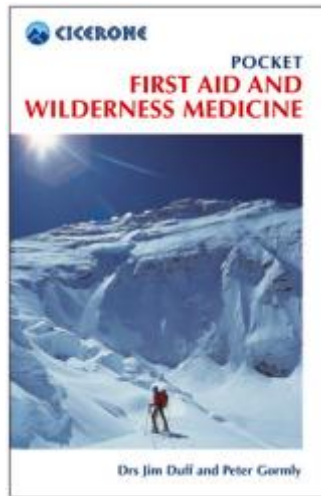


**POCKET FIRST AID AND WILDERNESS MEDICINE, J.DUFF**



**Marque :** Cicerone

**Référence :** 9781852845001

**Prix :** 14.50€

**Descriptif :**

This established and highly acclaimed book, in its tenth edition, is now published for the first time by Cicerone.

Venturing into remote areas involves a degree of risk. Minimizing these risks, while feeling confident in your ability to deal with any potential injury or illness, is part of the challenge and satisfaction of wilderness travel.

This book is divided into 3 parts:

Part 1. THE FUNDAMENTALS - preparation, prevention, first aid kits and the use of medications and painkillers

Part 2. ACCIDENT AND ILLNESS PROCEDURE - how to deal with any accident and illness, including emergency treatment for life-threatening situations

Part 3. PROBLEMS AND THEIR TREATMENT - specific accidents and illnesses.

The authors' wilderness experience was gained as mountaineers in Scotland, Norway, the European Alps, New Zealand, the Himalayas and Antarctica. Dr Jim Duff was a member of a mountain rescue team and has more than 30 years experience of climbing, trekking and teaching wilderness medicine, first aid and leadership in the Himalayas, Australia and East Africa. Dr Peter Gormly has been involved in safety, first aid and health issues in Antarctica for many years.

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