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## Resources

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## Reading



### Books of Interest

Although books are no substitute for proper training or hands on experience we have found these books to be highly informative.

#### Mountaineering

- Mountaineering Freedom of the Hills, Don Graydon  
The Mountaineers  
The bible of all-around mountaineering.
- Extreme Alpinism, Mark Twight and James Martin.  
Advice and philosophy from the front lines of modern alpine climbing. Dispensed with the authority and earnestness of campfire Beta, including some ripping-good stories.

#### Rock Climbing

- How To Rock Climb, John Long  
Falcon Press  
Good well rounded introduction to rock climbing. Unfortunately since it is an American publication it does not cover current Canadian practices, which sometimes differ from those of our American counterparts.
- Rock - Tools and Techniques, Michael Bengé & Duane Raleigh  
Primedia, Inc. (Climbing Magazine)  
Fun reading and illustrations backed by sound information.
- Clip and Go, John Long and Duane Raleigh  
Falcon Press  
Short but informative overview of sport climbing

#### Training

- Performance Rock Climbing, Dale Goddard and Udo Neumann  
Stackpole Books  
Excellent, in-depth training manual.
- How to Climb 5.12, Eric J. Horst  
Chockstone Press.  
How-to and training manual.

#### Skiing

- Backcountry Skier, Jean Vives  
Human Kinetics Publishing.  
A complete guide to backcountry skiing basics.

#### Ice Climbing

- Ice - Tools and Techniques, Duane Raleigh  
Primedia, Inc. (Climbing Magazine)  
Great illustrations. Lots of sound information packed into a small volume.
- Ice World - Techniques & Experiences of Modern Ice Climbing, Jeff Lowe  
Rocky Mountain Books  
Fact, opinion and stories from a modern ice climbing pioneer.
- How To Ice Climb!, Craig Leubben  
Falcon Publishing, Inc.  
Comprehensive, entertaining, and cohesive. An excellent instructional book on modern ice and mixed climbing.

### **Gym Climbing**

- Gym Climb, John Long  
Falcon Publishing, Inc.  
Getting the most out of the gym experience.  
[Falcon Books](#)

### **Navigation**

- GPS Made Easy, Lawrence Letham  
Rocky Mountain Books  
GPS receivers are great tools but only as capable as their user. Get the most out of your GPS unit with this book.
- Be an Expert With Map & Compass, Bjorn Kjellstrom  
Scribners  
Long the bible on the subject.

### **Rescue**

- Self Rescue, David J. Fasulo  
Falcon Press  
This is far and away the best book on the subject. Required reading for professionals and anyone who climbs in areas where organized rescue is not immediately available.

### **Avalanche**

- The Avalanche Handbook, David McClung & Peter Schaerer  
The Mountaineers  
This comprehensive book is important reading for professionals and a valuable resource for the winter recreationist.
- Avalanche Safety For Skiers, Climbers and Snowboarders, Tony Daffern  
Rocky Mountain Books  
This book is aimed squarely at the winter recreationist and hits its mark.
- Snow Sense, Jill Fredston and Doug Fesler  
Rocky Mountain Books

### **History**

- Pushing the Limits: The Story of Canadian Mountaineering, Chic Scott  
Rocky Mountain Books  
The definitive history of Canadian Mountaineering.