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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 7 th 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.

~~NOLS Cookery 7th Edition—NOLS Store~~

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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The North Olympic Library System (NOLS) is a junior taxing district providing public library services to all of Clallam County, Washington, United States. The System consists of a Main Library and Administrative Center in Port Angeles, branches in Clallam Bay, Forks, and Sequim.

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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).

An update to the classic guide to backcountry cooking.

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 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.

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

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.

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 to made to the nutrition section, and nutrient analyses are given for all recipes. Additional sections cover fire preparation, cooking technique, and ration planning.

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 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

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.

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