



NOLS COOKERY

7th Edition | Edited by Claudia Pearson

The Nols Cookery

Joanne Kuntz, Claudia Pearson



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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

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 The Backpacker's Field Manual, Revised and Updated Rick Curtis, 2005-05-24 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

Backcountry Nutrition Mary Howley Ryan, 2008 Discover how nutrition can help you enjoy backcountry adventure Practical science based information presented in an easy to understand useful way Food plays a vital role in our lives especially when we take to the backcountry Learn what gives you energy builds strength keeps your immune system strong and minimizes cranky moments NOLS expert Mary Howley Ryan explains the nutrients you need in the backcountry why you need them how much you need and where to find them in wilderness foods Included is info on how to adjust for special environments or special diets and how to deal with illnesses For recipes and more specific help with menu planning NOLS Cookery is an excellent companion to this field guide **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 **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 **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

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