

1 – RESOURCES

22.1. .SOURCES OF CLOTHING AND EQUIPMENT	1
GREATER BOSTON AREA	2
ON ROUTE TO AND IN THE WHITE MOUNTAINS	4
GENERAL NEW ENGLAND AREA	5
SHOPPING BY MAIL ORDER/ON-LINE	7
REPAIRS	8
22.2. .ALTERNATIVE EQUIPMENT SOURCES	8
22.3. .SUGGESTED READING LIST	11
BOOKS	11
ARTICLES	14
INSTRUCTION	14
CONSERVATION ORGANIZATIONS	15
HIKING ON THE INTERNET	16
USENET NEWSGROUPS	16

A person is an expert in a subject when he not only knows everything you can learn about it, he also knows which of that stuff is wrong. — Marilyn vos Savant

1.1. Sources of Clothing and Equipment

Here is a listing of many places to get outdoor clothing, equipment, accessories, lodging, and information. More information and updates will be available through the H/B Committee's Website: <http://www.world.std.com/~bostonhb>. Click on "resources."

This will include a listing of gear manufacturers, land managers, and also retailers in other areas, for those traveling.

See Chapter 4 for advice on choosing and buying gear and clothing. The Winter Program, through the Joy Street night and the various trips, offers an opportunity to discuss gear choices with many different winter trip leaders.

At the Joy Street sessions, you will also receive a handout which shows various discounts, including special ones set up for this program, and a listing of local and NH shops which offer rentals.

Greater Boston area

Sources of Clothing and Equipment (Rentals Offered - ▲)		
SUPPLIER	PRODUCT OR SERVICE	COMMENTS
AMC HQ Bookstore www.outdoors.org 5 Joy St. Boston, MA (617) 523-0636	Limited selection of AMC published Maps, guidebooks, instructional books, also AMC logo items	10% AMC discount on AMC published books and maps
Army Barracks www.armybarracks.com 328 Newbury St Boston, MA 02115 (617) 437-1657 or (800) 673-3564	Army/Navy surplus gear	Locations in Back Bay (Boston); Oak Bluffs, Northampton, and Salem, MA; and Conway NH
Chinook Outdoor Adventure chinook-davis-square.com 93 Holland St., Davis Sq. Somerville, MA (617) 776-8616	Small shop features their own line of fleece wear, and general outdoor items.	T accessible
▲ Eastern Mtn. Sports www.ems.com 1041 Commonwealth Ave Brighton, MA (617) 254-4250 (603) 356-8854 N. Conway	Large selection of hard and software for all levels, including house brand. The Peterborough store has returns and used rentals area.	Many locations in Mass and NH, etc. Frequent 15-20% sales. Rentals vary at each store.
Globe Corner Book Store www.globecorner.com 90 Mt. Auburn Street Cambridge, MA 02138 (617) 497-6277	Worldwide selection of maps, guidebooks, and travel books.	They can order what is not in stock.
▲ Hilton's Tent City www.hiltonstentcity.com 272 Friend St. Boston MA 02114 617-227-9242 800-362-8368	Large inventory of hard and software. Carries many seconds which can offer good value, require close scrutiny	Near North Station. The street and inside of the store seem to be in the same condition. 10% AMC members discount
The Map Shack www.baldwinmapshack.com 253 North Avenue Wakefield, MA 01880 (781) 213-7989 (800) 617-MAPS	The place for maps, they stock all New England topos and guide books, and can order almost anything quickly. Very knowledgeable. Also offer laminating up to wall size.	New location; also do mail order (same-day shipping), open 8:30-5:15 weekdays, 8:30-1:00 Sat. All types of specialty maps. 5% AMC member discount

Sources of Clothing and Equipment (Rentals Offered - ▲)		
SUPPLIER	PRODUCT OR SERVICE	COMMENTS
▲ Moor & Mountain www.moor-mountain.com 3 Railroad Street (Dundee Park) Andover, MA 01810 (978) 475-3665	High quality hard and software. Discounts on quantity and institutional purchases. Closed Tues. & Sun.	Small personable store with knowledgeable staff. Discount for program participants
▲ Natick Outdoor Store www.natickoutdoor.com 38 North Avenue Natick, MA 01760 (508) 653-9400	Rear of store has a wide variety of off price outdoor gear and clothing. Topographic Maps	Rentals, Full sporting goods store. Discount coupons in AMC Outdoors ads
Patagonia www.patagonia.com 346 Newbury St. Boston, MA 02115 (617) 424-1776 Mail order (800) 638-6464	Stylish and functional clothing, aka "Pata-Gucci." Innovative designs are often copied	Almost affordable at the outlet store in Freeport, ME
Recreational Equipment, Inc. (REI) www.rei.com ▲ Rt. 129, Reading MA (781) 944-5103 ▲ Rt. 30, Framingham, MA (508) 270-6325 ▲ Landmark Center, Fenway Boston, MA 98 Derby St, Suite 470 Hingham, MA (781) 740-9430 800) 828-5533 mail order	Mail order catalogue offers name and house brand hard- and software. Stores have extensive inventory. Knowledgeable salespeople. Frequent speakers and programs	Retail cooperative. As an REI member (nominal charge), you earn dividends on your purchases, typically 10% on most items. Check out "Attic" for deals.
Joe Jones Wilderness House, www.wilderhouseboston.com 1048 Commonwealth Ave. Boston, MA (617) 277-5858	Quality hard and software. Canoes, kayaks, technical climbing gear. From Camp Trails to Lowe, Latok to Marmot, a very deep and broad inventory.	Focus is on mid- to high-end gear. The inventory is worth the visit. Check for sales rack and markdowns. Knowledgeable salespeople. Keeps stock available all year. Program discount will be arranged.
Wal-Mart www.walmart.com Various locations, including: Lynn, Northboro, Framingham, Walpole, Nashua	Tire chains and cables in auto department. Check out camping area for good low-end deals on basics	Can middle America be wrong? Many items that can be adapted.

On Route to and in the White Mountains

Sources of Clothing and Equipment (Rentals Offered - ▲)		
SUPPLIER	PRODUCT OR SERVICE	COMMENTS
▲ All Outdoors www.aogear.com 321 Elm Street Manchester, NH 03101 (603) 624-1468	Great selection of Technical Gear. Good all-around selection. See consignments.	On the way to the Whites! 10% AMC discount.
▲ Alpine Wilderness Equip't Linwood Plaza Lincoln, NH 03101 (603) 745-6993 (800) 838-0388	Emphasis on technical gear. (A first for Lincoln)	Small shop opened 1994.
Chuck Roast Equipment www.chuckroast.com Rt. 16 (just north of Rt. 302) Located at Tanger Outlet Ctr (next to LL Bean) North Conway, NH 03860 (603) 356-5589 (800) 533-1654	Factory outlet for soft packs, fleece, shell clothing. Products are available through other retailers.	Excellent function and value. Made in Conway with lifetime guarantee. Expanded store.
Gorham Hardware & Sports Center 98 Main Street Gorham, NH 03581 (603) 466-2312	Snowshoes, small outdoor items.	8-5 Sat & Sun, just in case.
▲ International Mountaineering Equipment (IME) www.ime-use.com 2733 Main Street North Conway, NH 03860 (603) 356-7013	Complete line of hardware and software, including house brands, American and international manufacturers, mail order catalogue.	Sales; used, rental, and consignment equipment; and bargain rack offer high-end gear at a value. Program discount.
Labonville Inc. www.labonville.com 504 Main Street (Gorham Rd.) (Rt. 16?) Berlin, NH 03570 (603) 752-4462 (603) 752-4030	Best prices and selection on Sorel-style boots & liners anywhere. Also hats, mittens and snowshoes. Open wknds until 4 during the winter.	16 North towards Berlin. Their main business is logging supplies and clothing, also clothes for snowmobiling and hunting.
L.L. Bean Factory Outlet www.llbean.com Route 16), Tanger Outlet Ctr. North Conway, NH 03860 603-356-2100		

Log House Designs Outlet 85 Lovell Rd. (Rt. 5 North) Fryeburg, ME 04037 (207) 935-2848	Gore-Tex jackets starting at \$94.50, and other clothing items and accessories. New line of Wildline packs.	Local manufacturer in Conway area. Open during the week 9-6, Sat 11-3
McKenzie Gear Main Street Lincoln Square, Rt. 112 Lincoln, NH (603) 745-3438 Lincoln Square, Rt. 112 Lincoln, NH (603) 745-3438	30% discounts on name brand outdoor equipment and clothing, either off the price or in merchandise credit. Get directions	New store, worth looking at. Mostly skiwear, but a reasonable selection of outdoor gear.
Mountain Wanderer Map & Book Store www.mountainwanderer.com 603-745-2594 800-745-2707 PO Box 485/Route 112 Lincoln, NH 03251	Rt. 112, Lincoln. Maps & books for hiking, biking, paddling, fishing, nature, winter sports, travel. Topo and relief maps, posters, atlases and software. On-line catalog.	
▲ Moriah Sports www.moriahsports.com 101 Main St. Gorham, NH (603) 466-5050	Small shop with good selection. Rents snowshoes, ice axes, and crampons	Consignment area. 9-5 Sat and Sun
▲ AMC's Pinkham Notch Visitor's Center www.outdoors.org Rt. 16 Gorham, NH 03581	"Pinkham Mountain Sports." A large selection of the 10 essentials you forgot.	Last chance to get gear! Discount for members on AMC books and maps.
▲ Ragged Mtn. Equipment www.raggedmountain.com Rts. 16 & 302 Intervale, NH 03845 (603) 356-3042 (877) 772-4433	Retail store stocks major brands, extensive technical gear and house brand clothing. Good designs and quality construction at great prices. Excellent selection of outdoor fabrics and parts for do-it-yourselfers or repairs.	Repair service, good prices. Knowledgeable, good service. Eat cheap next door at Scarecrow Pub. Their tent sales over Memorial Day and Columbus Day weekends are worth the trip!, Good stock of rentals

General New England area

Sources of Clothing and Equipment (Rentals Offered - ▲)		
SUPPLIER	PRODUCT OR SERVICE	COMMENTS
Gleason Camping Supply Inc. www.gleasoncamping.com 9 Pearl St. Northampton, MA 01060 (413) 584-4895	Broad selection of hard- and software for family campers and backpackers.	Competitive pricing and good availability.

<p>Kittery Trading Post www.kitterytradingpost.com or www.ktp.com 301 Route 1 Kittery, ME (207) 439-2700 (888) 587-6246</p>	<p>Broad range of hunting, fishing, and hiking equipment and clothing.</p>	<p>While catering to a broad spectrum of outdoor activities, winter hikers will find moderate pricing on gear.</p>
<p>LifeSport High Street ▲ Ellsworth, ME (207) 667-7819</p>	<p>Quality hard- and software: swimming, cycling, racket sports, canoes, and kayaks.</p>	<p>Standard pricing in a pleasant atmosphere.</p>
<p>L.L. Bean www.llbean.com Freeport, ME 04033 (800) 221-4221 (ordering) (800) 341-4341 (service) Factory Outlets in Freeport, ME, N. Conway, Concord, Nashua, NH and more</p>	<p>Quality house and name-brand hard- and software. Retail store open 24 hr., 365 days per year. Broad selection, deep inventory, excellent warranty. Mail order available.</p>	<p>The Legend! Shop the retail store at off hours, esp. prior to Christmas. Since Maine taxes clothing, mail order (which can be arranged after try on at the store) is a good choice.</p>
<p>The Mountain Goat www.mountaingoat.com 130 Water Street Williamstown, MA 01267 (413) 458-3044 189 Main Street Northampton, MA 01060 (413) 586-0803 4886 Main Street Manchester Ctr, VT 05255 (802) 362-5159</p>	<p>High quality gear with knowledgeable staff and a pleasant atmosphere.</p>	<p>These people use what they sell. Enthusiasm, quality and service.</p>
<p>▲ New England Backpacker www.newenglandbackpacker.com 6 East Mountain Street Worcester, MA (508) 853-9407</p>	<p>Climbing, camping, hiking equipment, skis, snowshoes, etc.</p>	<p>10% AMC discount. Knowledgeable and friendly staff.</p>
<p>North by Northeast Factory Outlet 55 Conduit Rd. Central Falls, RI 02863 401-726-2360</p>	<p>Real factory outlet for fleece wear, shell clothing, and clothing accessories made for national outdoor shops.</p>	<p>Also some fabrics. Tues.-Fri 10-4, Sat 9-2 Only open Sept. to January Call first as hours vary</p>

Shopping By Mail Order/On-Line

Sources of Clothing and Equipment (Rentals Offered - ▲)		
SUPPLIER	PRODUCT OR SERVICE	COMMENTS
American Chain Division Acco Industries 454 East Princess St. York, PA 17403	Weed V-bar tire chains	Call for new distributors closer than Worcester. (717) 741-4863
Campmor www.campmor.com 810 Rt. 17N, Box 997-N Paramus, NJ 07653-0997 (201) 445-5000 (800) 525-4784	Store and catalog sales. Entry level to expert. Complete line of gear. For phone orders, call (888) CAMPMOR (888-226-7667)	List prices on most items. Wacky but clear catalog. Visit the store too!
Climb High 1861 Shelburne Rd. Shelburne, VT 0482 (802) 985-5056	Mail order. Products are available through retailers. Hard- and software.	Emphasis on technical gear. Catalog. Source for "Murray Socks" AKA "Stand off military field issue Combo Pak."
Marmot Mt. International http://marmot.com/ 2321 Circadian Way Santa Rosa, CA 95407 (707) 544-4590	High quality, technically oriented bags, tents, outerwear, and packs. Available by mail order and retail shops.	Mercedes-like quality and pricing. Products set standards for other to follow.
Northern PO Box 1499 Brunsville, MN 55337-0499 (800) 533-5545	Inexpensive Sorel-style boots. (Item # Y49-F396 & A32-F396 for boots)	Sporting goods, Handyman.
Polar Equipment Co. 12881 Foothill Lane Saratoga, CA 95070 (408) 867-4576	Step-in snowshoe bindings on Polarpaw metal snowshoes, for Mountaineering, Mouse, and X-C ski boots.	Less expensive than most snowshoes, despite the innovative design! Also sell Mouse boots.
Sierra Trading Post 5025 Campstool Rd. Cheyenne, WY 82007 (307) 775-8000	Clothing, boots, tents, etc. at lower than list prices.	Offers irregulars, seconds, close-outs, and overstocks; much lower prices than regular retail. Order quickly, limited stock.
Sportsman's Guide 411 Farwell Ave. South St. Paul, MN 55075		Army-Navy equipment hunting-oriented.
Stephenson's Warmlite 22 Hook Rd. Gilford, NH 03246	Unique eclectic gear, ultralight, warm, down bags and tents, high end.	Expensive, top quality, loyal following.
US Cavalry 2855 Centennial Ave. Radcliff, KY 40160 (800) 777-7732	Intended for people who wear camouflage, a number of useful items.	

Note: We are fortunate to have such a broad selection of sources for gear in greater Boston, New England, and around the country. No slight intended to any stores not listed. If you know of other resources, please share the information with the program organizers.

Repairs

Sources of Clothing and Equipment repairs		
SUPPLIER	PRODUCT OR SERVICE	COMMENTS
A & H Enterprises www.packstoves.com 1582 Parkway Loop G Tustin, California, 92780 (714) 258-2525	Backpacking equipment. Camping & marine stoves, sales, & repairs. Source of stove parts, particularly Optimus, Svea, & relatives	Factory authorized by Optimus, Primus, Seaward, and Coleman. Good advice on repairs also
The Cobbler and Cordwainer www.cobcord.com 73 Crescent Avenue New Rochelle, NY 10901 (800) 788-2668	Resoling and repair of hiking, climbing, skiing and walking footwear, authorized and recommended by many manufacturers.	Uses original materials. Rush orders possible.
Mountain Mend 2966 Valmont St. Boulder, CO 80301 (800) 621-8385 x 913	Repair service.	Fed-Ex
Ragged Mtn. Equipment www.raggedmountion.com Rt. 16 Intervale, NH (603) 356-3042	Retail store; excellent selection of outdoor fabrics and components for do-it-yourselfers or repairs	Repair service, good prices. Knowledgeable. \$45/hr, \$90/hr for rush service. Prices might have changed.
Specialty Outdoors Sewing info@specialtyoutdoors.com Spokane, WA (509) 448-0346	Modification & repair of outdoor gear & clothing. Custom sewing and outerwear alterations specialist.	Factory authorized by The North Face. Website is an excellent resource for sewing of outdoor gear.

1.2. Alternative Equipment Sources

Inexpensive sources of good clothing and other items for hiking can include:

Goodwill, Salvation Army, and other thrift stores

Army-Navy surplus stores

AMC Trader - AMC Outdoors, the monthly AMC magazine

AMC annual exchange/flea markets/yard sales

Pinkham Notch, AMC (Joy Street or Pinkham), or outdoor store bulletin boards

Want ADvertiser etc.

Waiting for sales at outdoor shops at the end of the season

Consignment areas at many outdoor shops

Borrowing or buying from other AMC members and friends

Make your own

Shopping For Accommodations in New Hampshire

NAME AND TEL.	ADDRESS	COST PER ROOM as of 1996
Alpine Tourist Home Mrs. A. Robitaille (603) 466-2787	70 Main St. Gorham, NH 03581	varies
Applebrook Sandy Conley and Martin Kelly (603) 586-7713	Rt. 115A, Box 178 Jefferson, NH 03583	Single \$40-50 (11/96) Double \$55-65 Dorm \$20/p.p. Incl. Full brkfst (Dinner \$17.50)
Beal House Inn (603) 444-2661	247 W. Main St. Littleton, NH 03561	Double \$45-75 Incl. Brkfst. Buffet
Colonial Comfort Inn & Hikers Paradise 370 Main St. Gorham, NH (603) 466-2732	Standard motel plus 2 bunkroom suites with 8-12 beds geared for hikers at intersection of 2 and 16	Bunkroom \$12/night/person for 4 or more Also serves breakfast
Hostelling International/ Conway	36 Washington Street, Conway, NH 03818 Mail Address: same Phone: (603) 447-1001 Fax: (603) 447-3346 conwayhostel@yahoo.com	\$17 to 27 p.p. (2003)
Jefferson Inn Marla (603) 586-7998	RFD #1, Box 68A Jefferson, NH 03583	Dbl., Pvt. Bath \$38-50 (11/96) Dbl., shared bath \$38-44
"Loon Reservation Service" 1-800-745-LOON 603-745-5666 99 Main St. PO Box 785 Lincoln NH 03251	8 Alpine Plaza (Rte. 3) PO Box 29 N. Woodstock, NH 03262 www.loonres.com info@loonres.com	Avail. Rented by unit, but approx. \$30/n/p if full. 2 night min.
Holiday rates about 50% more. Has full kitchen, dishes, pots, pool/sauna etc. Avoid Loon ski traffic jams by requesting a unit on the East side of 93. Non-winter (Apr. 1 to Nov. 30) rates are about 75% of ski season rates.		
Moose Mt. Lodge PO Box 272 Etna, NH 03750 (603) 643-3529	Overlooks Hanover and the Conn. River Valley. AT hiking from Lodge. Fresh food from garden.	\$90 pp/do per night. 2 night min.
Mt. Chocorua View House Rt. 16, Box 348 Chocorua, NH 03817 (603) 323-8350	A new favorite. Group kitchen available by prior arrangement.	
Nereledge Inn Dave and Betsy (603) 356-2831	River Rd. N. Conway, NH 03860 Has equipment drying/storage room	Dbl. room/nt \$64-109 (11/02) Incl. Full brkfst for 2 2 nights req. most wknds Popular with area climbers and AMC trips

Northern Zermatt Inn and Motel Joe and Sheila Terra (603) 846-5533 (800) 535-3214	Box 83, Rte. 3 Twin Mountain, NH 03595	Inn-single \$25 (11/89) Inn-double \$35-39 Motel 2 dbl. Beds \$49 Kitchenette \$54-58 Family cottage \$75
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NAME AND TEL.	ADDRESS	COST PER ROOM as of 1996
The Old Homestead Jeanne Chenesert (603) 643-3529	PO Box 698 Bethlehem, NH 03574	Min. group size 15 (11/91) 8 rms. 21 beds, 5 baths. Kitchen (no dinner served)
Pembrook Kathy Didier (603) 726-3553	Box C, Rte. 3 Woodstock, NH 03293	Pembrook \$25 for 2 people/n groups of 6 or 14 \$18.75/p.p./p.n.
Pinestead Farm Lodge Rte. 116 Franconia, NH 03580 (603) 823-8121	Separately \$45/room plus tax	Three 3 dbl. rm. suites \$135 (11/96) with kitchen (sleep up to 9) Two night min. inc. tax.
6B Motel Rte. 3 Woodstock, NH 03293 (603) 745-2437	11 units, kitchenettes.	Single and double \$30-\$34 (11/96) plus tax (cont. brkfst avail.)
Sky High Farm Tom Giraud (401) 831-4086	5 min. from Cardigan Lodge	Min. group size of 10 (11/92) Capacity 12. Kitchen.
Three Rivers House RFD #1, Box 72 Rte. 3, S. Main St. N. Woodstock, NH 03262	Brian or Diane. Some rooms with whirlpool and fireplace. (603) 745-2711	Dbl. \$55-\$125/n weekend (11/96) Dbl. \$45-85/n midweek (inc. full brkfst) Bath & TV (bleah!) in all rooms.
GATEWAY MOTEL Rt. 2 Shelburne, NH (603) 466-5069		
Johnson's Motel and Cottages Route 3, Twin Mountain, NH 603-846-5561 (888) 244-5561		starting at just \$59.00 to \$79.00/ night 5 BR house Available at just \$195/night
Town & Country Motor Inn P.O. Box 220, Rt. 2 Shelburne/Gorham, NH	Lots of rooms, great location. Weekend breakfast buffet is fast and good. Health club	(800) 325-4386 or (603) 466- 3315
Wilderness Inn Rte. 3 and Courtney Rd. N. Woodstock, NH (603) 745-3890	Some suites, ranges 50 to 100 pp/do, vegetarian.	Bed & Breakfast (11/96) Dinner available.

Note: Rates do not include 8% NH room and meal tax, except where noted. Abbreviations used include "pp" for "per person," "do" for "double occupancy," "pn" for "per night," "min" for "minimum."

NAME AND TEL.	ADDRESS	COST PER ROOM as of 1996
The Old Homestead Jeanne Chenesert (603) 643-3529	PO Box 698 Bethlehem, NH 03574	Min. group size 15 (11/91) 8 rms. 21 beds, 5 baths. Kitchen (no dinner served)
Also, see Facilities section of Inside/Outside in the AMC Outdoors for information on reserving and using self serve AMC facilities such as: Harvard Cabin, Crawford Hostel and Cardigan Lodge. Three huts are now open during winter on a self serve basis: Carter Notch, Zealand, and Lonesome Lake.		

1.3. Suggested Reading List

Although reading is no substitute for experience, these are some books and articles we consider helpful. There are many others also available.

SOURCES FOR BOOKS AND OTHER RESOURCES (videos, maps, etc.):

Chessler Books	(800) 654-8502	Good service, huge stock, deals
JP Mountain Books	(503) 227-3308	Mostly used books, Out of print
Adventurous Bookstore	Traveler (800) 282-3963	Website, too
Amazon.com Website/bookstore	All online, includes powerful search features.	Website; a vast selection includes many hard to find books. Has almost all books on this list, either new, or as links to sellers with used copies for sale.



By SR

BOOKS

Allen, Dan. Don't Die on the Mountain (2nd ed.). Diapensia Press, 1998. Compact, concise overview, written for beginning or intermediate hikers who have not yet experienced bad weather in the mountains. Reviews leadership and judgment, precautions, and appropriate actions, along with details on essential clothing and weather.

Auerback, Paul S., MD *Medicine for the Outdoors: The Essential Guide to Emergency Medical Procedures and First Aid* (updated and rev. ed.). The Lyons Press, 1999. An excellent guide to wilderness emergency medical procedures and first aid.

Barry, John. *Snow and Ice Climbing*. Cloudcap Press, Seattle, 1987. [Out of print. Limited availability.]

Bowman, W. E. *The Ascent of Rum Doodle*. Random House UK Ltd, 2001. An excruciatingly funny (but bone-dry) account of the first ascent of the world's highest mountain, the 40,000-foot Rum Doodle. No praise is too high for this book. It should be read and re-read by all hikers and climbers.

Brady, Michael. *Cross Country Ski Gear* (2nd ed.). Mountaineers Books, 1987.

Carline, Jan D., MacDonald, Steven C. (contributor), and Lentz, Martha J. (contributor). *Mountaineering First Aid: A Guide to Accident Response and First Aide Care*. (4th edition) Mountaineers Books, 1996. An excellent basic book on first aid. The book is small enough that you can easily carry it with you.

Chouinard, Yvon. *Climbing Ice*. Sierra Club Books, San Francisco, 1978. Although geared toward those interested in pursuing more technical ice climbing, it provides thoroughly detailed chapters on crampon and ice axe techniques; characteristics of snow and ice; step cutting; glaciers, crevasses, and avalanches. Fully illustrated in instructional sequence.

Dunn, John M. *Winterwise: A Backpacker's Guide*. Adirondack Mountain Club, Lake George, NY, 1997. This book was seriously considered as the text for the Boston Chapter Winter Hiking Program at one point in time. The material covered in it comes from the same tradition as the AMC. How-to book on winter backpacking, with emphasis on principles rather than brand names.

Edward R. *ABC of Avalanche Safety* (2nd ed.). Mountaineers Books, 1985. This pocket-sized book gives considerable background in the science of snow and avalanche, describes warning signs of avalanche, safety tips for traveling in avalanche country, and rescue procedures (including 10 steps to rescue, highlighted in the center of the booklet). Case histories from the Alps are included.

Fletcher, Colin and Rawlins, Chip *The Complete Walker IV*, 2002 Paperback 845 pages. This is the fourth update to the original Complete Walker, and the first update in many years. It has been called "The Hiker's Bible" and now contains up-to-date information on equipment, as well as philosophical discourse on the reasons for hiking. While not specific to winter hiking and camping, it has a large amount of useful material.

Fredston, Jill, Fesler, Doug, and Fesler, Douglas S. *Snow Sense: A Guide to Evaluating Snow-Avalanche Hazard* (5th Ed.) Alaska Mountain Safety Center, Anchorage, AK, 2001. Very good avalanche-avoidance book - the text for the NSPS/Forest Service avalanche course.

Goodman, David. *Backcountry Skiing Adventures: Classic Ski and Snowboard Tours in Maine and New Hampshire*. AMC Press, Boston, 1998. Detailed descriptions of many backcountry XC skiing trips. Many of the descriptions are useful for planning hikes as well!

Goodman, David. *Backcountry Skiing Adventures: Classic Ski and Snowboard Tours in Vermont and New York*. AMC Press, Boston, 1999. Same idea, different areas.

Gorman, Stephen. *Winter Camping* (2nd ed.). Appalachian Mountain Club Press, 1999. Despite being published by the AMC, this book does not represent the AMC Winter Hiking tradition, and is oriented more towards Maine than the White Mountains of New Hampshire.

Graydon, Don (editor). *Mountaineering: The Freedom of the Hills*. (rev. 6th edition), Mountaineers Books, 1997. A classic textbook on mountaineering covers equipment, skills, and techniques such as roped travel, crampon and glacier travel, and a wealth of useful information on all aspects of mountaineering. However, it is oriented towards the Pacific Northwest- has only 1/3 page on snowshoeing!

Hampton, Bruce, Cole, David, and Casey, Denise (illustrator). *Soft Paths: How to Enjoy the Wilderness without Harming It* (rev. ed.). Stackpole Books, 1995. Low impact hiking and camping in all environments.

Hoagland, Edward. *Walking the Dead Diamond River: Nineteen Essays*. The Lyons Press, 1993. The essay "The New England Wilderness" is only a little dated, and provides much insight into the natural and political landscape of VT-NH-ME.

Howe, Nicholas. *Not Without Peril: One Hundred and Fifty Years of Misadventure on the Presidential Range of New Hampshire* Appalachian Mountain Club Books, 2000. The subtitle describes it well. This book presents the complete stories of some of the misadventures that have occurred. A thought provoking book, and well worth reading before venturing into the Presidentials, especially in winter.

Kjellstrom, Bjorn and Heisley, Newt (illustrator). *Be Expert With Map & Compass* (rev. ed.). Hungry Minds, Inc., 1994. The classic book on the subject. Carrying a map and compass makes a lot more sense if you know how to use them.

Lansing, Alfred. *Endurance: Shackleton's Incredible Voyage* (2nd ed.). McGraw-Hill, 1999. The true story of the Imperial Trans-Antarctic Expedition, which was cut short when their ship was crushed in the pack ice of the Antarctic. For two years, 1914 - 1916, the 27 expedition members traveled and sailed, under the leadership of Ernest Shackleton, to find their way home.

London, Jack. "To Build a Fire" and other Stories. Bantam Classic and Loveswept, 1990. Includes a short story about an overnight hike in the Yukon by a newcomer to the Arctic with a native Husky dog. London's description is vivid enough to be the next best thing to hiking there!

McHugh, Gretchen. *The Hungry Hikers' Book of Good Cooking*, Random House, 1982. Some good recipes complement excellent section on meal planning and pre-trip food preparation.

Meyer, Kathleen. *How to Shit in the Woods: An Environmentally Sound Approach to a Lost Art* (2nd ed.). Ten Speed Press, 1994.

Miller, Dorcas S. *Backcountry Cooking: From Pack to Plate in 10 Minutes*. Mountaineers Books, 1998.

Miller, Dorcas S. *Good Food for Camp and Trail: All-Natural Recipes for Delicious Meals Outdoors*. Pruett publishing Co., 1993.

Osgood, William and Hurley, Leslie. *The Snowshoe Book* (3rd ed.). Stephen Greene Press, Brattleboro, VT, 1983. [Out of print. Limited availability.]

Prater, Gene and Felkley, Dave. *Snowshoeing* (4th ed.). Mountaineers Books, 1997. Excellent reference text that covers the design of snowshoes, as well as techniques, conditioning, etc.

Prater, Yvonne, Mendenhall, Ruth D., and Martin, Dale (illustrator). *Gorp, Glop and Glue Stew*. Mountaineers Books, 1982. Excellent recipes and a very amusing book!

Randall, Glenn. *Cold Comfort*. Lyons & Burford, NY, 1987. A guide to staying warm in cold weather by a pro. Good book. [Out of print. Limited availability.]

Reifsnyder, William E. *Weathering the Wilderness*. Sierra Club Books, San Francisco, 1980. Excellent guide to practical meteorology for hikers and mountaineers, with sections on the weather of major mountain regions of the U.S. [Out of print. Limited availability.]

Rowell, Galen. *In the Throne Room of the Mountain Gods*. Sierra Club Books, San Francisco, 1986. This book has it all - a well-written story, lots of mountaineering history, and Rowell's excellent photos. A 'must read' for anyone interested in mountaineering!

Sayre, Woodrow Wilson. *Four Against Everest*. Tower Publications, NY 1964. A completely amazing but true story about Boston-area climbers on Mt. Everest. Find it in a library or used-book store. A classic!

Simer, Peter and Sullivan, John J. *The National Outdoor Leadership School's Wilderness Guide*. Fireside Books/Simon and Schuster, 1985. A complete guide for people who are planning, organizing, and leading wilderness trips, including. Includes sections and appendices on clothing, equipment, nutrition, first aid, and weather.

Stokes, Donald W. *Stoke's Guide to Nature in winter*. Little, Brown, 1979. Excellent field guide to tracks, plants, trees, and other interesting phenomena seen in New England in the winter.

Washburn, Bradford. *Frostbite*. Museum of Science, Boston, 1978. Basic handbook which deals with: various types of cold contact which lead to frostbite; description of injuries; treatment in the field (and overview of medical care afterwards); and preventive measures. May be hard to find, but worth looking.

Waterman, Laura and Waterman, Guy. *Forest and Crag (A History of Hiking, Trail Blazing, and Adventure in the Northeast Mountains)*. Appalachian Mountain Club Books, 1989. A fascinating tale of people confronting an environment at once friendly and unforgiving, daunting and exhilarating, terrible and sublime. The first book to cover the history of all Northeast mountains, it draws together widely scattered sources in the White and Green Mountains, Maine's Katahdin, the Adirondacks, and the Catskills. Ten years in the making, this history of the Northeast's early trail blazers reads almost like a novel!

Waterman, Laura, Waterman, Guy, and Nash, Roderick (spec. ed., rev.). *Backwoods Ethics: Environmental Issues for Hikers and Campers*, 2nd Revised Edition. The Countryman Press, 2002 (paperback). Examines the very nature of hikers, campers, and climbers, discussing ways to preserve the backwoods environment. An excellent primer on the delicate balance between use and preservation; ideal for people new to hiking and backpacking. The Watermans combine positive and up-beat messages with a healthy dose of neighborly wisdom and practical recommendations for simultaneously enjoying and preserving the outdoors. A description of a discussion sponsored by the H/B committee in Boston is included.

Waterman, Laura and Waterman, Guy. Wilderness Ethics- Preserves the Spirit of Wildness. The Countryman Press, 1993. A companion piece to Backwoods Ethics, this examines how the wilderness experience is being challenged by the growing number of people that enjoy it. Inappropriate types of management can destroy the spirit of "wildness," which we attempt to define.

Wilkerson, James A., M.D (ed.). Medicine: For Mountaineering and Other Wilderness Activities. Mountaineers Books, 2001. , The book on wilderness first aid and medicine.

Wilkerson, James A., M.D., ed., Bangs, Cameron C. (ed.), and Hayward, John S. (photographer). Hypothermia, Frostbite and Other Cold Injuries: Prevention, Recognition and Pre-Hospital Treatment. Mountaineers Books, 1986. . An excellent, concise primer on the prevention, recognition, and pre-hospital treatment of cold injuries. While geared primarily toward the cold weather hiker, even three-season hikers would be well advised to be conversant in recognizing and treating such ailments, particularly hypothermia.

Backcountry Skiing books:

Paul Parker. Free-Heel Skiing: Telemark and Parallel Techniques for All Conditions

Allen O'Bannon. Allen & Mike's Really Cool Backcountry Ski Book

Allen O'Bannon. Allen & Mike's Really Cool Telemark Tips

Articles

Keeping an up to date listing of magazine articles is not easy, because getting anything but the current issue can be difficult.

Here are some magazines that hikers will find helpful:

AMC Outdoors: sent to all AMC members 10x each year

Appalachia Journal: sent to AMC members who opt for it at \$10 more per year, 2x per year, reading the Accidents section is better than appearing in it

Backpacker: Many useful articles on gear, techniques and places to go in (mostly) North America

Outside: gear, adventure articles, places to go worldwide

Climbing: reviews of ice climbing gear and boots

Also, March is Backpacker's Annual Gear/Buyers Guide Issue. No ratings, but presents the stats on everything. Other issues have different equipment field tests, with realistic and fair testing. Outside, Climbing, Rock & Ice, and others have gear guides as well.

Instruction

If you want to learn more about outdoor activities, you may be interested in the following courses, guide services, and workshops:

Volunteer

AMC Boston Chapter H/B Committee. Offers Spring Hiking Program, Winter Hiking Program, Map & Compass Weekend in September, and sponsors 2 SOLO Wilderness First Aid Workshops each year.

AMC-ADK Winter School. Sections focusing on day hiking, backpacking, and winter mountaineering. Backpacking Program between Christmas and New Years in the Adirondacks. Dayhiking programs in the Whites and the Adirondacks in February. See AMC Outdoors for more information.

AMC Boston Chapter Mountaineering Committee. Two instructional programs per year. Rock Climbing in April (Organizational meeting in Mar.), Snow and Ice Climbing in December and January. See AMC Outdoors for more information.

AMC Boston Chapter Ski Committee. Ski Workshops. (See AMC Outdoors for more information.)

AMC Boston Chapter: Offers 2 Leadership training workshops each year, April and September, for those who wish to become leaders for various Chapter Committees.

Commercial

AMC Pinkham Notch Workshops. Various educational programs in outdoor activities and skills, both at beginner and advanced levels. (See AMC Outdoors for more information.)

AO Mountain Guides, RFD 1, Box 367, Jackson Pond Road, Ashland, NH. 03217. (603) 968-9374. Rock, snow, and ice climbing by appointment.

(Adirondack) Alpine Adventures, Route 73, P.O. Box 179, Keene, NY 12942. (518) 576-9881. Skiing and rock, snow, and ice climbing, scheduled courses and by appointment.

Adirondack Rock & River Guide Service, P.O. Box 219, Keene, NY 12942. (518) 576-2041. Rock, snow, and ice climbing, scheduled courses and by appointment.

Chauvin Guides International, P.O. Box 2151 North Conway, NH 03860. (603) 356-8919. www.chauvinguides.com Rock, ice climbing, ski mountaineering, self rescue, avalanche. Custom courses available. AMGA certified.

EMS Climbing School, Main Street, North Conway, NH 03860. (603) 356-5433. Rock, snow and ice climbing instruction by appointment.

International Mountain Climbing School, P.O. Box 1666, North Conway, NH 03860. (603) 356-6316. Rock, snow, and ice climbing, scheduled courses and by appointment.

Mahoosic Mountain Adventures, Bear River Road, Newry, ME 04261. (207) 8242073. Rock, snow, and ice climbing, skiing, and dog sledding, scheduled courses and by appointment.

Mountain Guides Alliance, Box 266 North Conway, NH 03860 (603) 356-5310. Rock, snow, and ice climbing by appointment.

North American Telemark Organization, Box 44, Waitsfield, VT 05673. (802) 4964387. Backcountry skiing, scheduled courses.

SOLO, P.O. Box 3150, Conway, NH 03818, 603-447-6711, www.soloschools.com. Wilderness first aid at all levels, Wilderness Medicine, Outdoor Leadership and Rescue.

WMA (Wilderness Medical Associates): 189 Dudley Road, Bryant Pond, ME 04219, (888) 945-3633 or (207) 665-2707 www.wildmed.com. Wilderness first aid at all levels, Wilderness Medicine.

Conservation Organizations

In addition to the AMC, the following national and regional organizations are involved in both political and grassroots efforts to help preserve environmental areas of interest to hikers, and promote good environmental practices:

Adirondack Mountain Club RR3, Box NY Lake George, NY (202) 385-3252	(ADK) 3055 12845	American Youth Hostels/Hosteling International P.O. Box 37613 Washington, D.C. 20013-7613 (202) 783-6161
Leave No Trace Center for Outdoor Ethics P.O. Box 997 Boulder, CO (303) 442-8222 Toll Free: (800) 332-4100	80306	National Outdoor Leadership School 284 Lincoln Street Lander, WY 82520 (800) 710-NOLS
Green Mountain Club P.O. Box 889 Montpelier, VT 05602	889	National Parks & Conservation Assoc. 1015 31st Street, NW Washington, D.C. 20007 (202) 944-8530
Sierra Club 730 Polk Street San Francisco, CA (415) 776-2211	94109	Society for the Protection of New Hampshire's Forests 54 Portsmouth Street Concord, NH 03301-5486 (603) 224-9945
Black Bear Conservation Foundation PO Box 314 Center Conway, NH (603) 447-8923	03813 447-8923	The American Hiking Society 1015 31st Street, NW Washington, D.C. 20007 Appalachian Trail Conference P.O. Box 236 Harpers Ferry, WV 25425

Maine Box Augusta,	Appalachian ME	Trail	Club 283 04330	The 1815 Arlington, (703) 841-5300	Nature North VA	Lynn Street	Conservancy 22209
RESTORE: PO Concord, (978) 287-0320	The Box MA	North	Woods 440 01742	The 1400 Washington, (202) 842-3400	Wilderness Eye D.C.	Street, NW	Society 20005

Hiking on the Internet

Although “surfing the net” can be fun, it does not count as an outdoor activity. After finding the information you need, shut off the machine and get out on the trail! Here are few sites and resources to get you started.

World Wide Web

The Web is changing so quickly that a listing like this is soon out of date. Use a search engine like Altavista or Yahoo on hiking related keywords to find new sites. Once you find a good site, check any links it may have to other sites your search did not find. More and more equipment manufacturers, retailers, organizations, and facilities are creating sites every day.

Visit the Hiking and Backpacking Committee home page, see the list of links to outdoor and hiking related sites, and get current information on our workshops, programs and more.

<http://www.world.std.com/~bostonhb> OR <http://www.amcboston.org/hb>

The online version of this Chapter on resources is there, and will be updated from time to time:

<http://world.std.com/~bostonhb/resources.html>

The HB Committee now has a “opt-in” email announcements list for hiking participants called HBAnnounce. This will have updated information about the Winter Program, its trips, and other activities of the HB Committee. See page A-1 for details.

Here are a few hiking and backpacking resources you can try:

<http://www.newquest.com/town/park.htm> Info on National Parks, many hiking trails, including the Appalachian Trail

<http://www.outdoors.org> AMC home page, general info, huts, chapters, weather

<http://www.mountwashington.org/> Mount Washington Observatory website, with daily weather forecast, current conditions, and lots more weather and climate information, along with a live picture from the summit.

<http://www.mountwashington.org/avalanche/index.html> The current WMNF Snow Rangers report for Huntington and Tuckerman Ravines. Updated 2-3 times a week when there is snow on the ground.

Most manufacturers and retailers have websites, the best way to get detailed product info.

Backpacker magazine’s www.gearfinder.com has comparison data on most hiking and backpacking products sold in the US.

Usenet Newsgroups

These text-based forums are available to many people, even if they do not have World Wide Web access. Check with your service provider on how to access Usenet. You can use Outlook Express, or one of the many specialized news-reading software choices. Subscribe to groups and read them for a while before posting. Obtain a copy of the FAQ (frequently asked questions) list, because your question may have been asked before. Some people in newsgroups get upset if redundant or inappropriate postings are made. Learn “netiquette” before posting or responding. Also, remember to verify information from the Web. Some people will try to be helpful, without having accurate information.

The best ones for hiking are:

rec.backcountry: general outdoor and hiking; posts include a “Distilled Wisdom” file in 28 parts, one posted on each of the first 28 days of the month

rec.climbing: mostly climbing, some mountaineering info for winter hikers

rec.skiing.backcountry: for those who enjoy skiing without groomed ski areas

rec.food.preserving: good info relevant to those making backpacking food

Archives for all newsgroups are available through groups.google.com.