

The National Outdoor Leadership Schools Wilderness Guide

For all endeavors and vocations. Advice, anecdotes, and sidebars by noted outdoor leaders.

The first teaching manual ever for the "Wilderness First Responder" course, this title represents the cutting edge in medical training for wilderness rescue and self care. The schools affiliated with Tilton's program include the Wilderness Medicine Institute, a subsidiary of NOLS, and SOLO.

Playing games while on courses is a part of the NOLS life, and course leaders are great resources for games that work—those that are popular and are used year after year. This book contains 100 tried-and-true, field-tested games collected from and vetted by NOLS instructors: getting-to-know-you games, name games, team games for encouraging cooperation and leadership, games on the trail and in the water, and brain/creative/word games.

The Changing World of Outdoor Learning in Europe sets out to provide a comprehensive analysis of the economical and political changes that have occurred in European outdoor culture in the preceding two decades, from a diverse range of perspectives including institutional, theoretical, national and educational views. The book looks at how outdoor education has been transformed into an increasingly global field where established and influenced practices have been introduced into modernising and democratising nations. With contributions from the members of the board of the European Institute of Outdoor Adventure Education and Experiential Learning and representatives of the networks that stand behind it, this unique book provides thorough factual analyses and examinations of outdoor learning that have never been presented before. The book contains contributions from across Europe, with authors from the UK, Germany, Finland, Sweden, Slovenia, Poland, Norway and the Czech Republic.

Chapters within the volume by non-European authors provide another perspective on the European story in a wider context. As a whole, the book will stimulate the ongoing debate about the nature, function and organisation of outdoor education around the globe. The Changing World of Outdoor Learning in Europe will be of great interest to academics, researchers and postgraduate students in the fields of outdoor education, leadership and recreation; and outdoor, sport, environmental and leisure studies. It should also be essential reading for those involved in outdoor organisations in Europe and worldwide.

An update to the classic guide to backcountry cooking.

- Chronicles the first all-African American summit attempt on Denali, the highest point in North America • Part adventure story, part history, and part argument for the importance of inspiring future generations to value nature The nation's wild places—from national and state parks to national forests, preserves, and wilderness areas—belong to all Americans. But not all of us use these resources equally. Minority populations are much less likely to seek recreation, adventure, and solace in our wilderness spaces. It's a difference that African American author James Mills addresses in his new book, *The Adventure Gap: Changing the Face of the Outdoors*. Bridging the so-called "adventure gap" requires role models who can inspire the uninitiated to experience and enjoy wild places. Once new visitors are there, a love affair often follows. This is important because as our country grows increasingly multicultural, our natural legacy will need the devotion of people of all races and ethnicities to steward its care. In 2013, the first all-African American team of climbers, sponsored by the National Outdoor Leadership School (NOLS), challenged themselves on North America's highest point, the dangerous and forbidding Denali, in Alaska. Mills uses Expedition Denali and its team members' adventures as a jumping-off point to explore how minority populations view their place in wild environments and to share the stories of those who have already achieved significant accomplishments in outdoor adventures—from Mathew Henson, a Black explorer who stood with Peary at the North Pole, to Kai Lightner, a teenage sport climber currently winning national competitions. The goal of the expedition, and now the book, is to inspire minority communities to look outdoors for experiences that will enrich their lives, and to encourage them toward greater environmental stewardship.

- 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 For wilderness travelers, good navigation ability can mean the difference between a successful day hike and an unplanned overnight stay. Based on the curriculum of the National Outdoor Leadership School, *NOLS Wilderness Navigation* gives you the skills you need to confidently find your way on and off the trail. Included here are methods for orienting yourself by the sun and the stars alone, easy-to-follow explanations of map and compass techniques, and advice on using an altimeter. There's also a comprehensive section on using GPS technology-without becoming dependent on it. Exercises at the end of each chapter help readers gradually develop their skills and build their confidence.

An understanding of people, program, and place establishes a foundation from which to make architectural decisions.

The focus of this thesis is to understand the needs of those involved in an outdoor education school in Baja, Mexico and assemble a comprehensive architectural solution to these needs. The outdoor education school has the mission to be the best source and teacher of wilderness skills to protect the user and the environment. The people of this school share a common interest to live harmoniously with their surroundings and work to achieve a life-style that has a minimum impact on the natural environment. The site is in a desert coastal ecosystem on the east coast of the Baja peninsula. The school is acquiring additional property and has the need for a master plan that looks to their long term needs. The master plan interweaves the issues of building in a small community and the organization of the program with the natural environment. At all scales the focus of the facility is education. Building designs are direct solutions to the needs of the people in this environment. The site embodies the workings of the school and a relationship to the surrounding area. The natural environment does not act as the setting for the architecture of the school, but is seen as the focus allowing the architecture to become the framework through which one observes the natural environment.

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.

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

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 For wilderness travelers, good navigation ability can mean the difference between a successful day hike and an unplanned overnight stay. Based on the curriculum of the National Outdoor Leadership School, NOLS Wilderness Navigation gives you the skills you need to confidently find your way on and off the trail. Included here are methods for orienting yourself by the sun and the stars alone, easy-to-follow explanations of map and compass techniques, and advice on using an altimeter. There's also a comprehensive section on using GPS technology--without becoming dependent on it. Exercises at the end of each chapter help readers gradually develop their skills and build their confidence.

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.

Outdoor Adventure Education: Foundations, Theory, and Research steeps students in the theories, concepts, and developments of outdoor adventure education, preparing them for careers in this burgeoning field. This text is based on author Alan W. Ewert's pioneering book Outdoor Adventure Pursuits: Foundations, Models, and Theories. Ewert and Sibthorp, both experienced practitioners, researchers, and educators, explore the outdoor adventure field today in relation to the changes that have occurred since Ewert's first book. The authors present a comprehensive text on outdoor and adventure foundations, theories, and research that will provide the basis for the next generation of professionals. Outdoor Adventure Education offers a comprehensive view of the expanding discipline of outdoor adventure education in its various settings. In addition to its foundational, theoretical, and conceptual insights, this text presents the following: • Why This Chapter Is Important introductions that present snapshots of ideas and concepts and how they apply to future professionals • Chapter discussion and research questions to expand knowledge and research skills to support the learning gained through the book • Sidebars from well-known international researchers who present their views on the chapter topics The book is presented in three parts. Part I explores foundational issues of outdoor adventure education, offering an overview of the field and examining both historical developments and current practices. Part II investigates theoretical constructs and extant theories, emphasizing how they inform the professional's view of program evidence, design, and implementation. In part III, the authors delve into research and evidence-based practices in the field and look at evolving trends and issues as outdoor adventure education continues to grow. Outdoor Adventure Education uses evidence, design, and implementation as its underlying themes. It shows students and professionals how to apply theories and research in constructing frameworks for outdoor adventure education experiences and how to evaluate those experiences. As such, it is an indispensable resource that prepares students and professionals alike for success in their careers in outdoor adventure education.

- 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

Some books address outdoor leadership; others focus on adventure programming. None delve into the specifics of both topics like Effective Leadership in Adventure Programming, Third Edition, does. The first edition of this book helped define the body of knowledge for an emerging profession. Two editions later, this groundbreaking text—now in full color—provides adventure leaders with the tools and evidence they need to show that their outdoor programs are effective and have a lasting impact on their participants. Internationally renowned authors Simon Priest and Michael Gass have significantly updated the content, based on the latest research, issues, and trends in the field of adventure education and leadership. They have reorganized chapters to conform to their new model of building core competencies. In addition, this third edition includes the following features: • Material on technology, social justice, cultural adaptation, sustainability, and facilitation techniques • An online instructor guide that offers activities, discussion questions, and assessments compiled from a group of acclaimed instructors • A digital field handbook that offers quick reference to key models, concepts, and checklists covered in the text • An expanded version of global perspectives, valuable for long-standing programs as well as those just beginning to enter the field Effective Leadership in Adventure Programming details both the art and science of adventure leadership, helping a new generation of outdoor leaders develop their skills. The text extends the focus on evidence-based models, theories, and best practices, showing that science and research are as important to the profession as the natural beauty of the environment. The book describes the core competencies of outdoor leadership, providing a framework that helps leaders connect with participants in meaningful ways, based on mutual goals. The focus on the science side is invaluable to new leaders and less-experienced leaders, and it is a great refresher for leaders with more experience. This new edition offers a more detailed look at diversity and cultural competencies, preparing leaders to effectively manage diverse populations of participants. In addition, the content is in line with the updated accreditation standards from the Association for Experiential Education. The opening chapters of Effective Leadership in Adventure Programming supply a solid foundation in the research, philosophy, ethics, and history of outdoor leadership. Numerous chapters explore the skills leaders need, with topics that include technical activity, safety and risk management, environment, organization, instruction, and facilitation. The authors also examine leadership styles and conditional leadership issues, communication, sound judgment, decision making, problem solving, and the trends and issues in adventure programming. Effective

Leadership in Adventure Programming will help readers understand the four adventure program areas—recreation, education, development, and therapy—and how they influence the delivery of outdoor leadership. The book is a valuable resource for the training and education of future outdoor leaders. It will help readers know why they should work in the profession and understand how they can make a difference by being an effective outdoor leader.

Review: "Quality Lesson Plans for Outdoor Education is a flexible, easy-to-use reference that helps you deliver outdoor activities whether you are a physical educator, a youth or outdoor recreation leader, or a camp or resort leader. You will discover an abundance of ideas that can make your job easier, enrich your teaching knowledge, and broaden your current programs." "Quality Lesson Plans for Outdoor Education grounds you in the essentials of outdoor education by streamlining your preparation and paving the way for a smooth delivery of effective outdoor instruction."--Jacket

The popular NOLS Cookery is now available in a portable, sturdy edition that's perfect to pack into the backcountry. The field edition includes essential nutrition and cooking techniques and favorite NOLS recipes carefully chosen and all field tested. NOLS recipes and trustworthy culinary advice are guaranteed to please the palate and provide the energy needed for strenuous outdoor activity. Claudia Pearson is rations manager for the National Outdoor Leadership School's Rocky Mountain Branch and author of NOLS Backcountry Cooking (978-0-8117-3464-6).

Outdoor Leadership, Second Edition, is the definitive text for developing student leadership in outdoor and adventure settings throughout the world. Crafted by an author team internationally recognized for their research, teaching, and experience in outdoor and adventure leadership, this new edition provides students with the foundational knowledge they need to develop as competent professionals in the field. Grounded in Eight Core Competencies Through Outdoor Leadership, Second Edition, students are introduced to eight core competencies that the authors consider essential to outdoor leadership: 1. Foundational knowledge 2. Self-awareness and professional conduct 3. Decision making and judgment 4. Teaching and facilitation 5. Environmental stewardship 6. Program management 7. Safety and risk management 8. Technical ability This unique approach to outdoor and adventure leadership will help students meet current professional standards in the field as they prepare for careers in education and recreation. The students move step by step through the materials and assignments, gaining and demonstrating leadership competencies, which they will document through a portfolio of their course experiences. The development of these portfolios is a highly practical and valuable takeaway for students looking to get a leg up as they ready themselves for their careers. New to the Text This latest edition of Outdoor Leadership offers new features, material, and resources, including: • The expertise and perspectives of new author Marni Goldenberg • A new chapter on program assessment • A new chapter on developing cultural and social justice competencies as an outdoor leader • A redistribution of the content on values and ethics (formerly a single chapter) across multiple chapters • An increased emphasis on international perspectives • A stronger focus on outdoor leadership in the area of ecotourism • Revisions to address critical issues in the evolving field of outdoor and adventure leadership • New ancillaries, including an instructor guide (which includes learning and portfolio activities for each chapter, as well as other new learning experiences), a test package, and a presentation package Emphasizing Both Theory and Practice While primarily directed at novice outdoor leaders, is useful for more experienced outdoor leaders as well, including administrative and supervisory personnel in outdoor leadership organizations. The authors have created a balance between theory and practice as they explore the eight core competencies by doing the following: • Introducing students to a wide variety of theories and concepts integral to outdoor leadership • Using chapter-opening vignettes to illustrate the theories and concepts addressed in the chapter • Acquainting readers with numerous organizations and agencies in which outdoor leaders work • Offering a series of learning activities and professional development exercises to transform the theoretical into the practical Preparing Students for Successful Careers The result is a highly useful resource that grounds students in the theories, concepts, and competencies that they need in order to be successful leaders in outdoor and adventure settings. This competency-based approach will help aspiring outdoor leaders plan safe, enjoyable, and ecologically responsible expeditions; acquire and showcase their leadership abilities, culminating in a professional portfolio; and develop the knowledge and expertise they need to be effective leaders.

Seven common bear encounters and how to survive them. Best ways to identify grizzlies and black bears. Learn essential info on bear behavior at different times of year and in different habitats.

Biography of Aidan Hutchins, currently Private Tutor at Tutor Doctor, previously Instructor at NOLS - National Outdoor Leadership School and Residential Advisor at Mt. Edgecumbe High School/Trinity LLC.

Survival advice for hikers, hunters, campers, and anyone who spends time out of doors.

This completely revised and updated handbook details the critical skills and concepts every professional or volunteer outdoors leader needs to know. Building on the basic foundations of leadership, case studies, and his own extensive leadership experience, Kosseff explores such topics as effective decision-making, group dynamics, risk management, self-awareness and evaluation, conservation, and more. Also included is a new chapter on techniques for leading and motivating kids and young adults. Comprehensive, readable, and packed with practical advice and real-life experiences, AMC Guide to Outdoor Leadership, 2nd Edition is a must-read for anyone committed to becoming a safe and effective outdoors leader, whether a scout leader, camp leader, guide, educator, or adventurous parent. Inside you'll find: Accessible, comprehensive techniques for new and experienced leaders Comprehensive coverage of leadership concepts Advice and anecdotes from experts on decision making, communication, risk management, and more Appendix of training programs Essential reading lists for further study

This updated edition of the popular NOLS Wilderness Mountaineering reflects the most current practices, equipment, and risk management in mountain climbing.

Written for instructors who want their classroom experience to be as involving as the field, "Teaching Adventure Education Theory" offers activities instructors can use to help students make the connections between theory and practice. Top educators provide lesson plans that cover adventure theory, philosophy, history, and conceptual models. Designed to help instructors and students master and teach the WEA curriculum. Contains the basics of a safe, enjoyable and environmentally sound expedition.

For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, She Explores is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, She Explores shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or

backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including: • Preparing for a solo hike • Must-haves for a road-trip kitchen • Planning ahead for unknown territory • Telling your own story A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

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"Outdoor Education: Methods and Strategies applies educational theories to outdoor teaching methods and helps educators learn how to choose the instructional strategies that will best work for their audiences, whether they're in a school, nature center, adventure center, camp, environmental learning center, government agency, or university."

"Outdoor Education: Methods and Strategies provides practical lesson plans and examples that go beyond the normal scope of a text. It will benefit both new and veteran educators by teaching them how to enhance their audience's awareness, appreciation, and knowledge of the outdoors. Ultimately, it will advance educators' abilities to increase people's enjoyment and understanding of the environment."--BOOK JACKET.

Controversial Issues in Adventure Programming offers an engaging approach to the consideration of enduring, current, and emerging issues in the field. Written primarily for upper-level undergraduate and graduate students, the text presents 20 issues in a debate format, challenging students to participate in critical discourse concerning these issues as practitioners in the field of adventure programming. Respected authors Bruce Martin and Mark Wagstaff have assembled a team of more than 50 contributors from around the globe to reassess some of the underlying assumptions on which adventure programming is based. They have critically examined implications of new developments for emerging practice and discussed how best to position the field of adventure programming in addressing broader societal concerns. To set the stage for the debate, each issue is prefaced with a general overview, including the evolution of the issue and its significance in light of broader social concerns. Then, contributors present the pros and cons of each issue. A debate format helps students develop an understanding of the key points around each issue while also becoming familiar with current research pertinent to these issues. This approach also encourages students to grapple with these issues and begin to develop their own informed, thoughtful perspectives as they prepare for careers in adventure programming.

Controversial Issues in Adventure Programming is divided into two parts. Part I begins by discussing issues of ongoing concern in the field, including the certification debate, motorized versus nonmotorized forms of outdoor recreation, and program accreditation. In part II, contemporary and emerging issues are presented, such as the use of online educational programming in the field of adventure programming. As a reference for practitioners and policy makers, Controversial Issues in Adventure Programming offers new and updated perspectives on enduring and emerging issues as well as a synthesis of the most recent related scholarly literature. In addition, the text serves as a resource in understanding how the adventure programming industry can contribute to addressing issues of broad concern in society, such as public health, global climate change, stewardship of public lands and waterways, and education reform. Controversial Issues in Adventure Programming encourages readers to participate in some of the central debates occurring in the field. In particular, this timely resource will help students broaden their understanding of the field as they critically examine and respond to a range of enduring, contemporary, and emerging topics in adventure programming.

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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