how to shit in the woods an environmentally sound approach a lost art kathleen meyer


The definitive guide to eco-friendly outdoor defecation--fully revised with a new introduction by renowned author and environmental activist Bill McKibben. More than thirty years since its first publication, Kathleen Meyer delivers an update to the beloved guide to relieving yourself responsibly. Meyer's delightfully shameless discussion of a once-secretive activity examines the environmental impact of too much crap (organic and otherwise) on our ever-shrinking wild outdoors. With the rising popularity of hiking and off-the-grid backpacking as well as the current climate crisis, How to Shit in the Woods provides timely techniques for keeping trails, bushes, and wild waters clean and protected when indoor plumbing is not an option. Meyer shares proper procedures in a way that is approachable and comprehensible for all audiences, from beginner to expert. The fourth edition features updates to outdoor laws and regulations, health statistics, and recommendations for equipment such as special trowels, funnels, and portable toilets. With more than three million copies sold, How to Shit in the Woods is the backcountry backpacker's bible, crucial for anyone looking to be wiser with their waste.

How to Shit in the Woods - An Environmentally Sound Approach to a Lost Art

It's the feisty third edition of How to Shit in the Woods, jam-packed with new information for outdoor enthusiasts of every stripe. Hailed in its first edition as "the most important environmental book of the decade" by Books of the Southwest, and in its second as "the real shit" by the late, great, outdoor photographer Galen Rowell, this bestselling guide is often called the "backpacker's bible" and has sold more than 2.5 million copies in eight languages. Author Kathleen Meyer continues to pioneer the way with her inimitable voice-at once humorous, irreverent, and direct-examining the latest techniques for graceful backcountry elimination, and answering a desperate cry from nature concerning environmental precautions in our ever-shrinking wilds. World changes come fast and furious, and in the backcountry it is no different. The practice of "packing-it-out," adopted to protect high use areas and fragile eco-systems, is here to stay. We are now often urged to haul our poop home. Or with increasing frequency, the whole business is mandatory. To assist with all this responsible human waste disposal, Meyer's new edition features the latest in product innovations, from classy high-tech to inexpensive do-it-yourself. She covers the most current solutions to the health risks of drinking straight from wilderness waterways; presents a raft of natural substitutes for the purist swearing off toilet tissue; and offers a wealth of new recommendations for ladies who must make do without a loo. This down-to-earth guide has been employed as a training aid for scout troops, outdoor schools, and wilderness programs for inner-city youth; for rangers with the U.S. Forest Service, National Park Service, and Bureau of Land Management; as well as for whitewater rafting guides,
backcountry outfitters, and members of the military. In rowing hundreds of urbanites down whitewater rivers, Meyer honed her squatting skills and found she "wasn't alone in the klutz department." Her delightfully shameless discussion of a once-shameful activity, her erudite examination of its associated vocabulary, and her unapologetic promotion of its colorful vernacular make How to Shit in the Woods essential and vastly entertaining reading for anyone who's ever paused at the edge of the forest and pondered: "Where do I go to go ?"


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How to Shit in the Woods, 3rd Edition - An Environmentally Sound Approach to a Lost Art

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Up Shit Creek - A Collection of Horrifyingly True Wilderness Toilet Misadventures

Relates undeniably nasty yet hilarious anecdotes about the "groover", a special type of toilet used by river rafters

How to Shit Around the World - The Art of Staying Clean and Healthy While Traveling

This book deals with the litany of the traveler's basic health problems. Readers will learn how to avoid and deal with: Traveler's Diarrhea Unhealthy water Weird foods Strange Toilets Dehydration Gastroenteritis Immunization Lack of adequate hygiene Worms Snakes, Spiders and Leeches Going outside Bathing The special problems of children Issues with seniors

Sex in a Tent - A Wild Couple's Guide to Getting Naughty in Nature

A mostly fun, sometimes serious guide to love, sex, and adventure in the great outdoors. Author Michelle Waitzman has years of experience “playing the field” in the backcountry, and this book is full of her tricks. Showing you the best positions for campers (the tent tango), to how to look and feel sexy when you haven’t bathed in days (go skinny-dipping), she inspires you to leave behind the boring bed sheets and crawl into a tantalizing tent. Filled with advice, positions, games, and tricks, this book will expose you to orgasmic opportunities for love, sex, and outdoor adventure. Includes original illustrations with playful and inspiring ideas for outdoor lovemaking, and dozens of tell-all tales and suggestions from other outdoor adventurers.

Barefoot-Hearted - A Wild Life Among Wildlife

"The Wyoming Centennial Wagon Train ended in Cody in a dismal, torn-down drive-in movie theater. Before setting up the corral, we were forced to clear away shards of glass, bent nails, broken lumber. My prairie skirt and petticoats hung ragged and clay-caked, and under a droopy Stetson my frizzled hair appeared at once greased and starched beyond human recognition. A cloud, a sort of vaporousness, redolent with fresh acrid sweat on top of powerful stale sweat, hung thickly about me. Laced, as it was, with a woman's sweet musky secretions, and all gone past ripe, oddly it was a pungency I savored. Such goaty piquance, though, was cause to be shunned in any town setting. The look of my world had changed. Gone were the high-dollar
designer clothes and the zipping around fabled Marin County in a candy-apple-red 1966 Mustang convertible. It was true that I unfailingly sought the ironies in life and, with a kind of dual personality, shifted easily through incongruencies such as town strolls in high heels and backcountry hiking in bare feet; the bucket seats of a classic automobile and the broken-down bench of a beater truck. It was only during the years that lid worn white overalls, taped drywall, and come home every night much like Charles Schulz's Pig Pen, flaking a cloud of dried white mud bits onto the rug, that I'd felt moved to keep my fingernails painted red. Now I was to slip farther than ever planned toward one end of my seesaw and then, incredibly, by conscious design, inch out even farther." --from Barefoot-Hearted With more than 1.5 million copies in print, Kathleen Meyer's groundbreaking international bestseller, How to Shit in the Woods: An Environmentally Sound Approach to a Lost Art, has been widely embraced by the outdoor community and has found its way into myriad places: national parks, outdoor leadership schools and scout-troop headquarters, the camp tents of those who have discovered that it is amusing out-loud reading, and the bathroom-literature baskets of households around the world. Now, from the Rocky Mountain West, Meyer brings us Barefoot-Hearted: A Wild Life Among Wildlife, a coming-into-the-country story told with the frank, dry humor and sharp research of her first book. The country, in this case, is Montana's tall, reaching landscape with its ever underfoot wild critters; the on-tenterhooks territory of a new romantic relationship; and the pressure cooker that is our precarious global imbalance. Meyer finds herself in midlife standing out under yawning skies, surrounded by sagebrush and cactus, having fallen for the Irish charm of itinerant farrier Patrick McCarron. As partners, they travel across three mountain states with draft horses and a covered wagon and then set up housekeeping in a seventy-five-year-old dairy barn. In this primitive structure, the author rapidly discovers she's living with troops of mice, a nursery colony of seventy-five bats, sexually fired-up skunks, and more flies than in a pig shed. She tells of a freakish season that orphaned seventy-seven bear cubs, an unusual fly-fishing trip on a famed blue-ribbon trout stream, the visitations of moose, and the discovery of a den of wolves. Meyer's prose is original and inspired, playful yet provocative. She carries us vividly back to the settlers' old West while pondering modern-day dilemmas, those of fitting into this fast hurtling world, of determining amid the earth's rising extinctions of species, whose planet it is, and of managing to stay empowered residing with a man who "stands six feet six and beats steel on an anvil for a living." A personal chronicle of conscience and a love story of rare and quirky dimension, Barefoot-Hearted catapults readers into new realms of thought, deftly guided there by Meyer's sense of the ironic, the randy, and the humorous.

**NOLS Soft Paths - Enjoying the Wilderness Without Harming It**

- Leave No Trace, minimum impact skills and ethics • New research and field experience prescribe better minimum-impact techniques for wilderness use • Expanded information on camping practices • How far you should camp from water, where to pitch your tent, how to build a fire or if you should build one in the first place • Respecting and caring for wildlands, doing your part to protect our limited resources and future recreation opportunities • Trampling, litter, waste disposal, fire use, wildlife health, and protecting cultural resources

**The Four - The Hidden DNA of Amazon, Apple, Facebook, and Google**
NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER

Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Just about everyone thinks they know how they got there. Just about everyone is wrong. For all that’s been written about the Four over the last two decades, no one has captured their power and staggering success as insightfully as Scott Galloway. Instead of buying the myths these companies broadcast, Galloway asks fundamental questions. How did the Four infiltrate our lives so completely that they’re almost impossible to avoid (or boycott)? Why does the stock market forgive them for sins that would destroy other firms? And as they race to become the world’s first trillion-dollar company, can anyone challenge them? In the same irreverent style that has made him one of the world’s most celebrated business professors, Galloway deconstructs the strategies of the Four that lurk beneath their shiny veneers. He shows how they manipulate the fundamental emotional needs that have driven us since our ancestors lived in caves, at a speed and scope others can’t match. And he reveals how you can apply the lessons of their ascent to your own business or career. Whether you want to compete with them, do business with them, or simply live in the world they dominate, you need to understand the Four.