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Wilderness Survival: A Reference Bibliography for Educators

Michigan State University

Cooperative Extension Service

Paul H. Risk, Extension Specialist, Environmental Interpretation, Wilderness Survival
Instructor

Arthur Gingert, National Audubon Society


Pat Stokowski, Editor

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PAUL H. RISK,

*Extension Specialist, Environmental Interpretation,
Wilderness Survival Instructor*

ARTHUR GINGERT,

National Audubon Society

PAT STOKOWSKI,

Editor

Department of Park and Recreation Resources
College of Agriculture and Natural Resources
MICHIGAN STATE UNIVERSITY

Foreword

Over the past five to seven years, "wilderness survival" courses have been developed as a means of learning confidence in the outdoors and developing a positive self-concept. These are "stress-oriented" outdoor exercises, ranging from short, non-intense outings from local schools to months-long, very intensive expeditions into rugged country.

Nevertheless, we remain a largely urban nation with many of us literally dependent on plastic wrapped meats and powdered milk. The information and skills available in wilderness survival can go a long way toward helping us once again find our roots.

Survival information is strongly tied to the heritage and traditions of primitive people as well as to those skills practiced by early settlers and pioneers. So, imbedded within its framework are bits of information which bring history and literature to life.

And certainly, survival skills can greatly increase personal safety in the outdoors.

With these goals in mind, this bibliography was prepared with the desire to help teachers and others locate easily the many basic sources of information in this growing field. It is by no means exhaustive. Most of the references listed here can supply additional sources of information.

We hope that this list will provide you many hours of satisfying activity both in reading and the outdoors.

Remember, the outdoors is not an alien, hostile place. It is merely another part of our environment in which we are perfectly capable of functioning, and which can yield to us great pleasure and understanding.

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