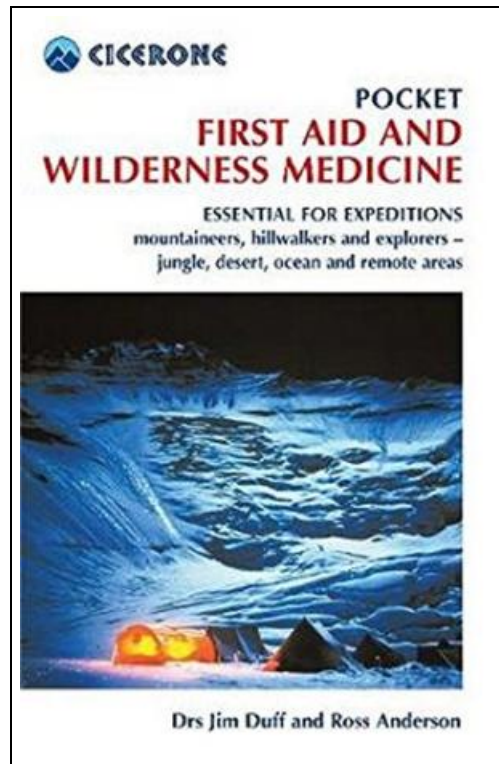


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Cicerone Press, United Kingdom, 2017. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. This conveniently sized guide is an invaluable point of reference for all who travel and take part in outdoor, wilderness and mountain activities. Written by doctors with a wealth of wilderness specific experience, it provides a comprehensive summary of wilderness first aid and medicine - that is, managing accident or illness in remote locations without immediate access to help - giving you confidence in your ability to deal with any situation that may arise. All topics are clearly referenced and easy to find, with chapters covering preparation, prevention, accident protocol, diagnosis, treatment and evacuation. From life-threatening emergencies to broken bones and sprains, infectious diseases, food poisoning, envenomation and respiratory problems, the book sets out all the crucial protocol and procedures to follow. It covers a wide range of different environments, including high altitude, desert, polar, tropical and marine, dealing with risk management and a variety of different scenarios. In addition, suggestions for first-aid kits and lists of medications and antibiotics (with dosage) can be found in the appendices. Minimising risks is part of the challenge and satisfaction of wilderness travel. Now in its twelfth edition (the third for Cicerone), Pocket First Aid and Wilderness Medicine is an indispensable companion for all outdoor activities and wilderness expeditions.



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