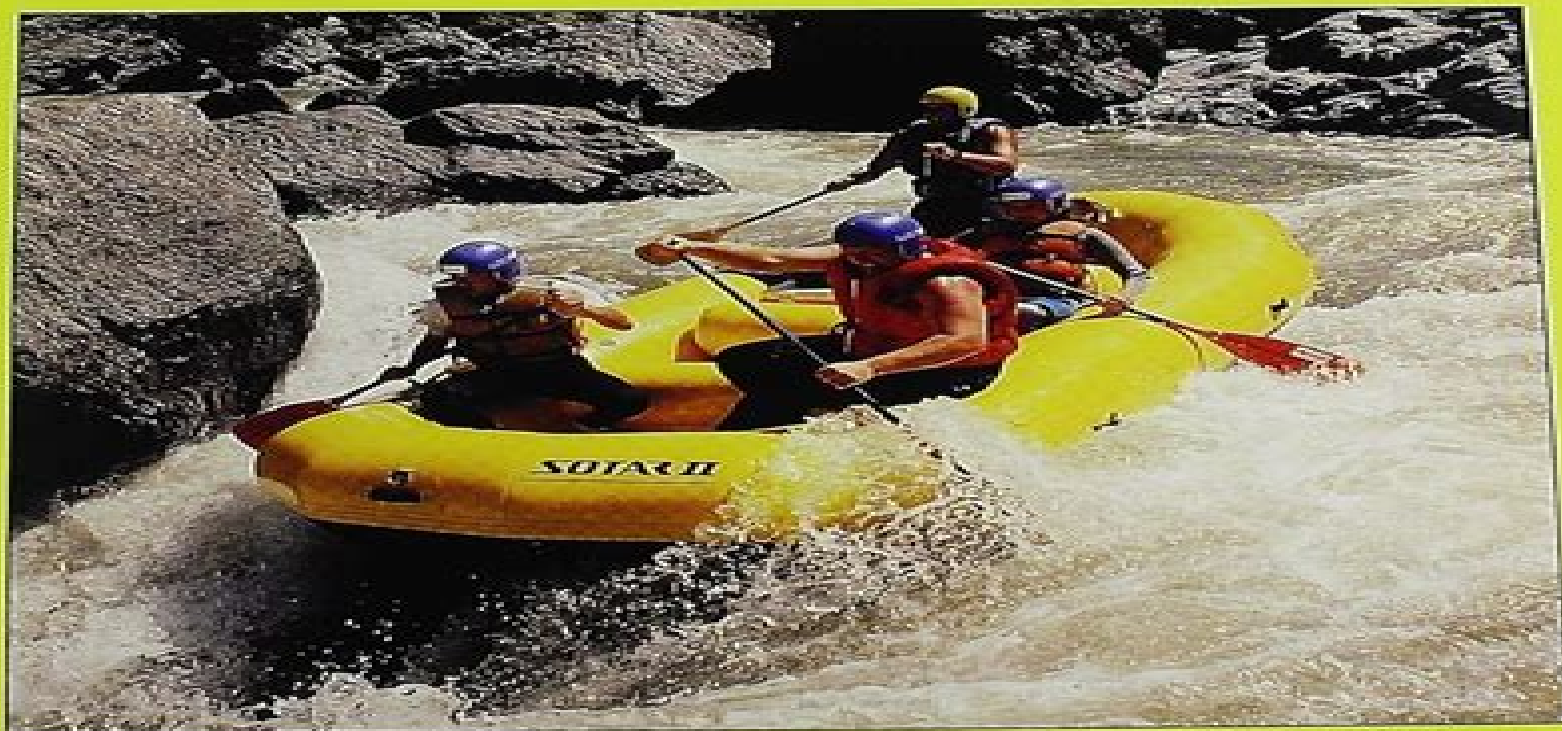


RAFTING!



The complete guide to
WHITEWATER RAFTING
Techniques and Equipment

Jeff Bennett

Rafting Whitewater Rivers The Complete Guide To Whitewater Rafting Equipment And Techniques

M Mosston



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based on sound knowledge rather than instinct The book builds across chapters to culminate in risk management and emergency procedures providing a holistic understanding of water crossing challenges The exploration of water safety draws from extensive research equipping individuals with the ability to navigate aquatic environments safely *Trailside Guide Kayaking* Steven Krauzer,1995 A companion book to the Trailside PBS TV series guides beginners from still waters to paddling downriver exploring local waterways or touring offshore islands with a survey of the latest boat designs and equipment **The Encyclopedia Americana** ,1998 *The Encyclopedia Americana* Grolier Educational Staff,2001-04

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Boys' Life ,1979-05 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

Vitamin N Richard Louv,2016-04-12 From the author of the New York Times bestseller that defined nature deficit disorder and launched the international children and nature movement Vitamin N for nature is a complete prescription for connecting with the power and joy of the natural world right now Perfect for fans ofThe Anxious Generation 500 activities for children and adults Dozens of inspiring and thought provoking essays Scores of informational websites Down to earth advice In his landmark work Last Child in the Woods Richard Louv was the first to bring widespread attention to the alienation of children from the natural world coining the term nature deficit disorder and outlining the benefits of a strong nature connection from boosting mental acuity and creativity to reducing obesity and depression from promoting health and wellness to simply having fun That book rivaled Rachel Carson s Silent Spring the Cincinnati Enquirer was an absolute must read for parents the Boston Globe and an inch thick caution against raising the fully automated child the New York Times His follow up book The Nature Principle addressed the needs of adults and outlined a new nature movement and its potential to improve the lives of all people no matter where they live McClatchy Newspapers Vitamin N is a one of a kind comprehensive and practical guidebook for the whole family and the wider community including tips not only for parents eager to share nature with their kids but also for those seeking nature smart schools medical professionals and even careers It is a dose of pure inspiration reminding us that looking up at the stars or taking a walk in the woods is as exhilarating as it is essential at any age Richard

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