

## CHAPTER 19 – REFERENCES

---

With the ever-increasing popularity of mountain-oriented sports and recreational activities, sources of information abound. This section lists just a few of the many books, web sites, and additional venues available where you can find supplemental reference material for most, if not all, of the topics presented in Wilderness Trekking School.

### CMC RESOURCES

---

**The Bradford Washburn American Mountaineering Museum,**

<http://www.bwamm.org> – The only museum of its kind in the United States, the BWAMM introduces visitors to the world of mountaineering. Books, maps, clothing, and unique gift items are available for sale at Base Camp, the museum’s gift shop.

**The American Mountaineering Center Library** – Free for CMC members, the library contains thousands of books on hiking, mountaineering, survival, first aid, and other subjects. The library is one of the largest mountaineering libraries in the world and well worth many visits.

**CMC Online Store,** <http://cmc.org/store/storecategories.aspx> – Purchase mountain-oriented books (many published by the CMC Press), maps, shirts, calendars, and other items.

### BOOKS

---

*Mountaineering: The Freedom of the Hills*, 7<sup>th</sup> edition, edited by Steven M. Cox and Kris Fulsaa, Seattle, The Mountaineers Books, 2003. This book is the canon for CMC’s Basic Mountaineering School and an excellent sourcebook for WTS as well.

*Mountaineering First Aid: A Guide to Accident Response and First Aid Care*, by Jan D. Carline, Martha J. Lentz, and Steven C. Macdonald, Seattle, The Mountaineers Books, 2004. A useful lightweight companion for any hiker.

*Medicine for Mountaineering and Other Wilderness Activities*, edited by James A. Wilkerson, Seattle, The Mountaineers Books, 2001. More detailed than *Mountaineering First Aid* yet still easy to read.

*Wilderness First Aid: Emergency Care for Remote Locations*, 3<sup>rd</sup> edition, by Howard D. Backer, *et al.*, Sudbury, Jones and Bartlett, 2008.

*NOLS Wilderness Mountaineering*, 2<sup>nd</sup> edition, by Phil Powers, Mechanicsburg, PA, Stackpole Books, 2000. This book is geared towards technical adventures, but is still a useful resource for WTS students.

*Alpine Climbing: Techniques to Take You Higher*, by Mark Houston and Kathy Cosley, Seattle, The Mountaineers Books, 2004.

*Tom Brown’s Field Guide to Wilderness Survival*, by Tom Brown, Jr. with Brandt Morgan, New York, Berkley Books, 1983. The chapters in this book on attitude, shelter, water, and fire are very useful.

*Backpacker Everyday Wisdom*, by Karen Berger. Seattle: The Mountaineers Books, 1997.

## Graduation

*Don't Die on the Mountain*, 2<sup>nd</sup> edition, by Dan Allen, New London, NH, Diapensia Press, 1998.

*The Backpacker's Field Manual: A Comprehensive Guide to Mastering Backcountry Skills*, by Rick Curtis, New York, Three Rivers Press, 1998.

*The Essential Outdoor Gear Manual: Equipment Care, Repair, and Selection*, 2<sup>nd</sup> edition, by Annie Getchell and Dave Getchell, Jr., Camden, ME, Ragged Mountain Press, 2000.

*Wilderness Basics*, 3<sup>rd</sup> edition, edited by Jerry Schrad and David Moser, Seattle, The Mountaineers Books, 2004.

*Soft Paths: How to Enjoy the Wilderness Without Harming It*, by Bruce Hampton and David Cole, Mechanicsburg, PA, Stackpole Books, 1995.

*Lightly on the Land: The SCA Trail Building and Maintenance Manual*, 2<sup>nd</sup> edition, by Robert Berkby, Seattle, The Mountaineers Books, 1996.

*Secrets of Warmth: For Comfort or Survival*, by Harold E. Weiss, Seattle, The Mountaineers Books, 1992.

*Hypothermia, Frostbite, and Other Cold Injuries: Prevention, Survival, Rescue, and Treatment*, 2<sup>nd</sup> edition, by Gordon G. Giesbrecht and James A. Wilderson, Seattle, The Mountaineers Books, 2006.

## INTERNET SITES

---

**CMC**, <http://www.cmc.org> – This is the official CMC web site.

**Wilderness Trekking School**, <http://wts.cmcschools.org>

**14erworld**, <http://www.14erworld.com> – A website dedicated to fourteeners with pictures and descriptions with useful links to other sites

**Gorp**, <http://www.gorp.com> – Contains good general wilderness trekking information

**Backcountry Experience**, <http://bcexp.com> – Contains good general wilderness trekking information

**Colorado Avalanche Information Center**, <http://avalanche.state.co.us/> – Contains information about avalanche conditions in Colorado

**National Oceanic and Atmospheric Administration's National Weather Service**, <http://www.weather.gov/> – Contains forecast information for the city and state that you enter