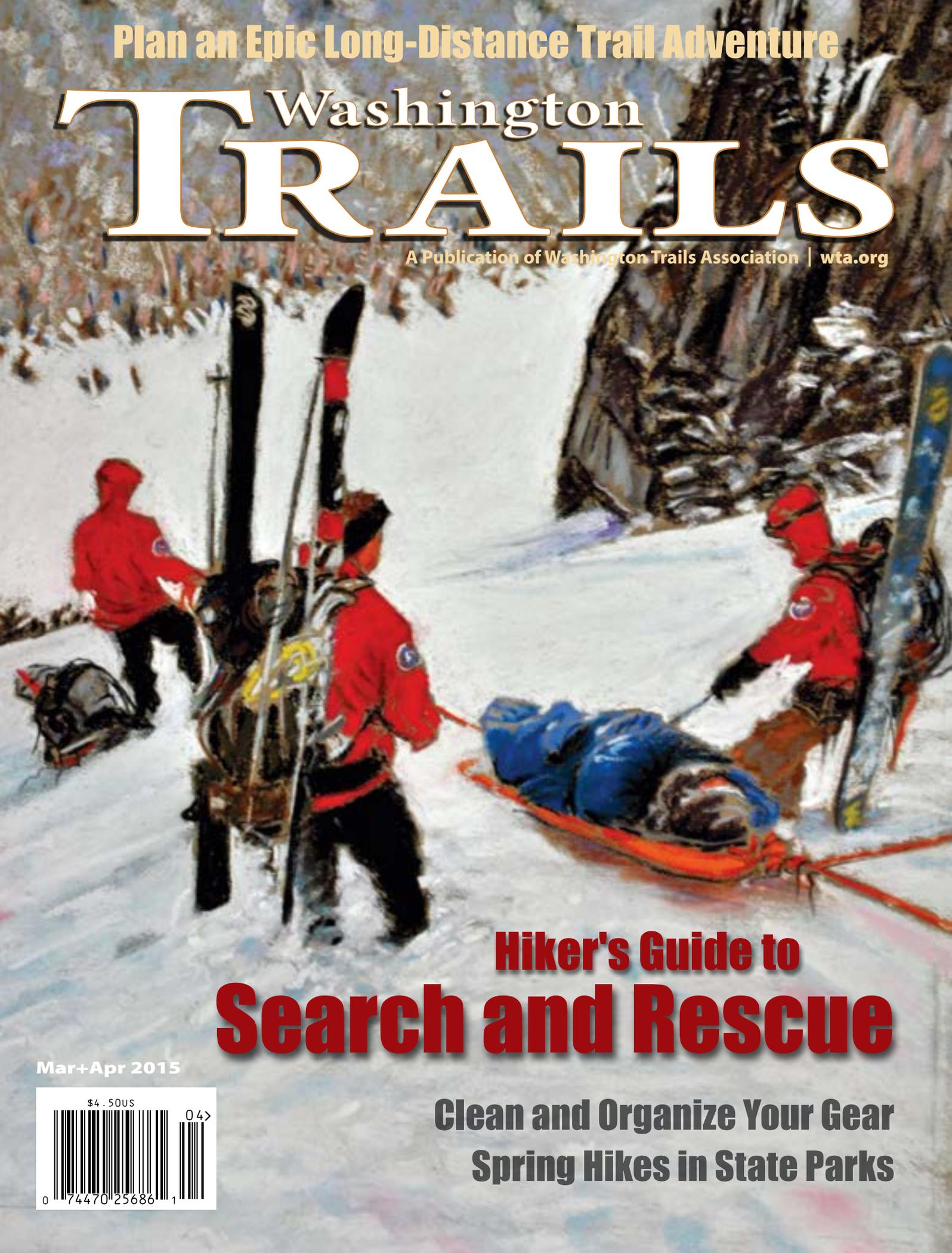


Plan an Epic Long-Distance Trail Adventure

Washington TRAILS

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Hiker's Guide to Search and Rescue

Mar+Apr 2015

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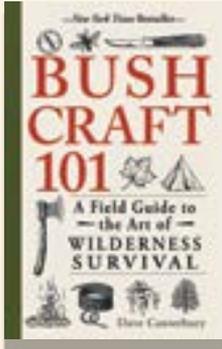
Clean and Organize Your Gear
Spring Hikes in State Parks

TRAIL MIX

Bookshelf

By Cassandra Overby

When it comes to resourcefulness in the outdoors, you don't need to learn everything by trial and error. There are plenty of great books that can help you sharpen your skills and become a more prepared hiker. Here are some we recommend—and our favorite tips to get you started.



Bushcraft 101

By Dave Canterbury

Get ready for whatever nature could throw your way with this guide on bushcraft, the art of surviving in the woods with as little modern gear as possible. Detailed lessons include firemaking, manufacturing your own tools and gear, foraging, and trapping and processing game.

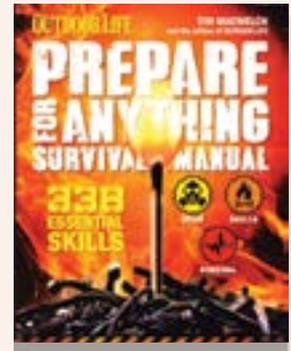
TOP TIP: *Stones used for cooking or placed directly in a fire should never come from a creekbed or river. Even if they appear dry, they may still hold moisture that could fracture the stone when heated—and cause it to explode.*

Prepare for Anything Survival Manual

By Tim MacWelch

Move over, boring skill books. Here is a guide that's loaded with colorful and helpful graphics, from checklists to step-by-step illustrations to comics that make learning how to survive anything—from getting stuck on your way to the trailhead to the zombie apocalypse—a breeze.

TOP TIP: *Vodka can be your best friend on trail—and not for its obvious use. It also works well when applied to the skin to soothe discomfort from poison ivy and help blisters heal, and it can be spritzed on for a natural mosquito repellent.*



The Psychology of Search and Rescue

By Ronald Glaus

Want to get brainy about the psychology of search and rescue? This book will teach you all sorts of fascinating stuff about the behaviors of lost and missing people—and the rescuers who help them.

TOP TIP: *People who have put themselves in dangerous situations knowingly (by bypassing caution signs, etc.) and then need to be rescued tend to feel guiltier than those whose rescue is the effect of purely external circumstances. Because of that guilt, they are less likely to call for help. (But trust us—it's worth any potential embarrassment. Make the call.)*

A Test of Will

By Warren Macdonald

If you're looking for an inspiring tale for the offseason, look no further than this true story of an experienced mountaineer who was trapped under a giant rock for two days and two nights while his buddy went for help. Just don't count on this read to be a downer—you'll love its uplifting message.

TOP TIP: *One of the best skills you can perfect is the ability to keep yourself together, to not panic when things go wrong on trail (or in life). You're stronger and more capable of surviving than you think.*

