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He is the world's leading expert on wilderness medicine and a prolific author. He is the Editor of Wilderness Medicine, and author of Medicine for the Outdoors and Field Guide to Wilderness Medicine. Dr. Auerbach holds his MD from Duke and completed his

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internship at Dartmouth and residency at UCLA.

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Packed with step-by-step instructions, how-to

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explanations, and practical approaches to outdoor and wilderness emergencies, this newly updated guide explains the best ways to respond to just about any medical problem when help is miles or days away. Logically organized, "Medicine for the Outdoors" may literally save a life.

Make informed decisions about medical treatment and urgency of transport. Essential items and suggestions for packing a standard first aid kit. Two new chapters on common non-urgent medical problems and legal issues.

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The Wilderness First Aid Field Guide covers the basic medical procedures you need to prepare for in the event of an emergency while in an isolated area. Based on the latest first aid and CPR guidelines, it covers general emergency medical procedures as well as specific symptoms and accidents. This pocket sized, spiral bound, and water resistant field guide is an essential resource for anyone in a remote area. Well-organized and thorough, the Wilderness First Aid Field Guide also discusses preventative measures and responsible outdoor behavior.

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CLICK HERE to download the section from Wilderness & Travel Medicine on "Chest & Abdominal Injuries" \* Author is a nationally recognized expert in wilderness medicine \* Covers both illnesses and injuries \* Includes improvised techniques for when medical supplies aren't on hand \* Every section has been updated and new illustrations added to this edition First published in 1992, Wilderness & Travel Medicine has been a staple of the emergency first-aid kits sold worldwide by Adventure Medical Kits. With this fourth edition, Mountaineers Books and Adventure Medical Kits have partnered to release an updated, standalone reference for anyone who ventures away

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from civilization. Topics covered include everything from CPR, shock, and fractures to head, eye, and dental injuries, poisonous reactions, frostbite, hypothermia, heat illness, and much, much more. Throughout the text, sidebars provide useful and improvised techniques for specific injuries. In addition, there is "When to Worry" advice explaining how to tell if an injury is advancing in severity, despite attempts to arrest or slow down dangerous symptoms.

"For people who want to develop their bushcraft skills and survive outdoors, this book provides information for treating injuries and illness while in the wild. It

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includes tips and information on how to use typical outdoorsman items in case of a medical emergency or survival situation"--

The SOLO Field Guide to Wilderness First Aid, Beyond the Golden Hour, Fifth Edition, is the textbook that accompanies the two day course of the same name. The Wilderness First Aid (WFA) course was created out of the direct experience of the founders of SOLO, the famous outdoor school that teaches wilderness medicine all over the world, and is designed for the "outdoor enthusiast". Whether hiker, climber, skier, kayaker, canoeist, or sailor, this course is for the adventurous who may find themselves away from



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immediate help and may have to rely on their own skills to survive and thrive if an emergency should arise. First offered in 1974 under the name of the Mountain Rescue Seminar, the course became Backcountry Medicine, and eventually Wilderness First Aid. The course has continued to evolve over more than 40 years, through thousands of programs, and hundreds of thousands of students. This book is intended to be a true field guide that SOLO students can carry with them throughout their training and to use as a reference later. This book was designed specifically to compliment the instruction in the SOLO Wilderness First Aid course and is not intended for self-instruction.

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