

## **The Ultimate Guide To Whitewater Rafting And River Camping**

River RescueThe Art of KayakingThe Guy's Guide to Pocket KnivesThe Ultimate Guide to Whitewater Rafting and River CampingWhitewater PaddlingThe Pocket Outdoor Survival GuideYour Guide to the National ParksThe Complete Guide to the Tatshenshini RiverThe Complete Whitewater RafterHow to Shit in the WoodsWhitewater KayakingOregon River ToursWhitewater Kayaking The Ultimate Guide 2nd EditionSwiftwater Rescue Field GuideStart-up NationThe Ultimate Guide to Whitewater KayakingA Canoeing and Kayaking Guide to the OzarksPredictable SuccessThe Adrenaline Junkie's Bucket ListThrill of the PaddleDeliveranceThe RiverKayak: The New FrontierThe MeatEater Guide to Wilderness Skills and SurvivalWhitewater RaftingDevils RiverPaddling ColoradoScottish SUP GuideThe Emerald MileNOLS River Rescue GuideSoggy Sneakers, 5th EditionRunning the AmazonCarolina WhitewaterBrothers on the BashkausPaddling Pacific Northwest WhitewaterPaddling TennesseeWhitewater RaftingWild MindEyewitness To PowerWestern Whitewater from the Rockies to the Pacific

### **River Rescue**

Winner of the 2018 National Outdoor Book Award for Best Instructional Book! The Ultimate Guide to Whitewater Rafting and River Camping introduces new rafters to the skills, equipment, and knowledge required to mount a multiday whitewater rafting trip. Rafting equipment, skills, and techniques have changed drastically in recent years, and this book provides the latest information on equipment selection, care, repair, and use; whitewater rafting techniques; reading rivers; hazard evaluation and basic rescue; camping techniques; river cooking and living; and expedition planning. Written in a clear and comprehensive manner by outdoor educator and whitewater veteran Molly Absolon, The Ultimate Guide to Whitewater Rafting and River Camping is a great tool for novices and an excellent resource for experienced rafters.

### **The Art of Kayaking**

### **The Guy's Guide to Pocket Knives**

PACKED WITH OVER 50 POCKET KNIFE TRICKS, IDEAS, AND ACTIVITIES, FROM FUN GAMES AND PROJECTS TO BADASS FIGHTING MOVES AND SURVIVAL TIPS. You should never be without a trusty pocket knife, nor should you lack the skills to wield it properly and with purpose. The Guy's Guide to Pocket Knives is sure to sharpen your skills and hone your appreciation for the pocket knife with nostalgic, humorous and informative sections on: • History and Evolution • Blade Types and Uses • Sharpening Guides • Games and Pastimes • Whittling Projects • Outdoor Survival Skills • Throwing Techniques

### **The Ultimate Guide to Whitewater Rafting and River Camping**

The Art of Kayaking is the distilled essence of a lifetime of kayak instruction at all skill levels around the world, with the added insights gained from years of designing kayaks, paddles, and kayaking equipment. This comprehensive kayaking manual by one of the biggest names in kayaking offers more essential detail about commonly used techniques than ever before published in a single volume. Color photo action sequences show how to perfect skills, and how to apply them. Maps, tables, and diagrams walk the reader through essential planning steps. No matter which type of kayak, paddle, or style of paddling the reader prefers, the appropriate techniques are described clearly and concisely. The progression through the book makes it easy to start as a beginner and to access as much information as can be tackled at any stage of development up to and including the expert. It is a definitive manual designed to stand the test of time.

### **Whitewater Paddling**

A harrowing adventure that follows a group of Westerners on a paddling trip down the Bashkaus River in Siberia. Ultimately, they find that the river creates a common bond regardless of race, religion, or nationality--a bond in which a group of strangers truly come together as brothers.

### **The Pocket Outdoor Survival Guide**

This comprehensive guide covers everything from the most basic skills and concepts to the most advanced, cutting edge paddling techniques. Now in its second edition, Whitewater Kayaking has become the established, definitive guide on the sport.

### **Your Guide to the National Parks**

The voyage began in the lunar terrain of the Peruvian Andes, where coca leaf is the only remedy against altitude sickness. It continued down rapids so fierce they could swallow a raft in a split second. It ended six months and 4,200 miles later, where the Amazon runs gently into the Atlantic. Joe Kane's personal account of the first expedition to travel the entirety of the world's longest river is a riveting adventure in the tradition of Joseph Conrad, filled with death-defying encounters: with narco-traffickers and Sendero Luminoso guerrillas and nature at its most unforgiving. Not least of all, Running the Amazon shows a polyglot group of urbanized travelers confronting their wilder selves -- their fear and egotism, selflessness and courage. From the Trade Paperback edition.

### **The Complete Guide to the Tatshenshini River**

An award-winning Outside magazine writer documents the 1983 Colorado River flood that threatened the region with a catastrophic dam failure and prompted oarsman Kenton Grua's near-suicidal effort to navigate the turbulent waters of the Emerald Mile on a small wooden dory to achieve a world speed record.

## **The Complete Whitewater Rafter**

EDGAR AWARD NOMINEE NATIONAL BESTSELLER ONE OF THE BEST BOOKS OF THE YEAR: THE OBSERVER (LONDON) \* KIRKUS REVIEWS Wynn and Jack have been best friends since college orientation, bonded by their shared love of mountains, books, and fishing. Wynn is a gentle giant, a Vermont kid never happier than when his feet are in the water. Jack is more rugged, raised on a ranch in Colorado where sleeping under the stars and cooking on a fire came as naturally to him as breathing. When they decide to canoe the Maskwa River in northern Canada, they anticipate long days of leisurely paddling and picking blueberries, and nights of stargazing and reading paperback Westerns. But a wildfire making its way across the forest adds unexpected urgency to the journey. One night, with the fire advancing, they hear a man and woman arguing on the fog-shrouded riverbank; the next day, a man appears on the river, paddling alone. Is this the same man they heard? And if he is, where is the woman? From this charged beginning, master storyteller Peter Heller unspools a headlong, heart-pounding story of desperate wilderness survival.

## **How to Shit in the Woods**

Soggy Sneakers has been Oregon's primary source of information for whitewater enthusiasts since 1980. Members of Willamette Kayak and Canoe Club—who have run nearly all of Oregon's rivers—share their expertise and detail rapids and landmarks found on each run. There's something for everyone, from Class 1 (flatwater) excursions to Class 5+ (most challenging) rapid-filled adventures. Headquartered in Corvallis, Oregon, Willamette Kayak and Canoe Club is a nonprofit organization dedicated to teaching kayaking and canoeing skills, promoting water safety, preserving and protecting the free-flowing rivers of Oregon, and developing the camaraderie of their sport. Learn more about them at [www.wkcc.org](http://www.wkcc.org).

## **Whitewater Kayaking**

A guide for outdoor enthusiasts highlights the world's most extreme adventures, including participating in the Ironman triathlon, hiking the Inca Trail to Machu Picchu, and climbing Antarctica's highest peak.

## **Oregon River Tours**

NEW YORK TIMES BESTSELLER • An indispensable guide to surviving everything from an extended wilderness exploration to a day-long boat trip, with hard-earned advice from the host of the show MeatEater as seen on Netflix For anyone planning to spend time outside, The MeatEater Guide to Wilderness Skills and Survival is the perfect antidote to the sensationalism of the modern survival genre. Informed by the real-life experiences of renowned outdoorsman Steven Rinella, its pages are packed with tried-and-true tips, techniques, and gear recommendations. Among other skills, readers will learn about old-school navigation and essential satellite tools, how to build a basic first-aid kit and apply tourniquets, and how to effectively purify water using everything from ancient methods to cutting-edge technologies. This essential guide delivers hard-won insights and know-how garnered from Rinella's own experiences and mistakes and from his trusted crew of expert hunters, anglers, emergency-room doctors, climbers, paddlers, and wilderness guides—with the

goal of making any reader feel comfortable and competent while out in the wild.

### **Whitewater Kayaking The Ultimate Guide 2nd Edition**

### **Swiftwater Rescue Field Guide**

Revised new 1997 edition gives expert advice on all aspects of river safety, covers latest gear and methods, and contains expanded material on big-water rescue -- the essential manual for every fast-water paddler.

### **Start-up Nation**

Paddling Pacific Northwest Whitewater is the definitive guide to the best rivers and creeks for kayaking and rafting in Washington and Oregon—home to some of the most fun (and challenging) whitewater in the world. Including over 240 detailed run descriptions from local area paddlers who know these rivers and creeks better than anyone else, this is the only book you'll ever need for a lifetime's-worth of paddling in the Pacific Northwest. Includes... ·Run descriptions ·Shuttle directions ·Detailed maps ·Min. and max. recommended flows ·Scouting advice ·Awesome photos ·And more!

### **The Ultimate Guide to Whitewater Kayaking**

How the experts do it.

### **A Canoeing and Kayaking Guide to the Ozarks**

The most comprehensive and valuable book about the sport. Drawing on the combined 30 years experience of world-renowned paddlers and instructors, Ken Whiting and Kevin Varette, this manual covers everything from the most basic skills and concepts to the most advanced, cutting edge paddling techniques. You'll learn to choose the right equipment, the essential strokes and paddling techniques, the art of reading whitewater, river running techniques, river safety and rescue, creek boating skills, big water skills, playboating techniques, surf kayaking technique, squirtboating, slalom and much more. Whatever you need, you'll find it in this essential whitewater kayaking reference. Includes detailed illustrations, stunning photos and literary contributions from many of the world's finest kayakers. Includes segments from: Tao Berman - World Record waterfall holder Dunbar Hardy - Expeditionary Kayaker Phil and Mary DeRiemer - Instructional Gurus Brendan Mark - World Champion Squirtboater Anna Levesque - Creator of the 'Girls at Play' video

### **Predictable Success**

It's the feisty third edition of *How to Shit in the Woods*, jam-packed with new information for outdoor enthusiasts of every stripe. Hailed in its first edition as "the most important environmental book of the decade" by *Books of the Southwest*, and in its second as "the real shit" by the late, great, outdoor photographer Galen Rowell, this bestselling guide is often called the "backpacker's bible" and has sold more than 2.5 million copies in eight languages. Author Kathleen Meyer continues to pioneer the way with her inimitable voice—at once humorous, irreverent, and direct—examining the latest techniques for graceful backcountry elimination, and answering a desperate cry from nature concerning environmental precautions in our ever-shrinking wilds. World changes come fast and furious, and in the backcountry it is no different. The practice of "packing-it-out," adopted to protect high use areas and fragile ecosystems, is here to stay. We are now often urged to haul our poop home. Or with increasing frequency, the whole business is mandatory. To assist with all this responsible human waste disposal, Meyer's new edition features the latest in product innovations, from classy high-tech to inexpensive do-it-yourself. She covers the most current solutions to the health risks of drinking straight from wilderness waterways; presents a raft of natural substitutes for the purist swearing off toilet tissue; and offers a wealth of new recommendations for ladies who must make do without a loo. This down-to-earth guide has been employed as a training aid for scout troops, outdoor schools, and wilderness programs for inner-city youth; for rangers with the U.S. Forest Service, National Park Service, and Bureau of Land Management; as well as for whitewater rafting guides, backcountry outfitters, and members of the military. In rowing hundreds of urbanites down whitewater rivers, Meyer honed her squatting skills and found she "wasn't alone in the klutz department." Her delightfully shameless discussion of a once-shameful activity, her erudite examination of its associated vocabulary, and her unapologetic promotion of its colorful vernacular make *How to Shit in the Woods* essential and vastly entertaining reading for anyone who's ever paused at the edge of the forest and pondered: "Where do I go to go?"

### **The Adrenaline Junkie's Bucket List**

"You're hooked, you feel every cut, grope up every cliff, swallow water with every spill of the canoe, sweat with every draw of the bowstring. Wholly absorbing [and] dramatic."—*Harper's Magazine* The setting is the Georgia wilderness, where the states most remote white-water river awaits. In the thundering froth of that river, in its echoing stone canyons, four men on a canoe trip discover a freedom and exhilaration beyond compare. And then, in a moment of horror, the adventure turns into a struggle for survival as one man becomes a human hunter who is offered his own harrowing deliverance. Praise for *Deliverance* "Once read, never forgotten."—*Newport News Daily Press* "A tour de force . . . How a man acts when shot by an arrow, what it feels like to scale a cliff or to capsize, the ironic psychology of fear: these things are conveyed with remarkable descriptive writing."—*The New Republic* "Freshly and intensely alive . . . with questions that haunt modern urban man."—*Southern Review* "A fine and honest book that hits the reader's mind with the sting of a baseball just caught in the hand."—*The Nation* "[James Dickey's] language has descriptive power not often matched in contemporary American writing."—*Time* "A harrowing trip few readers will forget."—*Asheville Citizen-Times* "A novel that will curl your toes . . . Dickey's canoe rides to the limits of dramatic tension."—*New York Times Book Review* "A brilliant and breathtaking adventure."—*The New Yorker*

### **Thrill of the Paddle**

The Ultimate Guide to Tennessee's Great Paddling! Tennessee truly has something for every paddler, whether float trips down dark water trails of swamp

rivers or kayaking excursions along whitewater streams. Paddling Tennessee describes the best and most accessible routes, including Reelfoot Lake and the Hatchie River in the west; the Volunteer State's contribution to great rivers of the world—the Duck; and the crown jewel of Southern Appalachian paddling destinations—the Hiwassee River. Carefully chosen to suit most beginning to intermediate paddlers, each route provides access to wilderness for city residents and visitors alike. This updated and revised edition features the latest paddling information as well as gorgeous, full-color photography throughout.

### **Deliverance**

Presents advice on ways to inspire confidence in management and achieve lasting success in an organization.

### **The River**

START-UP NATION addresses the trillion dollar question: How is it that Israel-- a country of 7.1 million, only 60 years old, surrounded by enemies, in a constant state of war since its founding, with no natural resources-- produces more start-up companies than large, peaceful, and stable nations like Japan, China, India, Korea, Canada and the UK? With the savvy of foreign policy insiders, Senor and Singer examine the lessons of the country's adversity-driven culture, which flattens hierarchy and elevates informality-- all backed up by government policies focused on innovation. In a world where economies as diverse as Ireland, Singapore and Dubai have tried to re-create the "Israel effect", there are entrepreneurial lessons well worth noting. As America reboots its own economy and can-do spirit, there's never been a better time to look at this remarkable and resilient nation for some impressive, surprising clues.

### **Kayak: The New Frontier**

The Scottish SUP Guide is the ultimate Guide to Where to Paddle in Scotland. With detailed descriptions, photos, Google Co-ordinates and local information, its the ideal introduction to SUP in Scotland. This is the first ever Paddleboarding (SUP) guide and book about Scotland. Many years of local knowledge have gone into producing this guide, highlighting some of Scotland's best locations. It includes locations for Surfing, Touring and Whitewater and on Loch, Rivers and Coastline. Whether you are a beginner wanting to know where to go or an expert wanting to hit the best spots, this book is for you.

### **The MeatEater Guide to Wilderness Skills and Survival**

The ultimate guide to paddling whitewater in the Carolinas, Carolina Whitewater has guided paddlers to the best creeks and rivers in the Tar Heel and Palmetto states for over 30 years. Detailed creek and river profiles include; Topographic-based maps Shuttle directions Gauge locations Kayakers and canoeists will find expanded and updated information for the classic rivers, like the Nolichucky, Nantahala, and French Broad, as well as for several new steep runs, such as Rock house Creek, Hurricane Creek, the Gragg Prong, and Big Hungry River. You'll also get vital information on clubs and organizations, state water trails, and national and scenic rivers. Waterway data for each run includes; Class of difficulty Length of the run Time to paddle

Water level needed to paddle Permits required (if any) Gradient of each run Ratings for scenery.

### **Whitewater Rafting**

#### **Devils River**

Logistics for running a trip; geology and natural history; native and historical information; regarding the Tatshenshini and Alsek Rivers.

#### **Paddling Colorado**

Don't panic! Here are the essential techniques you need to cope with a short-term survival situation.

#### **Scottish SUP Guide**

A how-to guide of safety, rescue, and recovery techniques for all who work and play on the water. 2015 National Outdoor Book Award Winner.

#### **The Emerald Mile**

"Depth psychologist and wilderness guide Plotkin offers advice on recognizing and healing inner wounds and destructive patterns of behavior, which can develop into subpersonalities such as inner critics, victims, escapists, rescuers, and so on, with the goal of growing into an integrated, healthy adult- and elder-hood"--

#### **NOLS River Rescue Guide**

Completely updated to reflect the latest in paddling equipment and kayak technology, William Nealy's illustrated kayaking manual is as practical as it is dead-on hilarious. Whether detailing hardcore hippy hairboaters or insane youngsters clattering tiny play boats down steep, rocky creeks, Nealy is back and more useful and entertaining than ever. Over 400 illustrations help Nealy break down even the most complex kayaking skills, making difficult whitewater techniques understandable. You may break a rib laughing, but with Nealy holding your hand you'll be less likely to break a bone while boofing an insane rapid (or maybe an entire waterfall).

#### **Soggy Sneakers, 5th Edition**

This award-winning guide, completely updated for the 2017 edition, includes more than 450 new photographs, 160 revised maps, and 50 hiking tables, making it the only guidebook you'll need to explore the United States National Parks. An all new design with the same intuitive layout keeps the step-by-step itineraries, kid-friendly activities, and most popular ranger programs at your fingertips to help plan your next family vacation. Thousands of hotels, restaurants, and attractions beyond the parks and 11 suggested road trips make it the ultimate dashboard companion. Exhaustive activity information—including hiking tables, easy-to-find trailhead markers, outfitter details, and backpacking essentials—serves as blueprint for an adventure of a lifetime. With something for everyone, this is Your Guide to the National Parks.

### **Running the Amazon**

### **Carolina Whitewater**

Describes the equipment and techniques of white water rafting.

### **Brothers on the Bashkaus**

### **Paddling Pacific Northwest Whitewater**

This definitive guide to the sport of whitewater kayaking draws on the combined 30+ years of experience of world-renowned paddlers and instructors Ken Whiting and Kevin Varette. Covers everything from the most basic skills and concepts to the most advanced, cutting-edge paddling techniques.

### **Paddling Tennessee**

Paddling Colorado describes thirty-four trips in a remarkable variety of settings—from downtown Denver to the remote canyons of the Dolores River.

### **Whitewater Rafting**

In the heartland of America rise the Ozark Mountains, teeming with cascading, free-flowing streams. Situated astride the Missouri/Arkansas border, the Ozarks represent a canoeing and kayaking wonderland. Still a comprehensive, accurate and readable guide, but now with a new design and format, A Canoeing & Kayaking Guide to the Ozarks (formerly Ozark Whitewater) catalogs the varied rivers of the region. Inside are updated descriptions of all the classic rivers, including the Buffalo National and Little Missouri, as well as exciting new reports of today's steep creek runs: Bryant, Turkey, and many others. This guide is the definitive sourcebook for Ozark river sport.

## **Wild Mind**

Sanctioned by the World Kayak Federation.

## **Eyewitness To Power**

Thrill of the Paddle is the ultimate guide to the white-knuckle, adrenaline-pumping and increasingly popular brand of extreme canoeing where paddlers "shoot" rapids and other fast water. Paul Mason's eagerly awaited new guide now completes the trilogy with Path of the Paddle and Song of the Paddle by his father - the late Bill Mason, one of North America's most respected canoeists. In each chapter of Thrill of the Paddle are numerous photographs, diagrams and illustrations, showing some of the greatest challenges in canoeing. Thrill of the Paddle provides detailed instructions on maneuvering a canoe through fast-running Class 3 and 4 water conditions. The International Scale of River Difficulty is the U.S. version of an international rating system used to compare river difficulty throughout the world. CLASS 3: INTERMEDIATE Rapids with moderate, irregular waves that may be difficult to avoid and that can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required. Large waves or strainers may be present but are easily avoided. Strong eddies and powerful current effects can be found, particularly on large-volume rivers. CLASS 4: ADVANCED Intense, powerful but predictable rapids requiring precise boat handling in turbulent water. Depending on the character of the river, there may be large, unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure. There is also sound advice on selecting the best boats and safety equipment for the journey, along with instructions for handling a paddle in the most adverse and demanding conditions, tips and tricks for successfully avoiding overturning a canoe, and instructions on recovery. The many checklists help readers carefully plan their trip. In fact, this book is an adventure itself, and not to be missed.

## **Western Whitewater from the Rockies to the Pacific**

From Nixon to Clinton, Watergate to Whitewater, few Americans have observed the ups and downs of presidential leadership more closely over the past thirty years than David Gergen. A White House adviser to four presidents, both Republican and Democrat, he offers a vivid, behind-the-scenes account of their struggles to exercise power and draws from them key lessons for leaders of the future. Gergen begins Eyewitness to Power with his reminiscence of being the thirty-year-old chief of the White House speechwriting team under Richard Nixon, a young man at the center of the Watergate storm. He analyzes what made Nixon strong -- and then brought him crashing down: Why Nixon was the best global strategist among recent presidents. How others may gain his strategic sense. How Nixon allowed his presidency to spin out of control. Why the demons within destroyed him. What lessons there are in Nixon's disaster. Gergen recounts how President Ford recruited him to help shore up his White House as special counsel. Here Gergen considers: Why Ford is one of our most underrated presidents. Why his pardon of Nixon was right on the merits but was so mishandled that it cost him his presidency. Even in his brief tenure, Ford offers lessons of leadership for others, as Gergen explains. Though Gergen had worked in two campaigns against him, Ronald Reagan called him back to the White House again, where he served as the Gipper's first director of communications. Here he describes: How Reagan succeeded where others have failed. Why his temperament was more important than his intelligence. How he mastered relations with Congress and the press. The secrets of

"the Great Communicator" and why his speeches were the most effective since those of John Kennedy and Franklin Roosevelt. In 1993, Bill Clinton surprised Gergen -- and the political world -- when he recruited the veteran of Republican White Houses to join him as counselor after his early stumbles. Gergen reveals: Why Clinton could have been one of our best presidents but fell short. How the Bill-and-Hillary seesaw rocked the White House. How failures to understand the past brought Ken Starr to the door. Why the new ways in which leadership was developed by the Clinton White House hold out hope, and what dangers they threaten. As the twenty-first century opens, Gergen argues, a new golden age may be dawning in America, but its realization will depend heavily upon the success of a new generation at the top. Drawing upon all his many experiences in the White House, he offers seven key lessons for leaders of the future. What they must have, he says, are: inner mastery; a central, compelling purpose rooted in moral values; a capacity to persuade; skills in working within the system; a fast start; a strong, effective team; and a passion that inspires others to keep the flame alive. Eyewitness to Power is a down-to-earth, authoritative guide to leadership in the tradition of Richard Neustadt's Presidential Power and the Modern Presidents.

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