

RECOMMENDED READING AND EDUCATIONAL RESOURCES

BOOKS

General Winter Skills

- **Mountaineering: The Freedom of the Hills, 6th Edition**, The Mountaineers, 1997.
A classic reference. While large parts of the book are geared towards technical rock and ice climbing, it has much to offer students of our program. The diagrams and descriptions of crampon and ice axe use are especially useful.
- **Extreme Alpinism: Climbing Light, Fast, and High**, Mark F. Twight, James Martin, and Don Graydon, 1999.
An alternate method of mountaineering – light and fast. A different take on what gear you need.
- **Allen & Mikes Really Cool Backcountry Ski Book: Traveling and Camping Skills for a Winter Environment**, Allen O'Bannon, 1996.
While geared towards the backcountry skier, this small book is mostly about winter camping. An entertaining book loaded with practical advice and tips on winter camping. The sections on snow shelters are excellent.
- **Winterwise: A Backpackers Guide, 2nd Edition**, John Dunn, 1997.
Another good all-around reference for winter travel and camping, this is put out by the Adirondack Mountain Club and written by a previous Winter Mountaineering School instructor.
- **Don't Die on the Mountain**, Dan Allen, 1998.
Another excellent general reference for winter hiking and camping, written by a previous Winter Mountaineering School Instructor.
- **AMC Guide to Winter Camping, 2nd Edition**, Steve Gorman, 1999.
The Appalachian Mountain Club's guide to Winter Camping. A good all-around reference.
- **The Mountaineering Handbook**, Craig Connally, 2004.
New-school nutrition, gear, and techniques.

Map and Compass

- **The Outward Bound Map & Compass Handbook**, Glenn Randall, 1989.
An excellent and concise guide to backcountry navigation. A couple of evenings with this book are worth at least as much as many of the map and compass courses that are available.

Wilderness Navigation: Finding Your Way Using Map, Compass, Altimeter & GPS, Bob Burns and Mike Burns, 2004.

A nice compliment to the Outward Bound book.

First Aid

- **The Outward Bound Wilderness First-Aid Handbook,** Jeffery Isaac, 1998.
Recommended by Wilderness Medical Associates – one of the companies that certifies individuals in Wilderness First Aid.

Food and Cooking

- **Backcountry Cooking: From Pack to Plate in 10 Minutes,** Dorcas Miller, 1998.
This book features meals made with home-dried and store-bought ingredients. The backcountry preparation for most of the recipes entails adding boiling water and waiting – a perfect reference for winter campers looking for an alternative to freeze-dried meals.
- **Freezer Bag Cooking: Trail Food Made Simple,** Sarah Svien Kirkconnell, 2007.
More recipes and methods that adhere to the recommended winter school meal preparation methods, without resorting to freeze-dried meals.

Winter Adventure and History – a tiny sampling of what is out there.

- **Minus 148°: First Winter Ascent of Mt. McKinley,** Art Davidson, 1999.
A gripping record of the first winter ascent of Mt. McKinley. You will read about many of the same techniques taught at Winter School and see them put to the test. A great example of leadership and perseverance under extreme conditions.
- **Desire and Ice: Searching for Perspective Atop Denali,** David Brill, 2002.
A regular guy takes a winter mountaineering course and then attempts Denali.
- **Forest and Crag, A History of Hiking, Trail Blazing, and Adventure in the Northeast Mountains,** Laura and Guy Waterman, 2003.
The definitive history of the mountains of the Northeast. Includes an early history of the Winter Mountaineering School, and defines the “Adirondack School” of climbing mountains in the winter.

ADDITIONAL EDUCATIONAL RESOURCES

- Map and Compass, Wilderness First Aid, Leave No Trace, and other outdoor skills: The Adirondack Mountain Club (www.adk.com).
- Outdoor Leadership Training: AMC Mountain Leadership School (www.outdoors.org).

- Extended Outdoor Skills and Alpine Mountaineering Training: National Outdoor Leadership School (www.nols.org).
- Organized Group Winter Hikes: Individual chapters of the Adirondack Mountain Club (www.adk.com) and Appalachian Mountain Club (www.outdoors.org).