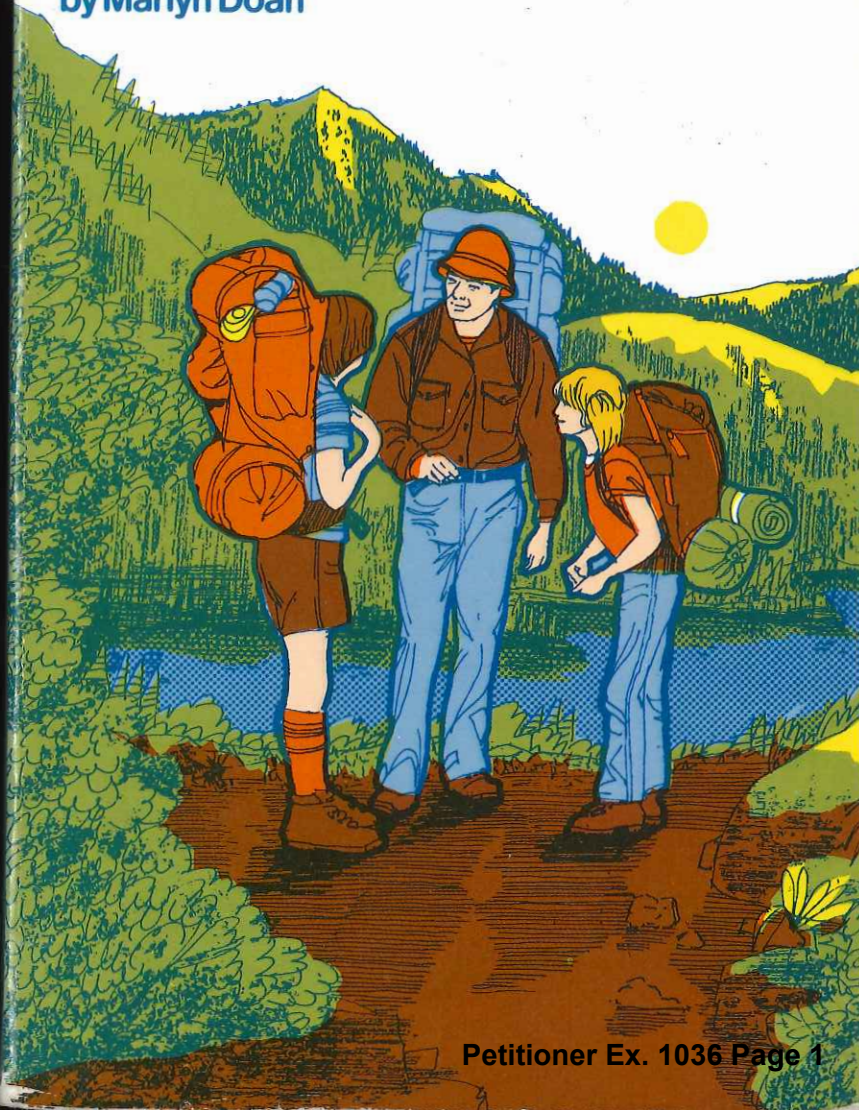


STARTING SMALL IN THE WILDERNESS

The Sierra Club Outdoors Guide for Families

by Marlyn Doan



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MARLYN DOAN

STARTING SMALL IN THE WILDERNESS

THE SIERRA CLUB
OUTDOORS GUIDE
FOR FAMILIES

Sierra Club Books
San Francisco

The Sierra Club, founded in 1892 by John Muir, has devoted itself to the study and protection of the earth's scenic and ecological resources—mountains, wetlands, woodlands, wild shores and rivers, deserts and plains. The publishing program of the Sierra Club offers books to the public as a nonprofit educational service in the hope that they may enlarge the public's understanding of the Club's basic concerns. The point of view expressed in each book, however, does not necessarily represent that of the Club. The Sierra Club has some 50 chapters coast to coast, in Canada, Hawaii, and Alaska. For information about how you may participate in its programs to preserve wilderness and the quality of life, please address inquiries to Sierra Club, 730 Polk Street, San Francisco, CA 94109.

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Library of Congress Cataloging in Publication Data

Doan, Marlyn, 1936–

Starting small in the wilderness.

Bibliography: p.

Includes index.

1. Family recreation. 2. Wilderness areas—

Recreational use. I. Sierra Club. II. Title.

GV182.8.D53 790.19'1 79-748

ISBN 0-87156-253-7

We gratefully acknowledge Frederick H. Kahn, M.D. and Barbara R. Visscher, M.D. for permission to reprint material from "Water Disinfectant in the Wilderness, A Simple, Effective Method of Iodination." *The Western Journal of Medicine* (122): pp. 450–453.

Illustrations by Linda Wagoner

Jacket design by Jon Goodchild

Book design by Leigh McLellan

Printed in the United States of America

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the Wilderness

n inch thick on plastic wrap and shelves for about two days. These rated back into purees. Fruits make and so do chicken and turkey. Dry look about home drying, contains tied-food combinations, including table for children of all ages.

y leathers on a trip, however, be accept the tastes. Making dried regularly will familiarize your child at-home experimentation also can cular foods do to the baby's stools which obviously cause loose stools

s are easier to pack than other solidified form and can be purchased in carry boxes. Eventually your baby nning cereals, breads, and fruits that says squish food a bit before offering new to lumpier consistencies. For the baby's spoon.

earing a year old are able to eat oice of foods that can be carried for ter. Hard breads, such as Instant do not crush in packs. Individually re handy to have, and the empty mp toys. At this point children can ers with minimal mess. Since mess the finger-foods age, you may find ncept particularly helpful in camp. ed bananas, apples, apricots, and easing to a child this age.

y canned foods for older babies, but ounce cans of fruits and vegetables child, and the containers are bulky s, you are always faced with pack- . Open and flatten cans to reduce y them.

Baby Carriers

With a baby carrier, you can transport a very young child in the out-of-doors until the child's weight becomes more than your back can handle or until you are ready to introduce trail walking. There are two basic carrier designs: the front carrier, for the very young, and the frame carrier, appropriate from the time the baby has developed enough to sit up. Baby carriers are a joy to children. For the infant in the front carrier, the closeness to the parent creates a feeling of secure comfort. Older babies in back carriers have a great vantage point on the trail—they can see everything the adult sees. Regardless of the child's age, the adult's movement soothes and lulls. Most children sleep as well in a carrier as they ever do at home.

When you invest in a child carrier, you can use it everywhere—for shopping, neighborhood walking, gardening, and comforting sick children. In the outdoors you can carry the child on the trail and keep the baby secure on your back as you work in camp. In the process you develop a strong set of back muscles.

Front Carriers

A front carrier provides head, neck, and back support for an infant. The parent's hands are free to touch and hold the child or to do any work necessary. In one way or another, a front carrier ties the baby onto the parent's chest. You put on the child and carrier the way you would a piece of clothing. Some front carriers are easier to get into than others. All require practice.

There are a number of front carriers available. The most elaborate and expensive is the Snuggli, which is designed to literally snuggle the child to the parent. Although expensive, it has features which accommodate the growth of the child. Snaps can be adjusted and tucks or darts can be opened to create the proper fit. Later you can re sew the tucks for a second baby in the family. The design allows for easy nursing. As children grow too heavy for front carrying, the Snuggli can be used as a frameless back carrier. Some people even carry two- and

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