



NOLS COOKERY

7th Edition Edited by Claudia Pearson

The Nols Cookery

**National Outdoor Leadership School
(U.S.)**



The Nols Cookery:

NOLS Cookery Claudia Pearson, 2010-07-21 First time backpackers as well as seasoned backcountry cooks will learn from the cookbook used by the experts in outdoor education This new edition includes nutritional information for the 200 recipes plus a section of recipes from around the world new recipes for lightweight backpacking and food that can be prepared in advance of the trip

NOLS Cookery Claudia Pearson, 2004 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

NOLS Cookery National Outdoor Leadership School (U.S.), 1991 Nutrition menu planning packaging equipment open fire and high altitude cooking and more are covered in this revised and updated NOLS book More than 170 recipes

NOLS Backcountry Cooking Joanne Kuntz, Claudia Pearson, 2007-12-26 Meal planning for short outdoor trips 5 days or less and small groups 1-4 people 32 recipes including breakfasts dinners beverages desserts and snacks Cut down on expense of freeze dried plus eat better nutritionally

NOLS Backcountry Nutrition S. Howley S. Ryan, 2008-07-21 Discover how nutrition can help you enjoy backcountry adventure Practical science based information presented in an easy to understand useful way

The National Outdoor Leadership School's Wilderness Guide Mark Harvey, 2018-04-24 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

A Worthy Expedition National Outdoor Leadership School, 2017-01-06 A HISTORY OF OUTDOOR LEADERSHIP In 1965 in the Wind River mountains of Wyoming legendary mountaineer Paul Petzoldt founded a new school dedicated to the notion that the wilderness classroom could teach leadership In the fifty years since the National Outdoor Leadership School NOLS has

embraced and explored the unknown leading over a quarter of a million students through transformative educational experiences both vast in scale and deeply personal Graduates of NOLS are leaders across society conservation exploration public policy education land management business and wilderness medicine And they carry firsthand appreciation for the value of protecting our wild planet for generations to come Built by dedicated staff and the legacy of its students NOLS has diversified and expanded to become a global presence and an industry leader As the school moves into the future the name of NOLS will continue to represent as it always has leadership expertise and the power of the wilderness It is with one eye on the future that NOLS celebrates its past This is its story

Backpacker ,1997-02 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

The Backpacker's Field Manual, Revised and Updated Rick Curtis,2011-05-18 This thoroughly researched yet accessible backpacking book offers a complete view of backpacking today exploring everything from how to plan a trip and select gear to emergency procedures and first aid care in the field A revised updated and comprehensive guide to backpacking with a complete view of modern day backpacking The Backpacker s Field Manual covers the best in gear first aid and Leave No Trace camping and also includes chapters dedicated to trip planning cooking and nutrition hygiene and water purification and more Whether you re about to set off on your first hike or have been camping for decades The Backpacker s Field Manual is an indispensable guide for trip planning strategies and also works as a quick reference on the trail for Back country skills how to forecast the weather identify trees bear proof your campsite wrap an injured ankle and more with over one hundred illustrations to guide you Tricks of the trail time tested practical lessons learned along the way Going ultra light 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

The Backpacker's Field Manual Rick Curtis,1998 Designed to be taken on the trail The Backpacker s Field Manual is an in depth handbook that provides backpackers of all levels from beginners to trip leaders with all the essential information they ll need 100 line drawings

Backpacker ,1998-08 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

Backcountry Cooking Dorcas Miller,1998-05-31 Tasty easy recipes from the editors of Backpacker magazine and other outdoor experts

Fast fuel efficient meals in 10 minutes 144 recipes Even backpackers who swear by mac n cheese in the backcountry will admit to drooling when a companion whips out an evening meal of Thai veggie noodles and coconut mango rice pudding for dessert Even so they ll protest that such great trail food is too complicated to prepare Well no more Backcountry Cooking simplifies backcountry food preparation and shows hikers how to eat well while packing light It offers fast easy recipes from Backpacker magazine editors and contributors outfitters backpacking food suppliers and trail veterans With a smorgasbord of information Miller covers the basics about ingredients fast food and fuel efficiency dehydrating and backcountry baking Most of the 144 recipes take only 10 minutes to prepare on the trail With a little extra preparation at home and this compendium of expert advice even the most minimalist hiker will find it easy to eat like royalty in the backcountry

Wilderness Wisdom John Gookin,2002-12 Compiled by National Outdoor Leadership School instructors and based on NOLS curriculum More than 900 quotes from over 500 sources in categories ranging from leadership to environmental ethics to expedition planning Designed for outdoor use The culmination of several decades of work on the part of instructors at the National Outdoor Leadership School Wilderness Wisdom combines quotations from environmentalists nature writers athletes and public figures as diverse as Mahatma Gandhi and Albert Einstein Perfect for moments of quiet contemplation in the wilderness it also serves as a handy guide to various aspects of everyday life This small lightweight book will be of particular interest to hikers climbers and other outdoor enthusiasts looking for inspiration as they meet the challenges of the wilderness

Technical Skills for Adventure Programming Mark Wagstaff,2009 This curriculum guide will improve your knowledge and technical instruction skills in land water and snow and ice sports and activities It will guide you in becoming a skilled adventure instructor in the classroom and in the field The CD ROM has printable lesson plans for each unit that make it easy to print only what you will need in the field book cover *Field & Stream* ,1989-06 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations **NOLS Cookery**

National Outdoor Leadership School (U.S.),1980 **Backpacker** ,1998-08 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Expedition and Wilderness Medicine** Gregory H. Bledsoe,Michael J. Manyak,David A. Townes,2009 With an increase in visits to remote and dangerous locations around the world the number of serious and fatal injuries and illnesses associated with these expeditions has markedly increased Thus so has the need for medical personnel trained specifically to handle the health risks that are faced when far removed from professional care resources Expedition and Wilderness

Medicine covers everything a prospective field physician or medical consultant needs to prepare for when beginning an expedition Divided into three parts Expedition Planning Expeditions in Unique Environments and Illness and Injuries on Expeditions this unique book covers everything that the expedition physician needs to know BOOK JACKET **Advanced Backpacking** Karen Berger, 1998 An expert long distance backpacker shares secrets of the world's elite trekkers to make every hiker's adventure safer and more enjoyable *Beyond Gorp* Yvonne Prater, Ruth D Mendenhall, 2005-01-24 133 recipes for camping and backpacking Stories behind the recipes and the people who contributed them Includes tips on outdoor cooking basics food drying techniques and trail food lore Some of the recipes in *Beyond Gorp* are prized for their camping and backpacking practicality These include food such as Lead Bread a brick like loaf that will keep indefinitely and survive even an air drop But then there are gourmet offerings Cashew Ginger Chicken and Rice and Trail Tiramisu and ideas on preparing wild foods Cooked Stinging Nettles This cookbook is as much about the people behind the recipes and their adventures and misadventures in the outdoors Hear the stories behind the titling of Angry Moose Scrambled Eggs and Poison Ivy Pesto with Shrimp Learn why outdoor writer Tim Cahill needs Fat Cocoa to guarantee a warm night's sleep understand the expedition fare philosophy of mountaineer Jim Whittaker and why Celebration Cous Cous was special for writer conservationists Laura and Guy Waterman Each of these recipes has been tested by Mountaineers Books staff and friends

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