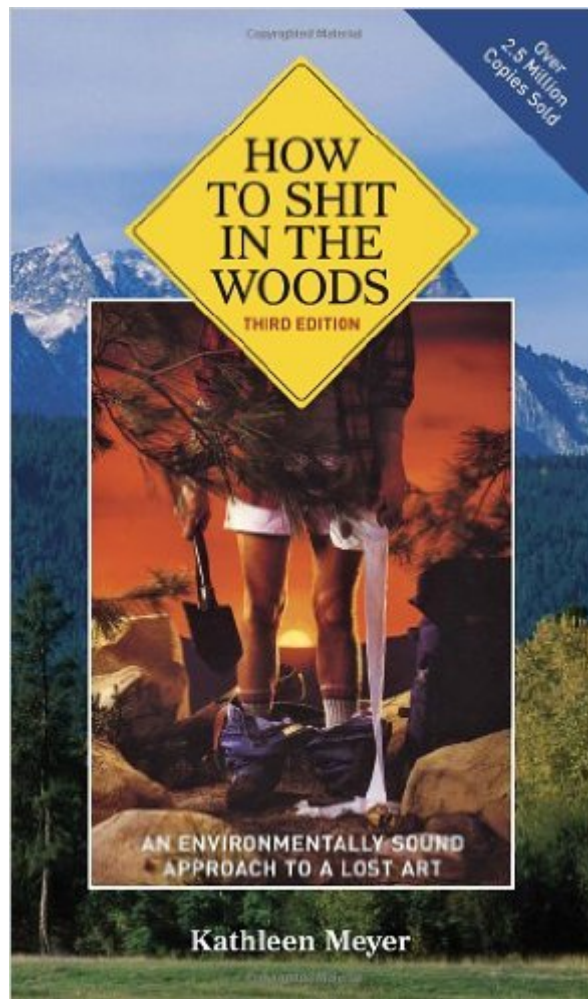


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How To Shit In The Woods, 3rd Edition: An Environmentally Sound Approach To A Lost Art



Synopsis

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. A 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?"

Book Information

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Customer Reviews

This book was more about being a book than being an informational guide. It's filled with all sorts of interesting facts that you may have never knew, and there's equally as many pleasing stories to help the book float along. However, if you took the practical information from this book you could put it all on a pamphlet of just a few pages. To sum up the entire book: Chapter 1. Why we poo, and the history of the toilet along with some amusing stories. Not practical. Chapter 2. Dig your hole 6-8 inches deep because that's where bacteria that will help decompose your poo reside. Don't poo below the waterline or even the flood waterline, and do not do it close to any water source, and be mindful that it runs down hill. Chapter 3. When you just can't dig a hole, figure it out. Lean back or spread wide then pack your poo out. Chapter 4. Be sure to filter your water so you don't get the runs. If you do get the runs then be sure to clean up properly and leave no trace. Chapter 5. For women, so admittedly I skimmed, but not much there that isn't common sense. Chapter 6. When you have no T.P., try not to use plants. If you do, try to use dead plants and brush. If you have to use a live plant then do not massacre an entire plant or branch to satisfy your needs. Be selective and gather from multiple sources and use your common sense when using plants because some are sticky or pointy etc. As far as non-living T.P. goes, well, anything that works will work.

I live in Alaska. I am homeless. The biggest problem if you are homeless in Alaska is defecating. Wild bears are everywhere. Dunno HOW many times I've been dumping my ass in the woods, and alla sudden, you hear a noise, and it's a Wild Bear right next to you with the same idea. It can be unsettling to say the least. Once, I was crapping in a forest, reading the paper, and a Wild Bear came right up beside me, crouched down real low, and appeared to be looking at my paper, like he was tryna read it. I didn't even wipe. Got up real slow, left him my paper, and he seemed cool with that. Got that idea from this here book. Saved my bacon, I'll tell you that.

The author gives several very good suggestions for dealing with biological necessities when you're

away from civilization. There are two main schools of thought about human waste in the wild. Bury it or pack it out. The author gives several good suggested methods for both. She clearly favors packing it out, and makes a compelling case for it. Whichever mindset you favor, the author gives several good, specific examples of ways to implement it.

Just get it. It tells you everything you want and need to know in a matter of fact detailed way. Special chapter for ladies on how to handle business that my never-camped-before friend found useful.

Who knew you needed a manual to s*** in the woods? Apparently the author felt it necessary to explain how to do what comes naturally when nature calls. And this book provides highly entertaining as well as enlightening reading while nature takes its course. Now I'm reporting theoretically, because I did not purchase this book for my own use - I get nervous when I'm more than ten feet from an electrical outlet - but rather as a gift for a more intrepid friend. He assured me, in elliptical terms to avoid TMI overload, that this book does indeed fill in critical informational gaps and thus satisfy a vital need in the available resources for woods-s****ing. But don't take my word for it. Get this book and start pooping!

The two areas of most detail in the book were least useful. No, I don't care to read the forwards to all three editions. Once you weed through that, you get an essay of the choice of the word sh-t. Then its onto no-doubt outdated references to designs, manufacturers, and prices of all sizes of field toilets. Then in the end, its nothing that a quick internet search would accomplish. In fact, let me save you the time: 1. Carry out whenever possible 2. If not possible, choose an area well out of trail traffic and at least 200 feet from a water source, dig a cathole 6 - 8 inches deep using your trowel (after the deed is done), mix well with soil (using a mixing stick), and try to disguise the cathole. Yes, its that simple. I was actually looking to get some insight into field sanitation, but found nothing more that what is available for free from any number of web sites.

The book offers age-old wisdom in the form of hilarious stories where the characters struggle to accomplish the chore. After reading this book you should be able to avoid many common follies described here-in. Recommended for anyone considering spending time outdoors away from restrooms.

This book was a gift. I read it a number of years ago, in an earlier edition. The receiver is a girl who has just gotten interested in camping. I hope someday she will get the chance to hike many places. I trekked in Nepal, walked along Hadrian's wall, and spent many hours in California state and national parks. If she does, the book should come in handy. In the earlier edition, there were two authors, one of whom was an OB-GYN. Anyway, know which leaves are poison ivy or poison oak before wiping.

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