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Pocket First Aid And Wilderness Medicine

**Paul S. Auerbach, Tracy A Cushing, N.
Stuart Harris**



Pocket First Aid And Wilderness Medicine:

Pocket First Aid and Wilderness Medicine Jim Duff, Ross Anderson, 2024-05-24 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 [Pocket First Aid and Wilderness Medicine](#) Jim Duff, Peter Gormly, 2013-02-15 This book covers the basics of first aid and medicine for wilderness travel how to cope when medical care is prolonged in remote settings from diving to high altitude from desert to polar dealing with all common accidents and illnesses Covers preparation and prevention first aid kits and indications dose and side effects of 50 medications **Pocket First Aid and Wilderness Medicine** James MacGregor Duff, Jim Duff, Peter Gormly, 2005-01-01 Written for adventurers mountaineers expedition leaders climbers guides wilderness walkers backpackers travellers and trekkers who journey into mountain or remote areas worldwide A plain English pocket sized book with 200 pages of advice on first aid sickness prevention planning survival Tropical diseases are covered plus altitude sickness venomous animals of land sea plus all other possible situations **The Ragged Mountain Press Pocket Guide to Wilderness Medicine & First-aid** Paul G. Gill, 1997 Teaches the complex and intimidating subject of options in an easy to understand manner useful for readers without formal finance or investment training This book contains illustrations definitions of industry terms and real life examples [The Wilderness First Aid Handbook](#) Grant S. Lipman, 2013-08-13 The Wilderness First Aid Handbook is a handy quick reference guide easily accessible with basic wilderness first aid knowledge but it does not require advanced degrees or experience with medicine and prehospital care Recognizing that certain knowledge and procedures are outside the scope of a layperson's training Dr Grant Lipman limits the use of technical terms and advanced techniques that may be unfamiliar to some readers or beyond their comfort zone This system based easy to follow guide assists the first aid provider when encountering most wilderness emergencies from cold and heat concerns and blister treatments to high altitude illness and lightning injury prevention and much more Typically the most challenging decision in the wilderness environment is when to evacuate a sick or potentially sick person and as such each section has detailed decision making steps to inform you of when to be concerned and when to get out This guidance is based upon the recent evidence based consensus statement

published by the Wilderness Medical Society on the scope of practice of wilderness first aid Filled with original full color artwork illustrating the techniques and procedures described and with internal spiral binding and waterproof pages handy for travel into extreme environments The Wilderness First Aid Handbook is a must have for every back pocket or backpack

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Geological Field Techniques Angela L. Coe, 2011-07-26 GEOLOGICAL FIELD TECHNIQUES The understanding of Earth processes and environments over geological time is highly dependent upon both the experience that can only be gained through doing fieldwork and the collection of reliable data and appropriate samples in the field This textbook explains the main data gathering techniques used by geologists in the field and the reasons for these with emphasis throughout on how to make effective field observations and record these in suitable formats Equal weight is given to assembling field observations from igneous metamorphic and sedimentary rock types There are also substantial chapters on producing a field notebook collecting structural information recording fossil data and constructing geological maps Geological Field Techniques is designed for students amateur enthusiasts and professionals who have a background in geology and wish to collect field data on rocks and geological features Teaching aspects of this textbook include step by step guides to essential practical skills such as using a compass clinometer making a geological map and drawing a field sketch tricks of the trade checklists flow charts and short worked examples over 200 illustrations of a wide range of field notes maps and geological features appendices with the commonly used rock description and classification diagrams a supporting website hosted by Wiley Blackwell is available at www.wiley.com/go/coe/geology

The Andes, a Guide For Climbers: Complete Guide John Biggar, 2015-11-16 The Andes A Guide for Climbers is the only comprehensive guidebook about the peaks of the Andes This is the 4th English edition of the only comprehensive climbing guidebook to the peaks of the Andes It covers many areas not described in any other source This new edition has expanded coverage of the whole range with many new photos and route diagrams plus extended coverage of the ski mountaineering opportunities in the Andes The book contains details of how to climb all 100 of the major 6000m peaks in the Andes plus route information for approximately 300 other peaks There are over 240 route diagrams 150 additional photos and 80 sketch maps Because an unforgettable journey starts with a thorough preparation find out everything you need to know about climbing the Andes in this guide ABOUT THE AUTHOR John Biggar is a professional mountaineering instructor based in Castle Douglas Kirkcudbrightshire Scotland His first publication was an internal report for the nuclear physics department at Edinburgh University entitled Anisotropies in the Sequential Break up of Li6 Since those days John has done little nuclear physics but has been climbing and ski mountaineering in the Andes a lot He has climbed many of the highest peaks including 19 of the 20 highest made over 100

ascents of 6000m peaks plus 180 ascents of Andean 5000m peaks He has made first ascents of six 6000m peaks and also made the first ski descent of Domuyo the highest peak in Patagonia A professional mountaineering instructor he runs a business which specialises in mountaineering skiing and ski mountaineering expeditions to South America [Walking in Umbria](#) Gillian Price,2019-07-15 A guidebook to 40 day walks exploring the Italian region of Umbria Based in the area between Rome and Florence the walks are suitable for beginner and experienced walkers alike Walks range from 3 to 19km 2 12 miles in length and can be enjoyed in 1 5 hours Walks have been graded from 1 to 3 allowing you to choose routes suitable for your ability Sketch maps included for each walk Detailed information on accommodation public transport and facilities Highlights include UNESCO World Heritage towns and Lago Trasimeno *The Two Moors Way* Sue Viccars,2024-02-14 A guidebook to walking a 188km 117 mile Coast to Coast across Devon combining the Two Moors Way with a section of the Erme Plym Trail Extending from Wembury to Lynmouth the route links the Dartmoor and Exmoor National Parks and includes sections of high moorland where navigation skills are necessary The route is described from south to north with a summary for southbound walkers It is presented in 11 stages of between 11 and 29km 7 18 miles with alternative low level options for two of the upland stages Contains step by step description of the route alongside 1 50 000 OS maps Includes a separate map booklet containing OS 1 25 000 mapping with the route line Handy trek planner route summary table and selected accommodation listings help you plan your itinerary Facilities and transport information for each stage plus local points of interest Sized to easily fit in a jacket pocket **Trekking in Mallorca** Paddy Dillon,2023-04-19 A guidebook to trekking the GR221 also known as the Drystone Route through the spectacular mountains of Mallorca s Serra de Tramuntana Best suited to those with some experience of long distance walking the route is mostly on clear paths and tracks but some of these can be rough underfoot and occasionally steep and some sections require careful route finding The main route extends 141km 88 miles from Port d Andratx to Pollen a and is described in 10 detailed stages of between 9 and 20km 5 12 miles Also included are alternative starts from s Arrac es Capdell and Calvi and alternative finishes to Cala Tuent Alar Orient Caimari and Port de Pollen a 1 25 000 Alpina mapping for each stage Extensive information on public transport accommodation and refreshments including accommodation listings Optional detours to climb neighbouring peaks Advice on preparation and planning History plants and wildlife and local points of interest **The GR5 Trail - Benelux and Lorraine** Carroll Dorgan,2018-08-15 A guidebook to trekking the northern section of the GR5 trail between Hoek van Holland and Schirmeck Covering 1 000km 621 miles this long distance trek through the Netherlands Belgium Luxembourg and France is ideal for those who don t want to hike steep mountains The route is described from north to south in 49 stages each between 8 and 30km 5 19 miles in length The route is divided into 5 sections with transport options given for those wanting to break the trek into shorter sections 1 100 000 maps included for each stage GPX files available to download Detailed information about accommodation and facilities along the route Advice on planning and preparation Part of a 3 volume set accompanying

Cicerone guidebooks The GR5 Trail and The GR5 Trail Vosges and Jura are also available

Walking in Italy's Stelvio National Park Gillian Price, 2013-05-23 A guidebook to 38 day walks in Italy's Stelvio National Park Exploring the beautiful scenery of the Italian Rhaetian Alps the walks are suitable for beginner and experienced walkers alike Routes range from 5 18km 3 11 miles and can be enjoyed in 2 7 hours They are and are perfect for walking late June through October Sketch maps included for each walk Highlights include the Stelvio Pass Forno glacier and Ortler Detailed information on planning accommodation and public transport Sized to easily fit in a jacket pocket

Walking in Essex Peter Aylmer, 2024-01-10 A guidebook to 25 day walks in Essex and a 155km 96 mile long distance route that follows the Essex Way from the fringes of London in the west to the port of Harwich in the east With routes in the guidebook covering the whole of the county there's something for beginner and experienced walkers alike The day walks are all circular except for 3 linear routes ranging from 7 29km 5 18 miles in length and walkable in between 2 and 8 hours The cross Essex route consists of 11 stages of 8 23km 5 15 miles in length which take between 3 and 6 hours to walk 1 50 000 OS maps included for each walk Transport refreshment and accommodation information given for each stage of the cross Essex walk Information given on local history geology and wildlife Local points of interest are featured including Epping Forest Constable's Dedham Vale Audley End Easy access from London Chelmsford and Colchester

Walking the Corbetts Vol 1 South of the Great Glen Brian Johnson, 2013-12-16 A guidebook presenting 95 routes visiting 112 of Scotland's Corbetts mountains between 2500 and 2999ft Covering the area south of the Great Glen including Arran and Jura the walks require good fitness and navigation skills plus experience in remote mountainous terrain while many are straightforward ascents some involve scrambling and river crossings The routes range from 5 to 41km 3 25 miles and include hikes in the Southern Uplands Arrochar Alps Trossachs Grampians and Cairngorms Part of a 2 volume set an accompanying Cicerone guidebook Walking the Corbetts Vol 2 North of the Great Glen is also available Clear route description illustrated with 1 100 000 mapping Difficulty notes for each route detailing terrain challenges and hazards Information on maps parking local bases and facilities Alphabetical list of the Corbetts

15 Short Walks in Nidderdale Jon Fallis, 2023-06-19 Would you like to explore the best of Nidderdale This guidebook covers 15 of the best short walks in the area between 2 and 12km all under three hours including Brimham Rocks Jerveaux Abbey and Coldstones Cut plus walks from Masham Pateley Bridge Ripley and Knaresborough Why choose this guidebook Easy to moderate walks suitable for almost everyone Short climbs but no challenging terrain Numbered points which tie maps to clear route description Details of public toilets and refreshments along the route Route Summary Table to help you choose your walk Cicerone's Short Walks guidebooks contain everything you need to get outdoors and discover the best of an area The short walks are perfect if you're new to walking or looking for something you can enjoy with the whole family Let the adventures begin

Trekking the Tour du Mont Blanc Kev Reynolds, Lesley Williams, Jonathan Williams, 2024-11-26 A guidebook to hiking the Tour du Mont Blanc TMB a spectacular circuit around Mont Blanc Covering

170km 105 miles the TMB takes around 11 days to walk from its official start at Les Houches France passing through Courmayeur Italy and Champex Switzerland before returning to France via the Chamonix valley A well serviced introduction to high level mountain trekking for walkers with good levels of fitness it can also be run fastpacked or hiked in 5 9 days The route is described in both directions in 11 daily stages between 7 and 21km 5 13 miles in length Variant routes and alternative stages are also provided giving the option of visiting cols refuges and viewpoints not included on the official TMB route Contains step by step description of the route alongside 1 100 000 maps Handy facilities planner route summary tables and accommodation listings help you plan your itinerary Includes transport info a French English glossary notes on local history and sites of interest A map booklet containing 1 25 000 IGN mapping and route line is available separately from Cicerone GPX files available to download

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