

# POCKET FIRST AID AND WILDERNESS MEDICINE

Essential for expeditions: mountaineers, hillwalkers and explorers - jungle, desert, ocean and remote areas

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Written by doctors with a wealth of experience, this pocket guide provides a comprehensive summary of wilderness first aid and medicine – that is, managing accident or illness in remote locations without immediate access to medical help. All topics are clearly referenced and easy to find, with chapters covering preparation, prevention, accident protocol, diagnosis, treatment and evacuation. In addition, suggestions for first-aid kits and lists of medications and antibiotics (with dosage) can be found in the appendices.

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 situations that may arise.

Minimizing 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. Conveniently sized to slip in a pocket or rucksack top, *Pocket First Aid and Wilderness Medicine* is an invaluable point of reference for all who travel and take part in outdoor, wilderness and mountain activities.

## About the author

Dr Jim Duff has more than 30 years' experience of climbing, trekking and teaching wilderness medicine, first aid and leadership. He was doctor on Chris Bonington's 1975 expedition, which made the first ascent of Everest's Southwest Face, and on the Australian first ascent of the North Face of Everest in 1984. Jim lives in Australia and teaches and lectures on wilderness medicine internationally.

Dr Ross Anderson is a GP and medical consultant for expedition and adventure travel companies. He holds the UIAA Diploma in Mountain Medicine and is a keen outdoor enthusiast with interests including trekking, ski touring and trail running.

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Drs Jim Duff and Ross Anderson

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