sold over the years, and this new edition will continue as a training staple for those wanting to build their outdoor skills. It is the text used in the San Diego Sierra Club chapter's signature Wilderness Basics Course (WBC) and is written by chapter members. Updates to this new edition include: * Outdoor Ethics — latest Leave No Trace practices * Conditioning — completely rewritten, with targeted advice for certain health conditions * Outfitting — updates on planning your pack weight, water treatment methods, expanded tent and sleeping system info * Foods and Cooking — new information on how to not dirty a pot, in-the-bag cooking, and Dutch oven cooking * Navigation — completely updated, including information on adjusted declination compasses * Backcountry First Aid — the latest wilderness first aid info, first aid kit materials, and information on the Hantavirus and West Nile Virus * Winter Adventures — added information on predicting changes in backcountry weather There's more too in this exhaustively updated instructional for outdoor beginners and advanced backpackers, alike. You'll also appreciate the refreshed appendix of recommended websites for gear and travel info.

Chasing Water and Dust Across California

Immunisation against infectious diseases

Global Nomads

How to Survive Your First Trip in the Wild

The Glass Castle

Backpacking 101

100 Best Hikes

Explore the crystal clear waters on the Summit Lakes Trail at Lassen Volcanic National Park, take in the expansive views at Shenandoah National Park's Old Rag Mountain, or traverse the sandstone cliffs at Angel's Landing in Zion National Park. Choose your adventure from any of the forty-four national parks profiled throughout the book. This book delivers jaw-dropping photos, detailed hike descriptions and maps, ranger essays, and more, all of which combine to create an intimate look at the best our national parks have to offer.

An illustrated guide to wilderness treks, overnight hikes, and long walks throughout the state of Michigan for hikers of all fitness levels provides a description of each trail and its environs, detailed maps, tips on things to see and do, nearby attractions and towns, difficulty ratings, fees, transportation to and from the site, and other useful information. Original.

For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's Wild, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from "feminine functions" in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation.

A field-tested guide to surviving a nuclear attack, written by a revered civil defense expert. This edition of Cresson H. Kearny's iconic Nuclear War Survival Skills (originally published in 1979), updated by Kearny himself in 1987 and again in 2001, offers expert advice for ensuring your family's safety should the worst come to pass. Chock-full of practical instructions and preventative measures, Nuclear War Survival Skills is based on years of meticulous scientific research conducted by Oak Ridge National Laboratory. Featuring a new introduction by ex-Navy SEAL Don Mann, this book also includes: instructions for six different fallout shelters, myths and facts about the dangers of nuclear weapons, tips for maintaining an adequate food and water supply, a foreword by "the father of the hydrogen bomb," physicist Dr. Edward Teller, and an "About the Author" note by Eugene P. Wigner, physicist and Nobel Laureate. Written at a time when global tensions were at their peak, Nuclear War Survival Skills remains relevant in the dangerous age in which we now live.

A History of the New World in Ten Cocktails

Field & Stream: Total Camping Manual (Outdoor Skills, Family Camping)

A Beginner's Guide to Hiking and Backpacking

The Backpacker's Field Manual, Revised and Updated

Camp

The Backpacker's Field Manual

Backpacker The Complete Guide to Backpacking

Global Nomads provides a unique introduction to the globalization of countercultures, a topic largely unknown in and outside academia. Anthony D'Andrea examines the social life of mobile expatriates who live within a global circuit of countercultural practice in paradoxical paradises. Based on nomadic fieldwork across Spain and India, the study analyzes how and why these post-metropolitan subjects reject the homeland in order to shape an alternative lifestyle. They become artists, therapists, exotic traders and bohemian workers seeking to integrate labor, mobility and spirituality within a cosmopolitan culture of expressive individualism. These countercultural formations, however, unfold under neo-liberal regimes that appropriate utopian spaces, practices and imaginaries as commodities for tourism, entertainment and media consumption. In order to understand the paradoxical globalization of countercultures, Global Nomads develops a dialogue between global and critical studies by introducing the concept of 'neo-nomadism' which seeks to overcome some of the shortcomings in studies of globalization. This book is an essential aide for undergraduate, postgraduate and research students of Sociology, Anthropology of Globalization, Cultural Studies and Tourism Studies.

The definitive guide to eco-friendly outdoor defecation--fully revised with a new introduction by renowned author and environmental activist Bill McKibben. More than thirty years since its first publication, Kathleen Meyer delivers an update to the beloved guide to relieving yourself responsibly. Meyer's delightfully shameless discussion of a once-secretive activity examines the environmental impact of too much crap (organic and otherwise) on our ever-shrinking wild outdoors. With the rising popularity of hiking and off-the-grid backpacking as well as the current climate crisis, How to Shit in the Woods provides timely techniques for keeping trails, bushes, and wild waters clean and protected when indoor plumbing is not an option. Meyer shares proper procedures in a way that is approachable and comprehensible for all audiences, from beginner to expert. The fourth edition features updates to outdoor laws and regulations, health statistics, and recommendations for equipment such as special trowels, funnels, and portable toilets. With more than three million copies sold, How to Shit in the Woods is the backcountry backpacker's bible, crucial for anyone looking to be wiser with their waste.

" An] exhaustive, deeply reported account . . . Few other journalists could have written a book as personal and authoritative . . . As Arax makes plain in this important book, it's been the same story in California for almost two centuries now: When it comes to water, 'the resource is finite. The greed isn't.'" --Gary Krist, The New York Times Book Review A vivid, searching journey into California's capture of water and soil--the epic story of a people's defiance of nature and the wonders, and ruin, it has wrought Mark Arax is from a family of Central Valley farmers, a writer with deep ties to the land who has watched the battles over water intensify even as California lurches from drought to flood and back again. In The Dreamt Land, he travels the state to explore the one-of-a-kind distribution system, built in the 1940s, '50s and '60s, that is straining to keep up with California's relentless growth. This is a heartfelt, beautifully written book about the land and the people who have worked it--from gold miners to wheat ranchers to small fruit farmers and today's Big Ag. Since the beginning, Californians have redirected rivers, drilled ever-deeper wells and built higher dams, pushing the water supply past its limit. The Dreamt Land weaves reportage, history and memoir to confront the "Golden State" myth in riveting fashion. No other chronicler of the West has so deeply delved into the empires of agriculture that drink so much of the water. The nation's biggest farmers--the nut king, grape king and citrus queen--tell their story here for the first time. This is a tale of politics and hubris in the arid West, of imported workers left behind in the sun and the fatigued earth that is made to give more even while it keeps sinking. But when drought turns to flood once again, all is forgotten as the farmers plant more nuts and the developers build more houses. Arax, the native son, is persistent and tough as he treks from desert to delta, mountain to valley. What he finds is hard earned, awe-inspiring, tragic and revelatory. In the end, his compassion for the land becomes an elegy to the dream that created California and now threatens to undo it.

Walking into the wilderness with a pack on your back is an empowering experience—all the more so when that pack on your back isn't weighing you down. That's where this book comes in. Outdoors expert and celebrated illustrator Mike Clelland offers advanced techniques on how to pack light without sacrificing the essentials or your safety yet staying well fed and comfortable. Written in the tradition of the successful Allen & Mike's Really Cool Telemark Tips, with 153 trail-tested tips full of solid advice, as well as more than 100 humorous and helpful illustrations, Ultralight Backpackin' Tips is the ultimate guide for backpackers serious about traveling ultralight. Just a few of the top ten tips expounded upon in the book: * Use a scale. * Comfortable and safe are vital! * Make your own stuff, and making it out of trash is always the best! * It's okay to be nerdy. * Try something new each and every time you go camping. * Know the difference between wants and needs.

A Field Guide to Wilderness Emergency Care

The Ultimate Hiker's Gear Guide

Backpacking for Beginners

Tools and Techniques to Hit the Trail

A Memoir