

Activities in Challenging Environments (1516)

Outdoor Studies Crewe

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37 items

Week 1

Essential reading (18 items)

The ABCs of avalanche safety, by Ferguson, Sue A.; LaChapelle, Edward R.; LaChapelle, Edward R., 2003

[Book](#) | Essential reading

Altitude experience: successful trekking and climbing above 8,000 feet, by Mike Farris, 2008

[Book](#) | Essential reading

The altitude experience: successful trekking and climbing above 8,000 feet, by Farris, Mike, c2008

[Book](#) | Essential reading

The avalanche handbook, by David McClung; P. A. Schaerer, c2006

[Book](#) | Essential reading

The avalanche handbook, by McClung, David; Schaerer, P. A., c2006

[Book](#) | Essential reading

Avalanche know-how, by Durner, Gunter; Farquharson, Brian, 2009

[Book](#) | Essential reading

Avalanche safety: for skiers, climbers and snowboarders, by Daffern, Tony, 1999

[Book](#) | Essential reading

Backcountry avalanche safety: skiers, climbers, boarders & snowshoers, by Tony Daffern, 2015

[Book](#) | Essential reading

A chance in a million?: Scottish avalanches, by Barton, R. D.; Wright, D. S. B.; Scottish Mountaineering Club, 2000

[Book](#) | Essential reading

Exercise physiology: nutrition, energy, and human performance, by William D. McArdle; Frank I. Katch; Victor L. Katch, 2015

[Book](#) | Essential reading

Extreme alpinism: climbing light, fast & high, by Mark Twight; James Martin; Don Graydon, 1999

[Book](#) | Essential reading

Extreme alpinism: climbing light, fast and high, by Twight, Mark; Martin, James, 1999

[Book](#) | Essential reading

The handbook of climbing, by Fyffe, Allen; Peter, Iain, 03 97

[Book](#) | Essential reading

Mountain weather: a guide for skiers and hillwalkers, by Burroughs, William James, 1995

[Book](#) | Essential reading | Out of print

Pocket first aid and wilderness medicine, by Jim Duff; Peter Gormly, 2014

[Book](#) | Essential reading

Scotland's winter mountains: the challenge and the skills, by Martin Moran, 1998

[Book](#) | Essential reading

Scotland's winter mountains: the challenge and the skills, by Moran, Martin, 1988

[Book](#) | Essential reading

Winter skills: essential walking & climbing techniques : the official handbook of the Mountaineering Instructor Certificate and Winter Mountain Leader schemes, by Cunningham, Andy; Fyffe, Allen; Mountain Leader Training UK (Organization), 2007

[Book](#) | Essential reading

Further reading (6 items)

Essentials of sea survival, by Golden, Frank; Tipton, Michael, c2002

[Book](#) | Further reading

Hostile habitats: Scotland's mountain environment : a hillwalker's guide to the landscape and wildlife, by Kempe, Nick; Wraitham, Mark; Scottish Mountaineering Trust, 2006

[Book](#) | Further reading

Manual of nutrition, by Great Britain. Dept. of Health, 2012

[Book](#) | Further reading

Rock climbing: essential skills & techniques : the official handbook of the Mountaineer Instructor, Single Pitch, Climbing Wall and Climbing Wall Leading Award schemes, by Peter, Libby, 2011

[Book](#) | Further reading | Earlier edition also available

Southern exposure: a solo sea kayaking journey around New Zealand's South Island, by Duff, Chris, c2003

[Book](#) | Further reading

White water safety & rescue, by Ferrero, Franco; Collins, Loel, 2006

[Book](#) | Further reading

Unit Introduction. The Winter Mountain Environment. Paul Knowles (1

items)

Post-war winter mountaineering in Scotland - in Alpine Journal, by T.W, Patey, 1960

[Article](#) | ELECTRONIC

Safe Travel in the Winter Environment. Paul Knowles

Avalanche Forecasting and Route Planning. Paul Knowles (1 items)

Some lessons for us all from an avalanche in Scotland - in Horizons, by Marcus, Bailie, 2013

[Article](#)

Snow Science - Formation and Understanding the Snowpack. Paul Knowles (1 items)

How surface warming affects dry-snow instability - in The Avalanche Review, by Jürg, Schweizer; Bruce, Jamieson; Benjamin Reuter, February 2013

[Article](#) | ELECTRONIC

Decision Making in Avalanche Terrain - Avoiding Heuristic Traps. Paul Knowles (3 items)

Evidence of heuristic traps in recreational avalanche accidents - in SnowPit Technologies, by Ian, McCammon, 2002

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Heuristic Traps in Recreational Avalanche Accidents: Evidence and Implications (Part 2) - in The Avalanche Review, by Ian, McCammon, May 2004

[Article](#) | ELECTRONIC

Risk and decision making process - in Journal of Information, Control and Management Systems, by Katarína RIPLOVÁ, 2007

[Article](#) | ELECTRONIC

Search and Rescue Techniques. Paul Knowles (2 items)

How Burial Time of Avalanche Victims is Influenced by Rescue Method: An Analysis of Search Reports from the Alps - in Natural hazards, by Leopold, Slotta-Bachmayr, 2005

[Article](#) | ELECTRONIC

Patterns of death among avalanche fatalities: a 21-year review - in Canadian Medical Association. Journal CMAJrft.jtitle=Canadian Medical Association. Journal CMAJ, by Boyd, Jeff; Pascal, Haegeli; Riyad, Abu-Laban; Michael, Shuster; John, Butt, 2009-03

[Article](#) | ELECTRONIC

PRACTICAL - Avalanche Transceivers - applications. Paul Knowles

Equipment - Protection from the elements. Paul Knowles

PRACTICAL - Improvised Harnesses. Paul Knowles (2 items)

CRR 451/2002 Harness suspension: review and evaluation of existing information, by Paul, Seddon, 2002

[Webpage](#) | ELECTRONIC

Suspension trauma - in Emergency medicine journal, by Lee, Caroline, 2007

[Article](#) | ELECTRONIC

The Digestive System and Diet. Paul Knowles

Nutrition and Adaptation for Challenging Environments. Paul Knowles (3 items)

Protein which is best - in Journal of sports science and medicine, by Jay, Hoffman; Michael, Falvo, 2004

[Article](#) | ELECTRONIC

Optimizing Nutrition for Performance at Altitude: A Literature Review - in JSOM Journal of Special Operations Medicine, by Doug, Kechijan, Winter 2011

[Article](#) | ELECTRONIC

Nutritional aspects of high-altitude exposure in women - in The American journal of clinical nutrition, by John, Hannon, 1976

[Article](#)

Scottish Winter Mountain Skills. Paul Knowles

PRACTICAL - Scottish Winter Field Trip.

Attitude, Acclimatisation and Health. Paul Knowles

The Alpine Environment. Paul Knowles

Safe Glacier Travel. Paul Knowles