

OUTDOOR ADVENTURE CHALLENGE



Section: BOOKS & WEB SITE RESOURCES



BOOKS & WEB SITE RESOURCES SECTION CONTENTS

- Helpful Books
- Helpful Web Sites

HELPFUL BOOKS

Camping and Hiking

- The Backpacker's Field Manual (by Rick Curtis)
- Bear Attacks: Their Causes and Avoidance (by Stephen Herreo)
- Making Camp (by Dennis Coello, et al.)
- Mountaineering: The Freedom of the Hills (The Mountaineers)
- Walking Softly in the Wilderness (by John Hart)

Climbing

- Climbing Anchors, 2nd Edition (by John Long and Bob Gaines)
- The Morrow guide to Knots (by Mario Bigon and Guido Regazzoni)

Health, First Aid, Hygiene

- A Comprehensive Guide to Wilderness and Travel Medicine (by Eric Weiss)
- Don't Get Sick: The Hidden Dangers of Camping and Hiking (by Buck Tilton and Rick Bennett)
- How to Shit in the Woods (by Kathleen Mayer)
- Making Camp (by Dennis Coello, et al.)
- Medicine for Mountaineering (James Wilkerson, editor)
- Medicine for the Outdoors (by Paul Auerbach)
- National Outdoor Leadership School: Wilderness Medicine (by Tod Schimelpfenig)
- Mountaineering: The Freedom of the Hills (The Mountaineers)
- Walking Softly in the Wilderness (by John Hart)
- Wilderness 911 (by Eric Weiss)
- Wilderness Medicine: Beyond First Aid (by William Forgey)

HELPFUL WEB SITES

- www.campmor.com (equipment)
- <http://www.cliff-jacobson.com/> (Cliff Jacobson's website, camping, canoeing tips and books he has written)
- www.lnt.org (Leave No Trace)
- www.michigan.gov/dnr (State Park, Forest and Recreation area information and reservations)
- <http://www.northcountrytrail.org/> (North Country Trail information)
- www.nps.gov (National Parks information and reservations)
- <http://www.princeton.edu/~oa/index.shtml> (many excellent articles about wilderness trips and activities)
- <http://www.rayjardine.com/> (Ray Jarine's website, camping, hiking tips and equipment information and books he has written)
- www.rei.com (equipment and many outdoor articles)
- www.sierratradingpost.com (discount equipment)
- www.wildmed.com (wilderness First Aid information)