



KITSAP MOUNTAINEERS

**BASIC CLIMBING
COURSE**

ADMINISTRATIVE ITEMS

2020 KITSAP BASIC CLIMBING CHAIRS

<p>Basic Climbing Course Co-Chair General/Administrative Ed Lucas 704-701-3589 E_lucas11@live.com</p>	<p>Basic Climbing Course Co-Chair Snow (Class 3 & 5, FT 3, 6 &7) Debbie Lynn 302-353-9873 gigi88@mac.com</p>
<p>Basic Climbing Course Co-Chair Fundamentals (Class 1 & 2, FT 1 & 2) Lonny Moore 360-871-4169 lamoore5@wavecable.com</p>	<p>Basic Climbing Course Co-Chair Rock (Class 4, FT 4 & 5) Jeremy Schooler 360-204-9375 j.s.schooler@gmail.com</p>

BASIC CLIMBING COURSE SCHEDULE

Classroom Sessions	Field Sessions
<p style="text-align: center;">Class #1 -Wilderness Basics Mountaineers Kitsap Program Center Wednesday, January 15, 2020. 6:00 PM. 10 Essential Systems, Knots, Leave No Trace, Conditioning, Packing, Documentation, Course Expectations</p>	<p style="text-align: center;">FT #1 - Initial Field Experience Green Mountain/Gold Creek TH Saturday, January 18, 2020. 8:00 AM Lead Instructor: Lonny</p>
<p style="text-align: center;">Class #2 - Ropes, Anchors, and Belay Mountaineers Kitsap Program Center Wednesday, January 29, 2020. 6:00 PM.</p>	<p style="text-align: center;">FT #2 - Ropes, Anchors, and Belays Mountaineers Kitsap Program Center Saturday, February 8, 2020. 8:00 AM. Lead Instructor: Lonny</p>
<p style="color: blue;">Mountain Oriented First Aid (separate registration)</p>	<p style="color: blue;">MOFA Field Sessions (separate registration)</p>
<p style="color: red;">Navigation (separate registration)</p>	<p style="color: red;">Navigation Field Session (separate registration)</p>
<p style="text-align: center;">Class #3 - Snow Climbing and Avalanche Awareness Mountaineers Kitsap Program Center Wednesday, March 4, 2020. 6:00 PM.</p>	<p style="text-align: center;">FT #3 - Snow Climbing and Avalanche Awareness (Snow 1) Mt Rainier National Park March 14 & 15, 2020. 9:00 AM. Snow Camping, Roping Up, Avalanche Evaluation Skills, Belaying on Snow, Snow Anchors Lead Instructor: Debbee</p>
<p style="text-align: center;">Class #4 - Rock Climbing in the Alpine Environment Mountaineers Kitsap Program Center Wednesday, March 25, 2020. 6:00 PM</p>	<p style="text-align: center;">FT #4 - Rock Climbing (Rock 1) Tacoma Branch Program Center Saturday, March 28, 2020. 8:00 AM Lead Instructor: Jeremy FT #5 - Rock Climbing (Rock 2) Mt. Erie, Anacortes Saturday, April 18, 2020. 8:00 AM Lead Instructor: Jeremy</p>
<p style="text-align: center;">Class #5 - Glacier Climbing and Crevasse Rescue Mountaineers Kitsap Program Center Wednesday, April 29, 2020. 6:00 PM.</p>	<p style="text-align: center;">FT #6 - Crevasse Rescue Ground School/Prusik Practice Kitsap Memorial State Park Saturday, May 2, 2020. 8:00 AM Lead Instructor: Debbee FT #7 - Glacier Climbing and Crevasse Rescue Practice (Snow 2) Easton Glacier, Mt Baker National Forest. May 23 & 24, 2020. Lead Instructor: Debbee</p>

BASIC CLIMBING COURSE GENERAL INFORMATION

Welcome to the Kitsap Mountaineers Basic Climbing Course. This course is an introduction to the fundamentals of basic alpine climbing involving roped rock and snow (glacier) climbing. The course is physically, mentally, and emotionally demanding, as well as a significant commitment of time, but the rewards are many.

The Kitsap Mountaineers Climbing Committee has planned a program of instruction that will provide you with the basic information and skills to become a competent and safe beginning Mountaineer. This course is designed to provide a foundation for going on basic-level climbs and for more advanced training.

By successfully completing the **Basic Climbing Course**, participants will learn about:

- * Equipment for roped alpine climbing
- * Conditioning needed for comfort and safety
- * Fundamental of roped climbing, belaying, following leader and rappelling
- * Rock climbing techniques
- * Glacier and snow travel
- * Crevasse rescue

We desire to be the safest and most adventurous climbing community in the Pacific Northwest. We are motivated by the adventure of climbing, exploring, and experiencing the great outdoors. As volunteers and climbers, we do our best to provide quality instruction and climbing opportunities in a fun environment. We follow and teach sound and specific mountaineering techniques, so we can all climb safely together and rely on each other in the event of an emergency. We hope you will enjoy this course, explore a few peaks with us, make new friends, and become a part of our climbing community.

Our goal is to make each student a safe, competent, and confident climber. If at any time you have a question, comment or problem during the course, please contact the appropriate member of the committee. We want you to complete this course and have a good time doing it.

BASIC CLIMBING COURSE GRADUATION REQUIREMENTS

All requirements must be fulfilled within two years of starting the course.

1. Attend all 5 *Kitsap Mountaineers Basic Climbing Course* classes.
2. Satisfactorily complete all the field trips, seven field trips consisting of five Saturday or Sunday 1-day field trips and two weekend field trips (2 days, 1 overnight).
3. Satisfactorily complete 3 recognized basic experience climbs, including one basic rock (BR) climb, one basic glacier (BG) climb, and one climb of your choice of BR, BG, or basic alpine (BA).
NOTE: A recognized basic climb is a basic climb listed either in the Go Guide, on the Mountaineers' website, or otherwise recognized by the Kitsap Climbing Committee. Credit is granted only for a successful summit.
4. Hold a current Mountaineering Oriented First Aid (MOFA) or Wilderness First Aid certificate at the date of graduation. Currently several other course options are available to substitute for MOFA/WFA. Further references to MOFA will include these approved substitutions.
5. Satisfactorily complete the Mountaineers' Basic Navigation Course by the date of graduation.
6. Participate in one Stewardship activity offered by the Mountaineers (www.mountaineers.org, www.kitsapmountaineers.org) or other recognized organization approved by the Kitsap Climbing Committee (such as Washington Trails Association, Washington Water Trails Association. Stewardship may include such activities such as trail maintenance or conservation. For some conservation activity suggestions see the Lookout and Trail Maintenance tab under the explore tab at www.mountaineers.org).
7. Successfully complete the Low Impact Recreation course.
8. To graduate, submit a completed application for graduation. A blank basic climbing graduation application form is at bottom of this document. Application for graduation must be typed or printed legibly with all information clearly readable.

SECOND YEAR STUDENT REQUIREMENT

If you do not complete course requirements the first year, you can return the following year to complete the course.

To graduate, a second-year student must complete all requirements by the end of the calendar year.

RULES, GUIDELINES AND REQUIREMENTS

CLASSROOM SESSIONS

The classroom sessions are the academic portion of the Basic Climbing Course. The following will give you some idea of what you should expect at the class, and what is expected of you.

Purpose

The classroom sessions are where you will receive the basic information on which you will draw from for the remainder of the course and your climbing career.

Be On Time

All classroom sessions will be held at the Olympic Mountain Rescue facility (1550 Rocky Point Rd NW, Bremerton, WA 98312). The class will start promptly at the indicated start time. Please arrive on time.

FIELD TRIPS

There are two 2-day (Sat/Sun) weekend Field trips (Snow 1 & Crevasse Rescue (Snow 2). Starting time varies from field trip to field trip: read the field trip section of this manual and always be ready to go on time.

ASSIGNED READING

Assigned reading shall be read prior to the activity. Each class and field trip have assigned reading sections out of *Mountaineering - The Freedom of the Hills*, 9th Edition (aka *Freedom 9*) as well as supplemental reading materials in this manual. Pre-reading the material will greatly enhance your understanding of the class and field trip subjects.

ATTENDANCE

This course takes fundamental techniques and builds on them as the course progresses. Certain lectures are prerequisites for corresponding field trips. On field trips you will first practice essential and critical skills, then demonstrate your mastery of these skills. Demonstrating mastery of these skills is required to sign-up for climbs. The consequences of missed lectures and field trips are not being able to participate in subsequent field trips and climbs as indicated below.

CONSEQUENCE OF MISSED LECTURE AND FIELD TRIP

<u>Missed Lecture</u>	<u>Consequence</u>
L1	Cannot participate in field trips
L2	Cannot participate in FT2 (Belays, Rappels, Prusiks, & Knots)
L3	Cannot participate in FT3 (Snow 1)
L4	Cannot participate in FT4 & 5 (Rock 1/Rock 2)
L5	Cannot participate in FT6 & 7 (Crevasse Rescue Ground School/Snow 2)
<u>Missed Field Trip</u>	<u>Consequence</u>
FT1	Cannot participate in any subsequent Field Trip
FT2	Cannot participate in FT4/5 (Rock 1/Rock 2) FT 6/7 (Crevasse Rescue/ Snow 2)
FT3	Cannot participate in any glacier climb or any climb involving overnight stay
FT4	Cannot participate in FT5 (Rock 2)
FT5	Cannot participate in any climb in which rock climbing is involved
FT6	Cannot participate in FT7 or any climb involving glacier travel
FT7	Cannot participate in any glacier climbs.

LECTURE OR FIELD TRIP MAKE-UP POLICIES AND LIMITATIONS

Understanding that schedule conflicts occur, credit for selected Basic Climbing Course lectures and field trips **may** be obtained by attending lectures or field trips of equivalent content offered by the other Mountaineers branches when available. Make-up policies and limitations are:

- **Substitutions are not allowed for:** Lecture 1, Field Trip #1, or Field Trip #2.

- Lectures—Substitutions are allowed for Lectures 2 and 3 if equivalent lectures are available at other branches. **One** lecture may be made-up by attending the equivalent lecture at another branch. To obtain prior permission, the make-up form (see forms in the Administrative section) must be completed and submitted to the appropriate Course Co-Chair. In some years, arranging make-up sessions may be difficult or not possible due to the class schedules offered in the other branches.
- Field trips— Substitutions are allowed for **one** of Field Trips #3, #4, #5, and #6 if equivalent field trips are available at other branches. Prior permission from the appropriate Course Co-Chair is required to make-up a field trip. In addition, attendance at another branch requires that you obtain **that Branch’s permission prior to attending their field trip** and may require you to attend on the day they specify. Take a copy of the field trip makeup form (see Forms Section in Section I) **AND** a copy of the respective pages from the field trip booklet with you to the other branch's field trip. Then submit the make-up form with the filled-out pages from the field trip booklet to the courses chair.
- **NOTE: Reasons for the above Substitution Policy:**
 1. While all branches teach most of the same techniques, they are not packaged the same among all branches. Thus, to make up a Kitsap field trip or lecture, you may be required to attend two lectures or field trips.
 2. Some lectures/field trips are of such importance, or there is no equivalent available, that substitution is not allowed or available for those lectures/field trips.
 3. The field trip #2 is a unique field trip, allowing us to evaluate many critical skills, particularly belay skills. It is important enough that **NO** substitutions are allowed for this field trip.

If you find other branch lectures or field trips you feel qualify as substitutes for Kitsap branch event, please contact the appropriate Course Co-Chair for approval prior to making any arrangements.

ANY EXCEPTIONS TO THE ABOVE POLICY MUST BE APPROVED BY THE COURSE CHAIR IN ADVANCE.

ESSENTIAL AND CRITICAL SKILLS

Risk: Mountaineering is a sport of controlled risk. Both objective hazards, dependent on the mountain environment, and subjective factors, dependent on the mountaineers, must be faced to safely and successfully climb. The objective hazards, such as bad weather, rock fall, and crevassed glaciers, cannot be controlled. However, the subjective qualities of the mountaineer, such as knowledge, skill, and judgment, can be developed to overcome or avoid the objective hazards encountered while climbing.

Essential Skills: All skills taught in the Basic Climbing Course are essential for you and your party to safely and successfully participate in climbs. Class and field trips are designed to help you learn through discussion, demonstration, and practice. All the skills taught will increase your general knowledge. Many of these skills must be proficiently performed by you in a test (without help from the instructor) or you will not be permitted to continue subsequent field trips or climbs. Once a skill test has been completed, you are expected to perform that skill proficiently in all subsequent course activities.

A few of the essential skills have been identified as not only essential to successful climbing but critical to safety. These skills, if not performed properly, present an immediate risk to you and/or your climbing partners. Particular attention will be paid to critical skills during field trips and climbs.

Practice Makes Perfect: Students are required to perform certain skills at each field trip and on climbs. The required skills at each field trip are listed on the following charts of essential and critical skills and described in MATERIAL COVERED in each field trip description. The student should focus on being prepared for the next course activity by practicing the required skills ahead of time. The field trips will include a demonstration of each skill followed by practice. The field trips will spend more time on those skills that are to be tested at that field trip or in an upcoming field trip. If you feel that you are not ready for an upcoming skill test, contact the appropriate Basic Climbing Course Co-Chair who can answer questions and provide additional guidance. Failing a skill test may seriously impede or stop your progress in the climbing course so it is very important that you are prepared. If you want help on an essential skill not listed on the chart don’t hesitate to contact the appropriate Basic Climbing Course Co-Chair.

Corrective Measures: If a field trip instructor or climb leader believes you are deficient in an Essential or Critical Skill, or if you did not demonstrate your ability to perform a Critical or Essential skill during a skill test at a Field Trip, the instructor or field trip leader will contact the appropriate Kitsap Climbing Course Co-Chair and you will not be permitted to participate in subsequent field trips or climbs which require that skill. You should contact the appropriate Basic Climbing Course Co-

Chair as soon as you are notified of a skill deficiency (N=Needs Improvement) to work out a plan to correct your deficiency. It is your responsibility to correct your skill deficiencies before continuing in the course.

If you pass the retest, the instructor will note the critical proficiency has been met in your records. You should confirm that you have been cleared to continue before attempting to participate in subsequent activities.

ESSENTIAL SKILLS

Rock Climbing: is practiced at FT 4 and tested at FT 5. You must demonstrate rock climbing proficiency at FT 5. Satisfactory demonstration of rock climbing proficiency is required to participate in rock climbs.

Crevasse Rescue (Z-Pulley): is part of FT 6 and FT 7. You will learn and demonstrate crevasse rescue proficiency by the end of FT 6 and must be able to demonstrate crevasse rescue proficiency at FT 7. Crevasse rescue proficiency is required to participate in glacier climbs. We recommend that you practice on your own or with others prior to FT 7 when you will use this skill on a glacier.

Prusiking: is practiced and tested at FT 2. Additional practice will occur at the Crevasse Rescue Ground School and in a real crevasse will occur at FT 7. Prusiking proficiency is required to participate in glacier climbs. If you encounter difficulty at FT 2, we recommend that you practice on your own or request assistance prior to FT 7, to ensure that your skills are proficient.

Course Navigation Requirement: Navigation is an essential skill for climbs and scrambles and is taught in a separate course. A Navigation course is being arranged through the Kitsap Branch although students can also take it elsewhere. Check the Mountaineers site to register for the Navigation Course.

Knots: Knots are first demonstrated at Class 1 and knots are practiced at FT 1 and FT 2. You must be able to demonstrate competency in tying knots prior to FT 4. Knot tying proficiency is required to participate in all subsequent field trips, and rock and glacier climbs. It is recommended that you practice on your own prior to FT 2 to ensure that your skills are proficient. This is a critical skill.

Belays (Münter Hitch, And Belay Device): are demonstrated and practiced at FT 1. You must demonstrate belaying proficiency at FT 2. Belaying proficiency is required to participate in FT 4, FT 5, and FT 7 and rock and glacier climbs. If you encounter difficulty at FT 2, it is recommended that you practice on your own or request additional assistance prior to FT 4 to ensure that your skills are proficient. This is a critical skill.

Rappels (Carabiner Brake And Device): are demonstrated and practiced at FT 2 and practiced at FT 4. You must demonstrate rappelling proficiency at FT 5. Rappelling proficiency is required to participate in rock climbs. If you encounter difficulty at FT 4, it is recommended that you request assistance prior to FT 5 to ensure that your skills are proficient. This is a critical skill.

Ice Axe Arrests: Proficiency in ice axe arrest must be demonstrated at FT 3 and be able to be used for FT 7 and all climbs where ice axe use is required. This is a critical skill.

DRIVING, CARPOOLING, and PERMITS

Carpooling is strongly recommended for field trips and for scramble trips. Not only is it environmentally smart, you are likely to encounter very limited parking at many trailheads. Carpooling is also a great way to get to know people participating in Mountaineers' courses and trips.

Drivers Responsibilities:

It should go without saying, a carpool driver is responsible for having a safe and legal automobile (e.g. operational seat belts, valid licenses, adequate insurance, etc...) and should drive in a safe manner. If there is even a remote possibility of adverse road conditions bring: **pre-fitted chains, a shovel, and a bag of rock/sand/clay cat litter.**

State law requires vehicles carry tire chains in the mountains from Nov. 1 to March 31.

National parks require that vehicles carry chains to enter during the winter.

Check driving conditions via:
 Washington State Department of Transportation (WSDOT)....(206) 368-4499
 WSDOT website.....www.wsdot.wa.gov/traffic

Passenger responsibilities:

Be gracious for someone else driving and be on time. **Be sure to bring enough cash and as a group offer to pay your fair share to the driver for the ride.**

Permits:

Various permits are required for vehicles to enter various public lands including those that are used for classes and climbs by the Kitsap Mountaineers. Be sure to bring your pass and display it properly before leaving your vehicle.

Public Land Type	Where Required
National Parks	Mt. Rainier National Park Olympic National Park
National Forest	Mt. Baker National Forest Okanogan – Wenatchee National Forest (Icicle Canyon)
State Parks Dept. of Natural Resources WA Dept. of Fish & Wildlife	Green Mt. Kitsap Memorial State Park

* includes use of land administered by the National Forest Service, National Park Service, Bureau of Land Management, Bureau of Reclamation, and US Fish & Wildlife.

Note: costs subject to change.



GRADUATION APPLICATION
KITSAP MOUNTAINEERS BASIC CLIMBING COURSE

Date: _____

Student Name: _____
(Name as you want it to appear on certificate. Print or type.)

Address: _____

Phone: _____ **E-Mail:** _____

I certify that I have completed the requirements for graduation from the Basic Climbing Course as indicated below.

1. I have attended all class.
2. I have satisfactorily completed all field trips.
3. I have successfully completed the following basic climbs.

Basic Rock (BR) Date _____ Leader _____ Peak _____

Basic Glacier (BG) Date _____ Leader _____ Peak _____

BR, BG, or BA Date _____ Leader _____ Peak _____

4. I have completed the following one-day Stewardship activity.

Date _____ Leader _____ Activity _____

4. I have completed the MOFA training or approved equivalence.
5. I have completed the Navigation course.
6. I am a current member of the Mountaineers.
7. I am interested in taking the Intermediate Climbing Course. YES_____ NO_____

Student Signature

By signing above I certify that the above is true to the best of my knowledge

Upon completion, send this form to Basic Climbing Course Chair



STEWARDSHIP ACTIVITY FORM

KITSAP MOUNTAINEERS BASIC CLIMBING COURSE

Take this form to the work party and obtain the signature of the organizer of the work party.

Student Name (Print) _____ Date of Project _____

Sponsoring Organization _____

Project Completed _____

Description of Work Performed _____

Length of Time Work Performed _____

Organization or Description _____

The remaining portion of this form is to be filled out by the sponsoring official from the organization that organized the project.

Sponsoring Official From the Organization Providing the Activity:

Name & Title (Print): _____

The Kitsap BCC student above completed work on the Trail Maintenance/ Conservation project as noted above.

Signature _____ **Date** _____

Upon completion, send this form to Basic Climbing Course Chair

LECTURE OR FIELD TRIP “MAKE-UP” REQUEST FORM



Kitsap Mountaineers Basic Climbing Course

Duplicate and use this form for make-up of class or field trips..

Name of Student (Print): _____

Address: _____

Title of Kitsap Branch Class or Field Trip: _____
(i.e., Class or Field Trip Name)

Club That Sponsored Make-Up: _____
(i.e., Olympia Branch)

Date of Make-Up: _____

Reason for Make-Up:

The remaining portion of this form is to be filled out by the sponsoring official from the club that provided the make-up training (i.e. either the class chair or field trip leader).

Sponsoring Official from Club Providing Make-Up Training:

Name & Title (Print): _____

Signature & Date: _____

Please comment on student's ability to accomplish objectives:

Upon completion, send this form to Basic Climbing Course Chair



BASIC CLIMB EVALUATION FORM

Kitsap Mountaineers Basic Climbing Course

Duplicate and use this form for all climbs that are not with the Kitsap Mountaineers. Give this to the climb leader at the start of the climb for him/her to fill out. It is then returned to the Basic Climbing Chair. You **must** have this form submitted to receive credit for the climb!

Student Name (Print): _____

Phone Number: _____

Climb Leader Name: _____

Phone Number: _____

Branch: _____

Date: _____

Climb Type: Basic Alpine Rock Glacier Rock Scr. Snow Scr.

Destination: _____

Route: _____

Student Evaluation:

Summited: Yes No If No, Why?

	Excellent	Good	Marginal	Unsatisfactory
Equipment				
Condition				
Skill				
Attitude				
Safety				

Basic Climb Credit: Yes No

Comments:

Upon completion, send this form to Basic Climbing Course Chair

Kitsap Mountaineers
Basic Climbing Course
 Student Competency Evaluation Record

Student: _____

Critical Skill	Rating	Date	By Instructor
FT #2 – Belays, Rappels, Prusiking, and Belay Escape			
Knots			
Water Knot			
Double Fisherman’s Knot			
Girth Hitch			
Munter Hitch			
Clove Hitch			
Rewoven Figure 8			
Figure 8 on a Bight			
Double Bowline			
Bowline			
Butterfly Knot			
Prusik Hitch			
Klemheist Hitch			
Autoblock			
Prusiking			
FT #5 – Rock 2			
Belay Using Belay Device			
Rappel Using Belay Device			
Rock Climbing			
FT #7 – Snow 2			
Crevasse Rescue			
Re-Tests for N Ratings			

- P Proficient** – The student is able to competently demonstrate the skill with no assistance.
- S Satisfactory** - The student is able to demonstrate the skill, but with less competence, and may require minimal prompting from the instructor.
- N Needs Improvement** – The student is unable to demonstrate the skill or do so competently without significant prompting from the instructor.

Publications

Kitsap Mountaineers Basic Climbing Course

There are many other books and magazines that you may find useful and/or interesting. The following is a partial list of books, journals, magazines and pamphlets that may be of interest to mountaineers.

Required

Mountaineering: The Freedom Of The Hills 9th Edition

Recommended

Accidents In North American Mountaineering

Basic Rockcraft (Robbins)

Cascade Basic Guide, Vol. 1, 2, and 3 (Beckey)

Climber's Guide To The Olympic Mountains, 3rd Edition

Climbing Ice (Chouinard)

Hypothermia: Killer Of The Unprepared (Lathrop)

Medicine For Mountaineers (Wilkerson)

Mountaineering First Aid, (Lentz, Marth J., Et. Al.) 3rd Edition Revised

Summit Guide to the Cascade Volcanoes

Understanding Avalanches (Diltz-Siler)

Supplemental

Advanced Rockcraft (Robbins)

The Following Books are Published by the Mountaineers

50 Hikes In Mount Rainier National Park

100 Hikes In The Basic Lakes

100 Hikes In The North Cascades, Glacier Peak Region,

100 Hikes In The North Cascades, National Park Region

100 Hikes In The South Cascade And Olympics

Across The Olympic Mountains: The Press Expedition

Fire And Ice: The Cascade Volcanoes

Guide To Leavenworth Rock Climbing Areas

Men, Mules And Mountains: Lieutenant O'Neill's Olympic Expedition

Rock Climbing

Selected Climbs in the Cascades

Snow Trails: Ski And Snowshoe Routes In The Cascades

Snowshoeing

Storm And Sorrow In The High Pamirs

The Ascent Of Denali

The Challenge Of The North Cascades

The Coffee Chased Us Up: Monte Cristo Memories

The Challenge of Rainier

Other Books

A Geologic Trip Along Snoqualmie, Swauk, Stevens Pass Highways (University Of Washington)

ABC Of Avalanche Safety (La Chapelle)

Backpack Cookery (Mendenhall)

Backpacking Made Easy (Abel)

Backpacking: One Step At A Time (Manning)

Climber's Source Book (Schneider)

Climbing In North America (Jones)

The New Complete Walker (Fletcher)

Food For Knapsackers (Bunnelle)

Food In The Wilderness (Martin & Scott)

Lightweight Camping Equipment And How To Make It (Cunningham/Hansson)

Modern Snow And Ice Techniques (March)

Mountain Medicine And Physiology Education (Clark, Ward, Williams)

Mountaineering Medicine (Darville)

Outdoor Living (Fear)

Ropes, Knots And Slings For Climbers (Weelock)

Snow Tours In Western Washington (McDougal)

Snow Camper's Guide (Bridge)

Survival In The Wilderness (Life Support Technology)

Surviving The Unexpected Wilderness Emergency (Fear)

Magazines

American Basic Journal

Backpacker

Climbing

Mountain

Rock And Ice

Signpost

Summit