



**PLANNING
AND
PREPARATION
FOR YOUR
HIGH SIERRA TREK**



CONSERVATION



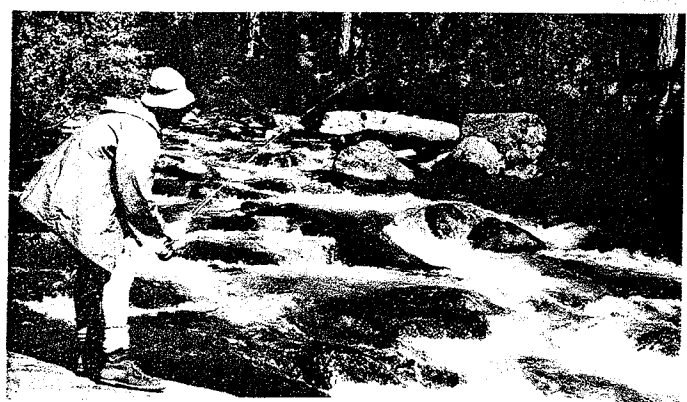
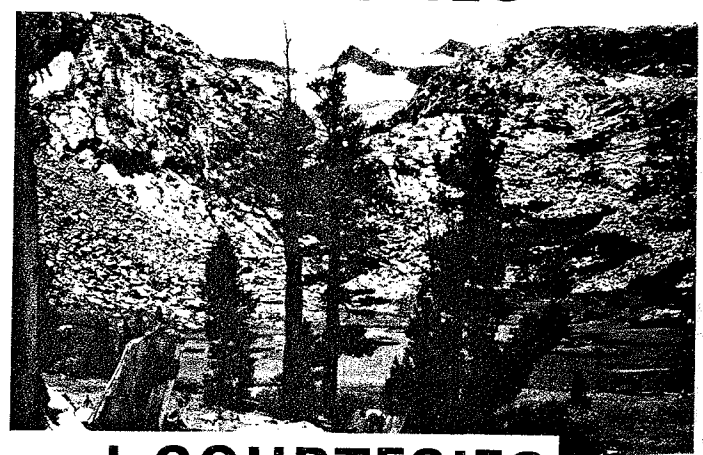
PLANNING



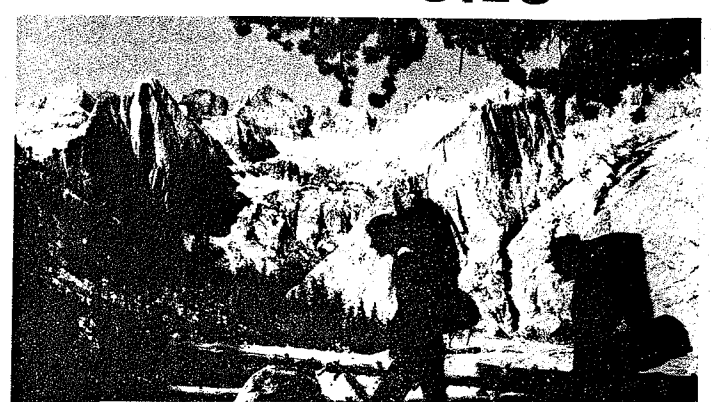
ACTIVITIES



TRAIL CUSTOMS and COURTESIES



EMERGENCIES



BIBLIOGRAPHY

Into The Wilderness

People enter the wilderness for different reasons. Some to fish, some to climb mountains, others to enjoy the beautiful scenery. Perhaps the most rewarding reason for wilderness travel is the satisfying experience of traversing complex terrain with a minimum of difficulty and a maximum of safety and competence. A wilderness trip not only satisfies one's ego; but at the same time it is possible to practice the Golden Rule more thoroughly than at home. While one can find great personal adventure in the mountains, it is, in the last analysis, the objectives of the party that are important. The following thoughts and suggestions are presented in the hope that your Trek, as individuals and collectively, will experience the fullest enjoyment of your adventure along the John Muir Trail and elsewhere.

Organizing A Trek

What is your schedule? Who leads? Permits, contacts, etc.?? The John Muir Trek Committee has done most of this for you for the John Muir Trail High Sierra Treks. These Trek Aids outline equipment, food, general preparation, health and safety and leadership good for any high adventure back pack.

START ORGANIZING your Post with a Parents' Meeting and with Crew Leaders organizing their Crews. The Trek Leader holds an **ORGANIZATIONAL MEETING** about a month before the Shakedown Hike to organize the trek, help Crew Leaders and to discuss the Trek with the parents. It is a most important meeting as the trek tone can be set here where the parents and Advisors "get the word". The Trek Leader explains policies, the reasons thereof and sets the general guidelines. Special activities are discussed. Individual experience and qualifications are noted. It is important that parents attend the Organizational Meeting so that they may understand the complexity and possible dangers as well as the advantages. A suggested agenda for the Organizational Meeting is in Trek Aid 6.

LEADERSHIP -- Authority and leadership for the conduct of the Trek must be vested in a leader. He usually aids and abets the wishes of the majority. See Trek Aid 6 for detailed recommendations.

GROUP ORGANIZATION -- The success and good humor of a Trek depends a great deal on efficient group organization. Explorers and Senior Scouts are organized into crews of 6 to 8 with a Crew Leader and an Assistant Crew Leader. Larger groups make cooking difficult; smaller groups are inefficient and costly. See Trek Aid 6 for Crew Organization, Crew Leadership and the Advisor's responsibilities.

ADULT CREW -- Recommend that all adults be formed into "adult crews", leaving the Senior Scouts and Explorers to direct their own affairs as much as is practical.

Physical Preparation

Most of the adults and many of the Explorers spend much of their time behind a desk and take a car for any trip over half a block. Even the "easiest" of the John Muir Trail High Sierra Treks requires considerable effort; carrying a 35 pound pack up a 600 foot per mile grade above 10,000 feet is tough. Start physical conditioning preparations in earnest no later than May. Set up a regular schedule that includes hiking and back-packing as well as general condition exercises suitable for your age group (such as the RCAF 5BX). Heart and leg muscles must be in excellent condition. Strongly recommend work up to jogging a mile in hiking boots and continue a month before the Trek. Take additional climbs of San Gorgonio and San Jacinto as pre-shakedown hikes. See Trek Aid 5 and Adventure Aid 4.



Training

The enjoyment of a Trek cannot be fully realized unless each member is in good physical condition and is trained in mountaineering. Training comes principally through actual experience on training and pre-trek back packs. All units have "tenderfoots", who, unless helped, will delay the Trek. They are eager to learn and to become "one of the gang". In a strong Post the experienced help to instruct the inexperienced; "training" them to become full-fledged trail-wise members. Excellent training is available at the Council Expedition Training Course put on by the John Muir Trek Committee in May or June.

Posts on their first John Muir Trail High Sierra Trek have had outstanding experiences after thorough pre-expedition preparation. Past experience has shown carelessness and ignorance in the following six areas to be the source of most difficulties.

1. FOOT CARE
 - (a) Proper hiking shoes - leather with heavy soles, good fit and good condition.
 - (b) Socks - correct type and number, must fit.
 - (c) Prevention and care of blisters.
 - (d) Prevention of cuts and other foot injuries.
 - (e) How to save on cost.
2. SLEEPING BAG
 - (a) Temperature range to expect - freezing at night (down to 21° experienced).
 - (b) Principles of keeping warm.
 - (c) Keeping dry and airing bedding.
 - (d) Suitability of various types of bags and fillers (mummy ONLY adequate type).
3. CLOTHING
 - (a) Principles of keeping comfortable - the "layer" theory.
 - (b) Keeping dry.
 - (c) Wind Protection - wind chill.
 - (d) Value of wool.
 - (e) How to improvise - save on cost.
4. PACKRACK PRINCIPLES
 - (a) Load high, close to back.
 - (b) Principles of shifting load to hips - used by all experienced backpackers.
 - (c) How to save on cost. See Trek Aid 2.
5. EFFECTS OF THE SUN
 - (a) Sunburn.
 - (b) Hats.
 - (c) Sunglasses.
 - (d) Chapped lips and shin.
6. STAYING ON THE TRAIL
 - (a) Know where you are going - each day's trail and destination.
 - (b) Stay on the trail - no "shortcuts".
 - (c) Check back trail - so you can find your way back to camp.
 - (d) If you get off the trail or become separated: STAY PUT!
 - (e) ALWAYS HIKE IN GROUPS OF THREE OR MORE IN CLOSE CONTACT.

Shakedown Hike

The "Shakedown Hike" means exactly what the term implies. Its purpose is to "shake down" individuals into a cohesive Trek Group. It is the last chance to test equipment (suitable and in good condition) and to test the crew organization. It is the only pre-trek opportunity for Crews to work together with other Crews and with the Trek Leader. It gives everyone a chance to become partially acclimated to high altitude by spending a night at about 10,000 feet. A Shakedown is required before the John Muir Trail High Sierra Treks regardless of previous experiences. It is scheduled two weeks before the departure of the Trek; both to give enough time to correct faulty equipment and to retain the start of altitude acclimation. The Shakedown climbs San Geronio or San Jacinto. See Adventure Aid #4 for highway directions, profiles, distances, approximate hiking times, etc.



Planning

AN EARLY PLANNING SESSION should be held by each Post to set up a schedule similar to the one below. This will ensure the establishment of planning and organizational dates necessary to accomplish very important preparations. The schedule made up at the planning session should be reproduced and distributed to all concerned.

Recommended Month:	Our Planned Dates:	Item:
January		Start building and assembling equipment, raising money, planning practice hikes and back packs. Look into Sierra Club BASIC MOUNTAINEERING Course (usually starts mid-January; call SIERRA CLUB for information). Make reservation at the Scout Service Center.
February March		Complete BASIC MOUNTAINEERING. Back packs in the desert.
April May		Start tetanus shots (available at Public Health Center). Typhoid shots also recommended.
May		Parents' Meeting -- give them the full story (call on member of Trek Committee for Trek Presentation).
May		Start practice back packs in earnest. Get in condition.
May June		Attend Council EXPEDITION TRAINING Course - All members. Date announced in "Beaver Log" and by mail-outs.
June		TREK ORGANIZATIONAL MEETING of all Explorers, Senior Scouts, parents (important), Advisors and Associates with the Trek Leader (See Trek Aid 6 for agenda).
June July		Money due. Complete reservation fees at Scout Service Center. Order dehydrated and special foods <u>4 weeks</u> before Trek leaves. See Trek Aid 3.
July August		SHAKEDOWN HIKE two weeks before Trek leaves. Coordinated by Trek Leader.
July August		Buy remaining food. Hold special Post meeting to package food and for Crew Leaders final check of equipment. (Saturday between Shakedown and Trek is good date).
August		Our John Muir Trail High Sierra Trek leaves!

Activities

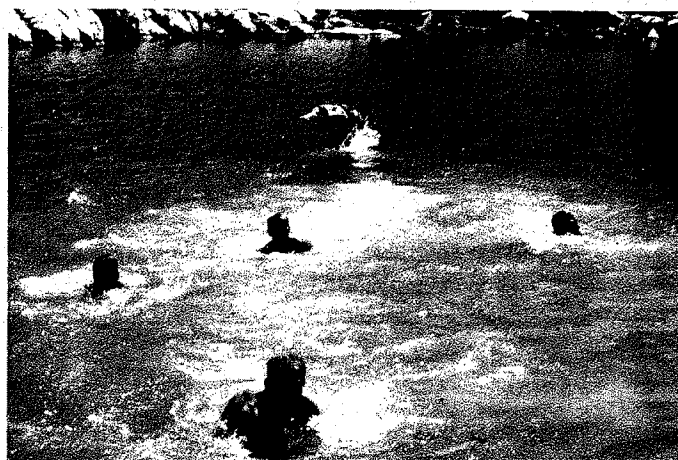
There are many opportunities on the Trek for a variety of fun and hobby programs. It is important to encourage all trekkers to plan these ahead, gathering information and material before the Trek. Trek Leaders and Advisors can assist trekkers and can coordinate cooperative efforts. The following sections give a few ideas and sources of information.

GEOLOGY AND NATURE - There are outstanding examples of the alpine nature and the magnificent geology of the High Sierra on the Trek. Obtain and carry a good guide book in pamphlet form for ready reference. There are many excellent ones available. See the bibliography at the end of this Trek Aid.

HOBBIES AND MERIT BADGES - Many hobbies and Merit Badges can be followed on the Trek. Particularly Merit Badges from the following groups: Arts, Campcraft, Conservation, Nature and Outdoor Sports. They can be started or completed by:

1. Select one or two to work on.
2. Plan program needs and make preliminary study with District Merit Badge Counselor.
3. Do necessary advance work before the Trek.
4. Complete as much as possible on the Trek and obtain record of completion from Trek Leader.
5. Review work with Counselor soon after Trek and complete as necessary.

SWIMMING is normally permitted between sunrise and sunset; giving plenty of frigid opportunity. Use extra precautions as water is very cold - beware of cramps. Check for underwater obstructions before diving in - sharp granite and broken timber can make nasty jagged cuts. Most lakes have sharp drop-offs into deep water; streams have strong, swift currents. Unfortunately, in addition to sharp rock splinters and splintered logs, litterbugs have left broken glass and jagged tin on shore and in the water. Protect your feet - you must hike out on them! Women hike and ride the trails so take swimming trunks or wear underpants. The "8-Defense" system MUST be used; NO EXCEPTIONS!



FISHING - Plenty of fish await the fisherman. Take extra flies, lures, etc. as many will be lost in streams, lakes and trees. Use lightweight gear; take light reel and sectional rod with sections that can be carried in lightweight tube secured to side of packrack. Keep gear in plastic or aluminum box. GO LIGHT! Catch only as many as you need or can consume.

MOUNTAIN CLIMBING - Many mountains along the way can be climbed - see Trek Aid 6.

CAMPFIRES - Trekkers should be encouraged to bring musical instruments and to participate in signing around a campfire. The pre-planned campfire, unless exceedingly well run, often appears artificial and flat - particularly on a cold night after a long day's hike. Spontaneity to successful Trek campfires.

Trail Conservation

Practical conservation, careful personal habits along the trail and fire safety are important parts of wilderness travel. Protect all living things, live trees, branches, flowers, etc. The natural scenery is there for all - leave it that way. Names and initials go in books.

USE ESTABLISHED FACILITIES whenever possible, particularly fireplaces, so as not to deface the countryside with additional cleared areas, smoked rocks and ashes.

CALLS OF NATURE off the trail (women hike too) and away from camp. Leave your pack near the trail. Emulate the cat - dig a hole and bury with soil.

STAY ON THE TRAIL - it's easier hiking. Cutting trail and switchbacks cause erosion and destruction of the trail.



WOOD IS SCARCE and becoming scarcer. Take only downed and "squaw" wood (where permitted). Use only what you really need. Small fires for consideration and safety.

CARRY LITTER, wrappings, cigarette butts, matches, etc. to camp and burn in campfire.

IF YOU CARRIED IT IN YOU CAN CARRY IT OUT! Tin, glass, plastic and foil do not rust away. If it won't burn completely - carry it out! Burn and flatten tins and carry out with other trash in plastic bag (to keep pack clean).

BURN ALL GARBAGE - it is food for undesirable rodents. Buried garbage is dug up and scattered, fouling the area; burn completely. Cook only what you need - then your garbage problem is small.

CLEAN UP YOUR CAMP - leave it better than you found it! Erase evidence of use.

Trail Manners & Practices

Most wilderness travel takes place in National and State Parks, National Forests and Wilderness Areas. It is essential that Trek Leaders obtain the latest information on the specific rules and regulations applying to the lands along the route. This information can be obtained from the National Park Service, The U. S. Forest Service and the California Division of Beaches and Parks, or directly from the Ranger in charge of a specific area, during the planning stage. The Trek Leader (Trail Guide) will have this information for the John Muir Trail High Sierra Trek, the Shakedown Hike and other Council-sponsored treks.

RANGERS protect an area, enforce laws and help the public. They are experienced and are familiar with their area; follow their advice. It is always advisable to keep cognizant Rangers advised of your schedule and plans. Trail Leaders exchange information with Rangers on the trail. Trek Leaders always check in with Rangers. In an emergency the Ranger is your best, and sometimes only, friend.

CAMPFIRE PERMITS - Fire permits are required in most National and State Parks, Wilderness Areas and in many National Forests. They are free and can be obtained at Ranger Stations. Special limited time, specific campsite, campfire permits must be obtained for National Parks, Wildlife and Primitive Areas. Fire Permits list the applicable fire safety rules and area regulations. Due to the very high fire danger in California there are heavy penalties (many criminal, rather than civil) for violation of fire regulations or fire safety.

FIRE IS A SERIOUS HAZARD AND AN EVER-PRESENT DANGER! We must use utmost care to keep our campfires contained:

1. Get a Campfire Permit for the area and follow the regulations.
2. Preferably use established fireplaces, otherwise, use natural clearing or clear area completely.
3. Fire CAN travel underground through roots and "duff".
4. Beware of windblown sparks; build your fire behind a windbreak and keep it small.
5. Conserve wood - it is scarce.
6. Buried or partially soaked coals with a single live spark can smoulder for days, dry out the surrounding charcoal and finally break out into a bad fire.
7. Fires must be completely out; thoroughly soaked and stirred and then must be hand tested.

TRAIL COURTESIES AND CUSTOMS - Be friendly to all you meet; remember the Golden Rule. When meeting others on the trail, give trail early, a friendly greeting and stop and exchange information. A friendly "Hello" makes everyone feel better and contributes to the enjoyment of the trek. When you stop on the trail, keep yourself and your pack clear so others can pass. In and near camps use consideration and courtesy to others - keep the noise level down, many of us enjoy the mountain solitude. Visiting on the trail and in camp gives excellent opportunities to exchange ideas on equipment, food, campsites, the trail, good fishing spots and experiences. A cup of hot cocoa or soup shared with a visit is true mountain spirit.

STOCK HAVE THE RIGHT OF WAY so clear the trail early - six to ten feet on the uphill side - when meeting or being overtaken by stock. Keep quiet - stock spook easily.

CLOSE ALL GATES YOU OPEN as they prevent loose stock from straying. Packers have used their right of citizen's arrest to apprehend persons who have left gates open.

TRAILWISE PRACTICES - In addition to the definite rules and regulations there are other trailwise practices that can make your Trek more enjoyable!

KNOW WHERE YOU ARE GOING - Study the "guides" (Example: Trek Aid 1, "Starr's Guide to the John Muir Trail") and the topo maps for detailed information. Ask those who have been there.

KEEP YOURSELF AND YOUR CLOTHES CLEAN and brush your teeth - your best friend will tell you - loud and clear! Prevent pollution by keeping soap or detergent out of lakes and streams.

CAMP AWAY FROM MEADOWS they are frequented by stock and inhabited by swarms of voracious mosquitoes.

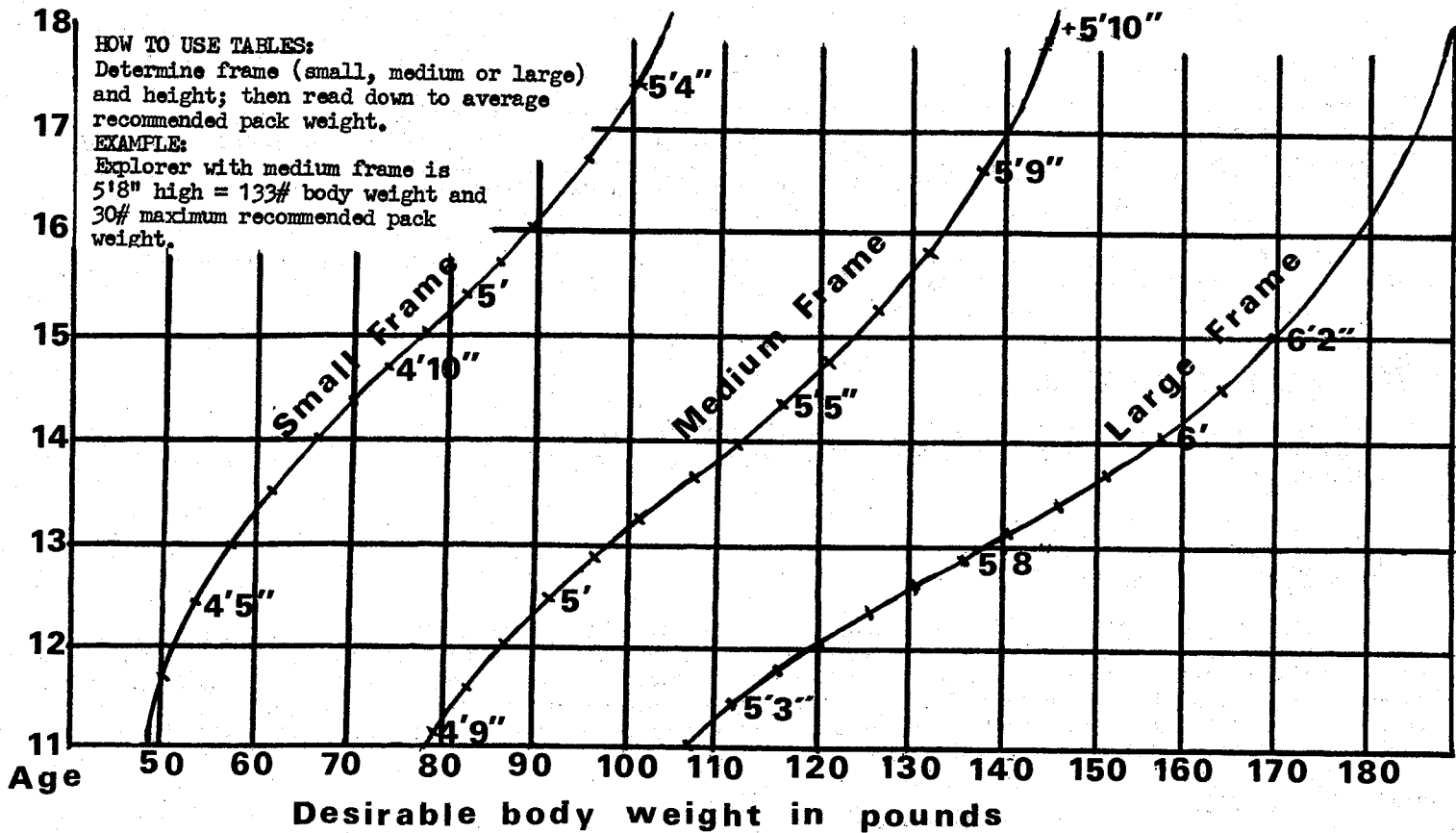
Hiking Speed

The schedule of a hiking group must be based on the hiking speed of the slowest member. Hiking speeds vary widely between the expert "Speed Demons" and the foot dragging "Rock Sitters"; but a good rule of thumb for hiking with a pack is two miles per hour plus one hour for every 1,000 foot gain in elevation.

Pack Weight

Overloaded packs will slow a Trek and may cause considerable difficulty on even moderate climbs. The total pack weight should not exceed 1/5 of the hiker's desirable body weight. Tables of desirable body weight from recognized authorities with maximum recommended pack weight follows:

PACK WEIGHTS FOR BOYS



(IF OVERWEIGHT: SUBTRACT AMOUNT OVERWEIGHT FROM MAXIMUM RECOMMENDED PACK WEIGHT)

Pack weight of less than 18# impractical.	18	20	22½	24½	27	29	31½	33½	36	38	40½
	Pack weight in pounds										
STRONGLY RECOMMEND THAT THESE WEIGHTS BE CONSIDERED ABSOLUTE MAXIMUM FOR BACKPACKING											

Table based on Los Angeles Area Council Hike Aid 4

Weather

Weather in the High Country is an unpredictable hazard. That small handkerchief-sized cloud in the far distance may bring a violent thunderstorm, heavy rain, hail or snow. "Usual" signs of bad weather: clouds moving from southerly quadrants, haze in the canyons, local thunderheads building up, cloud levels dropping. Reddish sunsets and sunrises indicate moisture; yellow indicates dryness.

Common sense is the only guide in foul weather. Treks have been caught above 10,000 feet in an all-night snowstorm, have crossed high passes in rain, hail and fog (clouds). Some treks have had rain for three or four days, taking it in their stride and enjoying real adventure.

The key is KEEP DRY! Equipment MUST include good rain gear (poncho preferably), waterproof tentage and warm clothing.



KEEP DRY!!!

Plan a "way out" to lower altitude in case of heavy snow. During heavy, or extended, rains, trail becomes streams and streams become torrents. Before crossing a swollen stream strip down to minimum clothing and rope up for safety; the force of swift water is almost unbelievable! Stay away from "lightening attractions"; lone trees, ridges above timberline, high points, directly under high cliffs, etc. Watch for loose rock and landslides in wet weather. If you must hike during low visibility, slow down and keep closed up.

Remember that a climb above timberline can be like a trip to the arctic. It may be warm; but it can rapidly turn bitterly cold. Temperature drops approximately 3½ degrees per 1,000 feet climb.

Regrouping

Regrouping is necessary to keep all hands on the trail and for check musters. It is recommended at difficult trail junctions and at noon. Difficult trail or bad weather may call for additional regrouping. For HOW and WHY see Trek Aid #6.

Wind Chill

One of the principle causes of cold is WIND CHILL, the dissipation of body heat through increased radiation or, simply, the blowing away of body heat. The body heat is lost in the same manner that the cooling fan cools an air cooled engine by blowing air past the cooling fans to carry away the heat. The layer method, trapping successive layers of insulating dead air between layers of clothing and shielded on the outside by a windbreaker is the best protection. The following wind chill chart from the Department of Defense cold weather studies illustrates the cooling effect of wind on exposed flesh:

Wind Velocity in MPH	No Wind	1	2	3	5	10	15	20	25	35	45
Temperature in degrees Fahrenheit	83	84½	86	87	87½	87½+	88	88½	89	89½	90
	60	70	72½	74	76	78	79½	80	80½	81	82
	23	47½	53½	57	60	65	67	68	69½	71	72
	-11	20	34	39	44½	52	55	57	59	61	63
	-27	0	11	18½	28	38	42½	45	47	49	51
	-38	-23½	-9	0	11	25	30½	34	36	39	41
	--	--	-40	-16½	-5	11	18	23	25	28	30

TO USE: Take wind velocity enter at top, drop down column to nearest temperature in degrees then left to the temperature in the No Wind column. Example: Wind velocity 10 MPH, temperature 40° (nearest in 38°) and left to -27°, indicating that the wind chill effect on bare flesh for a 10 MPH wind at 40° drops the apparent temperature to -27° - low enough to cause frostbite. In other words: keep covered up and stay out of the wind. Exposed forearms, open collar, open cuffs and exposed head increase the "radiator" effect. In cold weather keep closed up and use your parka hood.

Religious Observance

Trek Leaders and Advisors shall encourage the observance of religious customs and obligations of the faith represented by the Trekkers. The Trek Leader shall arrange for, or personally conduct, a Scouter's Own Service the first Sunday of the Trek. Members of the various faiths shall be encouraged to hold religious services on the trail. Attendance at regular services in local churches is scheduled for the last Sunday of the Trek. Trek Leaders and Advisors shall encourage all Trekkers to give blessing or grace before each meal and they shall encourage high spiritual values.

Trail Log

The "Golden Log", a day by day diary of events, is kept by Explorers and Senior Scouts as a record of their Trek. It is rotated daily from crew to crew to give all a chance at recording events. It is humorous, personal and informative, making excellent reading after the Trek. It is reproduced and distributed to all trekkers at the annual Trek Reunion.

Trek Aids

This Trek Aid is one of six Trek Aids developed by the John Muir Trek Committee to aid you in planning and preparing for the John Muir Trail High Sierra Treks and for similar back packing trips. The six Treks are:

- Trek Aid #1 - Guide to the John Muir Trail High Sierra Treks for Explorers.
- Trek Aid #2 - Equipping Yourself to Enjoy the High Sierra Treks.
- Trek Aid #3 - Menu Planning for the High Sierra Treks.
- Trek Aid #4 - Planning and Preparation for Your High Sierra Trek.
- Trek Aid #5 - Health and Safety on Your High Sierra Trek.
- Trek Aid #6 - Leadership for High Adventure Treks.

Comments and suggestions are welcome: Please address them to: John Muir Trek Committee, San Diego County Council, Boy Scouts of America, 1207 Upas Street, SAN DIEGO, California 92103

Emergencies

Plan what to do in an emergency - it CAN happen to YOU! First action: STOP and THINK!

Plan what to do in an emergency - it can happen to you!

First thing to do: STOP and THINK!! Many apparent "emergencies" hardly approach the "minor crisis" stage. In planning your Trek, locate Ranger Stations and other sources of outside help. Determine "escape routes" and the fastest trails to outside help. Rangers, Sheriffs, etc. can call in special mountain rescue units when technical skills as rock climbing, snow climbing, evacuation, etc. are required.

INJURY can happen; know your First Aid and Beyond First Aid - see Trek Aid 5. Actually, there are very few genuine medical emergencies. Arterial bleeding and stoppage of breath are the most probable. In these cases take immediate action to stop the bleeding or to restore breathing by mouth-to-mouth resuscitation. Dashing in madly to "render immediate first aid" may actually complicate the injury. A few minutes of calm study is always time well spent!

MEDICAL EVACUATION may require specialized help. See Trek Aids 5 and 6.

OFF THE TRAIL if you get off the trail or become separated from your companions: STOP RIGHT THERE! As soon as you are missed the Trek is obligated to look for you, so help them by staying put. If your group gets off the trail it is important to keep together. Check your surroundings by your map and compass. NEVER try shortcuts. See Trek Aid 6 for detailed instructions.

SEARCH in daylight only. See Trek Aid 6 for detailed instructions.

RESCUE OPERATIONS requiring technical skills and special equipment are better performed by specialized mountain rescue units. See Trek Aid 6.

THANKS AND PAYMENT - Be sure to thank all concerned in any evacuation, search or rescue. Obtain names and addresses so Council and parents can write letters of appreciation. See "Public Relations" Trek Aid 6. Outside help is not free, although certain volunteer Mountain Rescue organizations do not demand payment. Helicopter operators and pack stations must be paid for their services. Doctors and others should be paid for their time and equipment. Volunteer organizations expect donations to their equipment and supply funds.

Mountaineering & Hiking Clubs

Most sections of the U.S. have conservation, hiking and mountaineering clubs with long experience in their fields. They welcome participation by Explorers and Scouters. Their members can help in many ways.

SIERRA CLUB has excellent experiences in backpacking and mountain climbing available to Explorers and Scouters; some are:

BASIC MOUNTAINEERING COURSE - a 7 week lecture course with practical weekend outings such as car camp, rock climbing, snow climbing, desert backpack, usually conducted annually. Open to Scouters, Explorers and Senior Scouts 16 and over.

CHAPTER OUTING LEADERS' CONFERENCE - a weekend leadership conference open to adults only.

CHAPTER OUTINGS - Local chapters have outings throughout the year. Local chapters have sections as **SOUTHERN MOUNTAIN SECTION** and **ROCK CLIMBING SECTION** which have specialized climbs all year.

For information look up **SIERRA CLUB** in phone book and ask for current activities. Mail address: **SIERRA CLUB, 1050 Mills Tower, San Francisco, Calif. 94101.**



Bibliography

Mountaineering literature is available from many courses. All equipment outfitters listed in Trek Aid 2 carry literature - write for catalogs. The National Parks offer books and pamphlets through their Natural History Associations - write for lists. The **SIERRA CLUB, 1050 Mills Tower, San Francisco, Calif. 94101** offers a variety of guide books and how-to-do books - write for list or see local chapter's librarian. Your Council trading post carries manuals and pamphlets - check with them. Your local library is usually a good source. Try local book stores, including used books - look in the yellow pages and ask.

VALUABLE "HOW TO" BOOKS:

- Basic Mountaineering - San Diego Chapter Sierra Club (also at Trading Post).
- Going Light With Backpack and Burro - Sierra Club.
- Mountaineering, the Freedom of the Hills - Seattle Mountaineers (available from Sierra Club)
- Tours and Expeditions - B.S.A.
- Light Weight Camping Equipment and How to Make It - Gerry, P. O. Box 10, Boulder, Colorado 80302
- Hike Aids - Los Angeles Area Council, B.S.A.
- Adventure Aids - San Diego County Council, B.S.A.

MAGAZINES:

- Summit Magazine, Big Bear Lake, Calif.

OTHER GOOD BOOKS:

- Exploring Manual, B.S.A.
- The Explorer Parents' and Leaders' Guidebook, B.S.A.
- Handbook of American Mountaineering - American Alpine Club
- Starr's Guide to the John Muir Trail - Sierra Club
- Climmer's Guide to the High Sierra - Sierra Club
- Deepest Valley (guide to Owens Valley) - Sierra Club
- The Mammoth Lakes Sierra - Sierra Club
- Illustrated Guide to Yosemite - Sierra Club
- Manual of Ski Mountaineering - Sierra Club
- On Your Own in the Wilderness - Whelen and Anger
- The Way of the Wilderness - Rutstrom
- Camping for All It's Worth - Swanson
- Handbook of Trail Campcraft - Ledlie
- Camp Cookery - Kephart
- Jack Knife Cookery - Wilder
- The Outdoor Encyclopedia - Kesting
- High Sierra Mountain Wonderland - Wampler
- Sierra Nevada Natural History - Storer & Unger (U of C Press)
- Books on the Sierra by John Muir
- Books on the Sierra published by the Sierra Club