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~~NOLS Cookery—Google Books~~

The keystone of the NOLS library, the Cookery has been a trusted and reliable resource used in the field by NOLS students and instructors for 50 years. First published by Stackpole in 1991, NOLS Cookery is in its 7th edition with 125,000 copies in print.

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Caloric and nutrient information is included for each recipe in NOLS Cookery. New for this edition is "NOLS Around the World," a culmination of recipes from NOLS campuses on six continents. Also included is the author's own recipe for Gulch Bites, the beloved and nutritious make-ahead trail snack that NOLS students have enjoyed for many years.

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New edition of the best-selling guide to outdoor cooking ; Important new information on backcountry nutrition ; New and revised recipes . Wilderness chefs looking to make their meals more nutritious and appealing need look no further than this newest edition of NOLS Cookery, the National Outdoor Leadership School's classic guide to backcountry cooking.. From Cowboy Coffee to Darn Tootin' Black ...

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They already did: Nols Wilderness First Aid (Nols Library):) Read more. 2 people found this helpful. B.H. 2.0 out of 5 stars Not for me. 13 August 2014 - Published on Amazon.com. Verified Purchase. I do a lot of cooking at home and love to cook good meals while camping, rafting, backpacking, etc. As I always say, I might not be able to control ...

~~NOLS Cookery: Experience the Art of Outdoor Cooking ...~~

However NOLS is promoted by Backpacking Light Magazine staff who in turn teach ultralight backpacking techniques. The paradox is that in her book Claudia's cookery involves carrying a heavy pantryload of ingredients most of which do not have the desired nutritional/energy calorie ratio required of backpacking.

~~Amazon.com: Customer reviews: NOLS Cookery (NOLS Library)~~

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~~Main Home - North Olympic Library System (NOLS)~~

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An update to the classic guide to backcountry cooking.

The keystone of the NOLS library, the Cookery has been a trusted and reliable resource used in the field by NOLS students and instructors for 50 years. First published by Stackpole in 1991, NOLS Cookery is in its 7th edition with 125,000 copies in print. Whether you're a first-time backpacker or a seasoned backcountry cook, you'll learn from the cookbook used by the experts in outdoor education. With more than 2 million meals prepared in the wilderness, NOLS speaks with authority on the art of outdoor cooking. This new edition includes important nutritional information that supports the 200 recipes plus a special section of recipes from around the world, new recipes for lightweight backpacking and recipes that can be prepared in advance of the trip.

Provides a guide to backcountry cooking, including menu and ration planning, nutrition, fire preparation, stove and fuel use, and open-fire cooking, and includes recipes to use while camping

New edition of the best-selling guide to outdoor cooking Important new information on backcountry nutrition New and revised recipes Wilderness chefs looking to make their meals more nutritious and appealing need look no further than this newest edition of NOLS Cookery, the National Outdoor Leadership School's classic guide to backcountry cooking. From Cowboy Coffee to Darn Tootin' Black Beans to

Scrambled Brownies, the book's recipes and culinary advice are guaranteed to please the palate and provide the energy needed for strenuous outdoor activity. Extensive revisions based on up-to-date research have been made to the nutrition section, and nutrient analyses are given for all recipes. Additional sections cover fire preparation, cooking technique, and ration planning.

The National Outdoor Leadership School's official guide to finding your way in the wilderness Covers all navigational techniques, from map and compass to GPS and gives instructions on taking bearings and planning routes on USGS maps Up-to-date information on tools, equipment, and software, including smartphones and iPads for navigation, new emergency communication technology (such as SPOT), and solar power Updated and new illustrations by Jon Cox

One of the finest first aid books I've seen. --Mel Otten, M.D., Wilderness Medical Society • New chapters on judgment and decision-making and mental health • First-aid topics--patient assessment, shock, soft tissue injury, burns, fractures and dislocations, and chest, head, and abdominal injury • How to handle environmental problems--heat, cold, water, altitude, and poisonous plants and animals

Survey of the legislation and agency structures that define wildlands management today. Thought-provoking and filled with valuable information, this is an essential tool for anyone who cares about the future of wilderness in the U.S. Book jacket.

- The guide for planning a successful trip, short or long
- Research access to public land, domestic and international
- Create a budget and find additional funding
- Choose essential gear, with checklists for personal and group gear
- Plan food and fuel requirements
- How to prepare mentally and physically
- Health issues, including insurance, illnesses, and injuries
- Transportation and lodging
- How to deal with risks in the wilderness
- Leave No Trace principles for sustainable travel

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.

The National Outdoor Leadership School's official guide to camping in extreme cold. Comprehensive coverage of winter clothing and gear. Proven techniques for traveling efficiently and safely across snow and ice and complete directions for building igloos and many other snow shelters.

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