

Field Guide To Wilderness Medicine

"Companion for travellers to wild and remote areas. This book provides comprehensive coverage to enable efficient planning and preparation before your journey, and gives practical advice on camp logistics, risk management, and medical issues. Other chapters include crisis management, emergency care, and evacuation from challenging environments."--

Since 1986, *Medicine for the Outdoors* has been hailed as the definitive take-along manual on the subject. Packed with step-by-step instructions and how-to explanations, this updated edition tells you the best way to respond to just about any medical problem. Logically organized, simple-to-understand enhanced illustrations and an increased focus on new topics mean this medical reference book may literally save your life. Whether you're venturing into mountains, deserts, forests, or out to sea, it belongs in your pack! Examine the most diverse and comprehensive coverage of medical conditions related to the outdoors. Be guided through logical and complete explanations of every topic. Enhance your understanding with descriptive material including numerous drawings and instructions. Research recommendations for injury and illness prevention. Locate answers quickly with a helpful comprehensive index. Clearly visualize how to perform specific treatments, such as the use of a SAM® splint, with an increased number of helpful illustrations. Stay abreast of the latest in emergency medicine care, including new antibiotics, medicines, products to control bleeding, and today's most common infectious disease threats. Enhance your understanding of Lyme disease; water disinfection; emerging diseases (including West Nile Virus); and how to seek safety and act during natural disasters. Take advantage of Dr. Auerbach's expert guidance with revised recommendations on high-altitude problems, drowning, airways management, toxic plants, and snake bites. Access new appendices covering AIDS/HIV transmission, expanded treatment instructions, global conflict guidelines (including terrorism), and canine medicine. Consult this title on your favorite e-reader.

Here, in one essential volume, are the basics of wilderness survival. The most ancient and important skills, preserved for generations, are presented in a simple, easy-to-use format with clear illustrations and instructions. A complete must-have companion to the great outdoors. *

- * How to build natural shelters in plains, woods, or deserts
- * How to get safe drinking water from plants, trees, the sun, or Earth Herself
- * How to make fire without matches and maintain it in any weather
- * How to find, stalk, kill, and prepare animals for food
- * The "big four" edible

plants, and hundreds of others useful for both nutrition and medicine

Wilderness EMS is designed for EMS providers and leaders who deliver medical care in the wilderness, and those practicing wilderness medicine as part of a formal team. The textbook is a comprehensive, expertly-written reference ideal for this fast-changing and multidisciplinary specialty. This first-of-its-kind text provides specialized instruction and best practices for wilderness EMS practitioners and students – crucial information for the success of today's rescue missions. A strong foundation in evidence-based medicine, clinical experience, and field applicability makes it especially useful for any EMS provider in a wilderness environment.

The Prepper's Medical Handbook

Wilderness Medical Society Practice Guidelines for Wilderness Emergency Care

Step-by-Step Treatment for All of Your Medical Emergencies Including • Heart Attack • Stroke • Food Poisoning • Choking • Head Injuries • Shock • Anaphylaxis • Minor Wounds • Burns

Emergency Preparedness for ANY Disaster

The Impact of Climate Change on Human Health

The basis of adequate prepping is being prepared for both common and dire events that may occur under the worst of all possible circumstances. These circumstances might include the breakdown in normal emergency support services (such as calling 911), the lack of an ability to obtain additional supplies, and the probability that you will not be able to rely on anyone but members of your immediate group or yourself. Prepping requires forethought with regard to food, water supplies, power, and protection – all areas of significant technical preparation. Self-reliant medical care is no exception. This book provides the basis of prevention, identification, and long-term management of survivable medical conditions and can be performed with minimal training. It helps you identify sources of materials you will need and should stock-pile, it discusses storage issues, and directs you to sources for more complex procedures that require advanced concepts of field-expedient techniques used by trained medical persons such as surgeons, anesthesiologists, dentists, or midwives and obstetricians.

One of the finest first aid books I've seen. --Mel Otten, M.D., Wilderness Medical Society • New chapters on judgment and decision-making and mental health • First-aid topics--patient assessment, shock, soft tissue injury, burns, fractures and dislocations,

and chest, head, and abdominal injury • How to handle environmental problems--heat, cold, water, altitude, and poisonous plants and animals

Field Guide to Wilderness Medicine E-BookElsevier Health Sciences

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

Emergency Care for Remote Locations

Wilderness and Travel Medicine

Field Guide to Wilderness Medicine

Oxford Handbook of Expedition and Wilderness Medicine

Wilderness Medicine

Now in its revised, updated Third Edition, this best-selling reference is designed for quick consultation on problems seen in infants, children, and adolescents. More than 450 problems are covered in the fast-access two-page outline format that makes The 5-Minute Consult Series titles so popular among busy clinicians. The book is organized into five sections--chief complaints, diseases, syndromes, physical findings, and tables.

NEW YORK TIMES BESTSELLER • An indispensable guide to surviving everything from an extended wilderness exploration to a day-long boat trip, with hard-earned advice from the host of the show MeatEater as seen on Netflix For anyone planning to spend time outside, The MeatEater Guide to Wilderness Skills and Survival is the perfect antidote to the sensationalism of the modern survival genre. Informed by the real-life experiences of renowned outdoorsman Steven Rinella, its pages are packed with tried-and-true tips, techniques, and gear recommendations. Among other skills, readers will learn about old-school navigation and essential satellite tools, how to build a basic first-aid kit and apply tourniquets, and how to effectively purify water using everything from ancient methods to cutting-edge technologies. This essential guide delivers hard-won insights and know-how garnered from Rinella ' s own experiences and mistakes and from his trusted crew of expert hunters, anglers, emergency-room doctors, climbers, paddlers, and wilderness guides—with the goal of making any reader feel comfortable and competent while out in the wild.

This handy guide is an almost indestructible how-to tool. It includes need-to-know information such as emergency signals, finding water and more. Best of all, the guide is waterproof, dirt-proof and pocket-sized, so you can take it everywhere! From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency. Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide. Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness, and those that are more serious with this

essential handbook. Each section of The Complete First Aid Pocket Guide includes a quick list of signs and symptoms to look for and step-by-step first aid instructions for dealing with each situation, all in user-friendly, simple language that's easy to understand. Medical issues covered include: —First aid basics, including roles and responsibilities of a first aider, managing an incident, activating emergency services, and infection control —Lifesaving skills including the recovery position, cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED) —Minor injuries and conditions, including soft tissue injuries, splinters, blisters, eye injuries, nosebleed, diarrhea, and vomiting —Traumatic injuries including severe bleeding, amputation, shock, fractures, crush injuries, burns, and head and neck injuries —Medical emergencies including heart attack, stroke, asthma, anaphylaxis, hypoglycemia, meningitis, seizures, poisoning, and emergency childbirth —Environmental conditions including hypothermia, frostbite, heat stroke, sunburn, and lightning strike —Pediatric emergencies and illnesses, including assessing an unresponsive child or baby, pediatric cardiopulmonary resuscitation (CPR), choking, croup, and febrile seizures —First aid kit lists for home, vehicles, and outdoor use With an appendix featuring an A-to-Z list of every condition covered, it's easy for you to quickly find the exact information you need in any situation you may face. With its small trim and portable size, The Complete First Aid Pocket Guide is the perfect addition to a home first aid kit, car first aid kit, disaster-survival bag, as well as a pocket companion for EMTs and other first responders in the field.

Enviromedics

The Field Guide to Forecasting the Weather

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America

Auerbach's Wilderness Medicine, 2-Volume Set

A Field Guide to Wilderness Emergency Care

It's the worst snowstorm you can remember. The ice-covered streets are abandoned. You hear a boom in the distance, and your computer screen goes blank. Darkness. A crash and another bang from inside the house. In the hallway, your husband sits on the floor, soaked in blood. You dial 911, and all you get is a busy signal. Would you know what to do next? The Survival Doctor's Complete Handbook will teach you just what you need to know to take care of yourself and your loved ones in the event you aren't able to get professional medical help right away. Encompassing but going well beyond immediate first aid, the book covers: how to put a dislocated joint back into place how to prevent hypothermia when your heat has gone out what to do for asthma when you don't have your inhaler whether you can really drink your own urine if you run out of water what to feed your toddler if he has a fever and you have no medicine and much more Featuring more than 100 illustrations, along with quick quizzes and real-life examples, The Survival Doctor's Complete Handbook will take you step by step through the essentials of medical care during a crisis. Perhaps you've been stranded by a sudden storm when out camping. Maybe you live alone in a rural area, and can't easily get to a doctor when you hurt your arm. Or you just want to make sure you and your family are prepared to safely weather the next Superstorm Sandy, polar vortex, tornado strike, heat wave, earthquake, or other natural disaster. Whatever your situation and your health needs, The Survival Doctor's Complete Handbook is your must-have medical resource.

First-ever revision of a classic guidebook. Information on each plant's characteristics, distribution, and medicinal qualities as well as updated taxonomy and 15 new species. How to identify and use wild plants for medicinal purposes.

Since its introduction in 1986, this indispensable guide has been hailed as the definitive take-along text on the subject of outdoor medicine.

Read Online Field Guide To Wilderness Medicine

This edition has been completely revised and expanded, making it even more essential for the growing numbers enjoying outdoor activities. With more than 250 illustrations, *MEDICINE FOR THE OUTDOORS* provides state-of-the-art medical procedures for just about every injury or illness likely to be encountered in the wild. It is logically organized, easy to reference, and surprisingly simple to understand. With help just a quick 911 phone call away, it's hard to imagine the consequences of experiencing an emergency in remote lands. *Wilderness Medicine: Beyond First Aid* is a comprehensive text for the recognition, treatment, and prevention of wilderness emergencies.

Occupational Outlook Handbook

Field Guide to Medicinal Wild Plants

Pocket Guide to Outdoor Survival

Wilderness and Remote Access First Aid Field Guide

Bushcraft First Aid

Based on Dr. Auerbach's renowned Wilderness Medicine text, *Field Guide to Wilderness Medicine, 5th Edition*, is your portable, authoritative guide to the full range of medical and emergency situations that occur in non-traditional settings. Useful for experienced physicians as well as advanced practice providers, this unique medical guide covers an indispensable range of topics in a well-illustrated, highly condensed format – in print or on any mobile device – for quick access anytime, anywhere. An easy-access presentation ensures rapid retrieval and comprehension of wilderness medical information, with "Signs and Symptoms" and "Treatment" sections, bulleted lists, and quick-reference text boxes in every chapter. All chapters are thoroughly up to date, including new information on travel medicine, medications, immunizations, and field treatment of common conditions. Step-by-step explanations from wilderness medicine experts cover the clinical presentation and treatment of a full range of wilderness emergencies and show you how to improvise with available materials. Comprehensive coverage includes dive medicine and water-related emergencies, mountain medicine and wilderness survival, global humanitarian relief and disaster medicine, high-altitude medicine, pain management, and much more. Line drawings and color plates help you quickly and accurately identify skin manifestations, plants, poisonous mushrooms, snakes, insects, and more. Useful appendices address everything from environment-specific situations to lists of essential supplies, medicines, and many additional topics of care.

Published in cooperation with the Wilderness Medical Society, this text is the definitive and essential wilderness first aid book. Ideal for use in the field and in class, this text tells how to identify

These practice guidelines are the official statement of the Wilderness Medical Society on the best methodology for handling prehospital care for illness and injury occurring in wilderness areas.

Quickly and decisively manage any medical emergency you encounter in the great outdoors with *Wilderness Medicine!* World-renowned authority and author, Dr. Paul Auerbach, and a team of experts offer proven, practical, visual guidance

for effectively diagnosing and treating the full range of emergencies and health problems encountered in situations where time and resources are scarce. Every day, more and more people are venturing into the wilderness and extreme environments, or are victims of horrific natural disasters...and many are unprepared for the dangers and aftermath that come with these episodes. Whether these victims are stranded on mountaintops, lost in the desert, injured on a remote bike path, or ill far out at sea, this indispensable resource--now with online access at www.expertconsult.com for greater accessibility and portability-- equips rescuers and health care professionals to effectively address and prevent injury and illness in the wilderness! This textbook is widely referred to as "The Bible of Wilderness Medicine." Be able to practice emergency medicine outside of the traditional hospital/clinical setting whether you are in remote environments, underdeveloped but highly populated areas, or disaster areas, are part of search and rescue operations, or dealing with casualties from episodes of extreme sports and active lifestyle activities. Face any medical challenge in the wilderness with expert guidance: Dr. Auerbach is a noted author and the world's leading authority on wilderness medicine. He is a founder and Past President of the Wilderness Medical Society, consultant to the Divers Alert Network and many other agencies and organizations, and a member of the National Medical Committee for the National Ski Patrol System. Handle everything from frostbite to infection by marine microbes, not to mention other diverse injuries, bites, stings, poisonous plant exposures, animal attacks, and natural disasters. Grasp the essential aspects of search and rescue. Respond quickly and effectively by improvising with available materials. Improve your competency and readiness with the latest guidance on volcanic eruptions, extreme sports, splints and slings, wilderness cardiology, living off the land, aerospace medicine, mental health in the wilderness, tactical combat casualty care, and much more. Meet the needs and special considerations of specific patient populations such as children, women, elders, persons with chronic medical conditions, and the disabled. Make smart decisions about gear, navigation, nutrition, and survival. Be prepared for everything with expanded coverage on topics such as high altitude, cold water immersion, and poisonous and venomous plants and animals. Get the skills you need now with new information on global humanitarian relief and expedition medicine, plus expanded coverage of injury prevention and environmental preservation. Get guidance on the go with fully searchable online text, plus bonus images, tables and video clips - all available on ExpertConsult.com.

Medicine for the Outdoors

Ninth Edition

The Complete First Aid Pocket Guide

The 5-minute Pediatric Consult

A Complete Wilderness Medicine and Travel Medicine Handbook

The SOLO Field Guide to Wilderness First Aid is the manual that accompanies SOLO's 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 and is designed by and for the "outdoor enthusiast: " whether hiker, climber, skier, kayaker, canoeist, or sailor. It is for the adventurous who may find themselves away from immediate help and may have to rely on their own skills to survive and thrive if an emergency should arise.

This is the Only Wilderness Medicine Book You Need! Could you save yourself or a loved one when there are no doctors around? All too often travelers and outdoor enthusiasts get sick, injured, or worse. Learn how to prevent and cure a wide range of ailments whether at home, abroad, or in the wilderness. Discover what you need to heal yourself, because a little knowledge goes a long way. Get it now.

An update to the classic guide to backcountry cooking.

A Guide to Practicing Medicine in Challenging Environments Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner provides the critical insight and tools required to practice medicine in remote or challenging environments. There is no place in field medicine for unreasonable restrictions on the practical application of medical judgment—that is the guiding philosophy of this user-friendly guide. Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner teaches readers how to improvise, adapt and exercise reasonable judgment at any level of medical training and in any difficult environment, from the desert to the oceans, from the backwoods to cities stricken by disaster. Grounded in the collective wisdom of hundreds of instructors, rescue personnel and medical practitioners, this text explores medical problems in a broad wilderness context—including cold injuries, altitude illness, diving and lightning injuries and toxins, among others—and pairs that exploration with the realities of solving such problems in the field, well outside the confines and comforts of mainstream medicine. Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner provides:

- The most up-to-date guidance on practicing medicine in a wilderness context***
- An introduction to critical body systems and the general principals of trauma***
- Specific information on environmental and backcountry medicine***
- An examination of the medical role in search and rescue missions***

Wilderness Medicine E-Book

Medicine for the Outdoors E-Book

The Survival Doctor's Complete Handbook

Field Guide to Wilderness Medicine E-Book
The MeatEater Guide to Wilderness Skills and Survival

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

*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 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.*

Quickly and decisively manage any medical emergency you encounter in the great outdoors with Wilderness Medicine! World-renowned authority and author Dr. Paul Auerbach and a team of experts offer proven, practical, visual guidance for effectively diagnosing and treating the full range of emergencies and health problems encountered in situations where time and resources are scarce. Every day, more and more people are venturing into the wilderness and extreme environments, or are victims of horrific natural disasters...and many are unprepared for the dangers and aftermath that come with these episodes. Whether these victims are stranded on mountaintops, lost in the desert, injured on a remote bike path, or ill far out at sea, this indispensable resource--now with online access at www.expertconsult.com for greater accessibility and portability--equips rescuers and health care professionals to effectively address and prevent injury and illness in the wilderness! This textbook is widely referred to as "The Bible of Wilderness Medicine." Be able to practice emergency medicine outside of the traditional hospital/clinical setting whether you are in remote environments, underdeveloped but highly populated areas, or disaster areas, are part of search and rescue operations, or dealing with casualties from episodes of extreme sports and active lifestyle activities. Face any medical challenge in the wilderness with expert guidance: Dr. Auerbach is a noted author and the world's leading authority on wilderness medicine. He is a founder and Past President of the Wilderness Medical Society, consultant to the Divers Alert Network and many other agencies and organizations, and a member of the National Medical Committee for the National Ski Patrol System. Handle everything from frostbite to infection by marine microbes, not to mention other diverse injuries, bites, stings, poisonous plant exposures, animal attacks, and natural disasters. Grasp the essential aspects of search and rescue. Respond quickly and effectively by improvising with available materials. Improve your competency and readiness with the latest guidance on volcanic

eruptions, extreme sports, splints and slings, wilderness cardiology, living off the land, aerospace medicine, mental health in the wilderness, tactical combat casualty care, and much more. Meet the needs and special considerations of specific patient populations such as children, women, elders, persons with chronic medical conditions, and the disabled. Make smart decisions about gear, navigation, nutrition, and survival. Be prepared for everything with expanded coverage on topics such as high altitude, cold water immersion, and poisonous and venomous plants and animals. Get the skills you need now with new information on global humanitarian relief and expedition medicine, plus expanded coverage of injury prevention and environmental preservation. Get guidance on the go with fully searchable text plus bonus images, tables and video clips online at www.expertconsult.com. Ensure patient survival in the wilderness with Dr. Paul Auerbach's indispensable reference.

This field-guide handbook, based upon Dr. Auerbach's text Wilderness Medicine, 4th Edition, focuses on information that is needed when medical situations present in the wilderness setting. Perfect for the physician on the go, this new 2nd edition includes more chapters and appendixes for an even quicker more complete reference! Complements Wilderness Medicine, 4th Edition. Perfect for the physician on the go. Comprehensive coverage of outdoor medicine. New chapters include: Solar Radiation and Sunscreen, Emergency Airway Management, Emergency Oxygen Administration, Pain Management, Cardiopulmonary Emergencies, Neurological Emergencies, Improvised Litters and Carriers, Aeromedical Transport, Survival, Knots, Children in the Wilderness, Women in the Wilderness. Includes information on splints, slings, dressings, and hot spots. Expanded coverage of Animal Attacks and Zoonoses (diseases carried by animals that can be transmitted to humans, i.e. rabies). 6 Appendixes, including: Priority First Aid Equipment, Contingency Supplies for Wilderness Travel, and Medicine Specific to Women's Health.

The Essential Guide to First Aid and Medical Emergencies

The Ultimate Survival Medicine Guide

Wilderness and Rescue Medicine

Tom Brown's Field Guide to Wilderness Survival

Wilderness EMS

Waterproof field guide for anyone who ventures out into the wilderness or remote areas. Field guide is full of handy tips and tricks, from improvised splints to wound management.

No one knows what the next disaster will be: earthquake, Coronavirus, flu epidemic, flood, terrorist attack. But everyone should know how to survive a medical emergency if a medical professional isn't available. From Dr. Joe Alton and Amy Alton ARNP comes an updated edition of their bestseller The Survival Medicine Handbook. This unique medical book is meant to enable the average person to handle injuries and illness in situations in which modern medical facilities and professionals aren't available due to a disaster. This book is written by America's top medical preparedness experts: Joe Alton, MD, and Amy Alton, ARNP. Their mission: to put a medically prepared person in every family for when medical help is not on the way. Using decades of medical experience, they address, in plain language, dozens of medical issues associated with surviving disasters and epidemics. The Altons also discuss the medical supplies needed to become a medical asset to your family and community as well as alternative and natural strategies for when pharmaceuticals aren't available. Topics include: Appendicitis and Conditions that Mimic It Urinary Tract Infections Mosquito-Borne Illnesses Allergic Reactions and

Anaphylaxis Head Injuries Animal Bites Snake Bites Head injuries Kidney Stones Dislocations and Fractures Nosebleeds Pain Medications Natural Pain Relief And much much more! Most medical books will send you to the doctor or hospital when an emergency happens. The Altons assume that the worst might actually happen—that the average person could be left without medical help in a disaster. With their book, you can keep your family healthy in times of trouble.

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.

Reading Weather provides a quick and simple way to understand how the atmosphere works, how to interpret and use weather forecasts before venturing outdoors, and also how to make your own forecast in the field by observing the changes in the weather. This fully updated and revised reference will arm you with the meteorological knowledge necessary to make good decisions on whether to proceed or retreat in the face of a storm. Also included are helpful definitions, tables, and simplified graphics of common weather features.

Wilderness First Aid

SOLO Wilderness First Responder

NOLS Wilderness Medicine

The Field Guide of Wilderness and Rescue Medicine

NOLS Cookery

Field Guide to Wilderness Medicine - based on Dr. Auerbach's critically acclaimed text Wilderness Medicine - offers fast-access solutions to all of the medical situations that can occur in non-traditional settings. From backpack to kayak, or on any mobile device, this indispensable, compact survival guide is detailed enough to cover the clinical presentation and treatment of a full range of wilderness emergencies! Meet a full-range of emergency situations with the utmost effectiveness. Appendices address everything from environment-specific situations to lists of essential supplies, medicines, and many additional topics of care. Compare what you are seeing with line drawings and color plates to quickly and accurately identify skin manifestations, plants, poisonous mushrooms, snakes, spiders, insects, etc. Rapidly retrieve and comprehend wilderness survival information with the aid of an easily accessible format featuring "Signs and Symptoms" and "Treatment" sections in most chapters - combined with bulleted lists and text boxes. Improvise with available materials so you can diagnose and treat a myriad of medical situations with step-by-step how-to explanations and the latest practical advice from wilderness medicine experts. Get guidance on the go with online access to the fully searchable text at Expert Consult, plus bonus downloadable files for Survival Kits. Get the wilderness medicine skills you need now with new chapters on foot problems and care, global humanitarian relief and disaster medicine, Leave No Trace principles, and high-altitude medicine, as well as lists to prepare a variety of survival kits for different settings and patient populations. Improve your

competency and readiness with thoroughly revised chapters on shock, maxillofacial trauma, malaria, improvised litters and carries, aeromedical transport, pain management, life-threatening emergencies, and allergic reactions.

Now in its 7th edition, Auerbach's Wilderness Medicine continues to help you quickly and decisively manage medical emergencies encountered in any wilderness or other austere setting! World-renowned authority Dr. Paul Auerbach and 2 new associate editors have assembled a team of experts to offer proven, practical, visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce. Now in an exciting 2-volume set that includes convenient online access, this indispensable resource equips physicians, nurses, advanced practice providers, first responders, and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses - no matter where they happen! Brand-new 2-volume format ensures all content is available in print and online to provide you easy access. Face any medical challenge in the wilderness with expert guidance from hundreds of outstanding world experts edited by Dr. Auerbach and 2 new associate editors, Drs. Tracy Cushing and N. Stuart Harris. New and expanded chapters with hundreds of new photos and illustrative drawings help increase your visual understanding of the material. Acquire the knowledge and skills you need with revised chapters providing expanded discussions of high-altitude medicine, improvisation, technical rescue, telemedicine, ultrasound, and wilderness medicine education. Ten new chapters cover Acute High-Altitude Medicine and Pathophysiology; High Altitude and Pre-Existing Medical Conditions; Cycles, Snowmobiles, and other Wilderness Conveyances; Medical Wilderness Adventure Races (MedWAR); Canyoneering and Canyon Medicine; Evidence-Based Wilderness Medicine; National Park Service Medicine; Genomics and Personalized Wilderness Medicine; Forestry; and Earth Sciences. 30+ Expert Consult online videos cover survival tips, procedural demonstrations, and detailed explanations of diseases and incidents. Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, videos, and references from the book on a variety of devices.

Many of us have concerns about the effects of climate change on Earth, but we often overlook the essential issue of human health. This book addresses that oversight and enlightens readers about the most important aspect of one of the greatest challenges of our time. The global environment is under massive stress from centuries of human industrialization. The projections regarding climate change for the next century and beyond are grim. The impact this will have on human health is tremendous, and we are only just now discovering what the long-term outcomes may be. By weighing in from a physician's perspective, Jay Lemery and Paul Auerbach clarify the science, dispel the myths, and help readers understand the threats of climate change to human health. No better argument exists for persuading people to care about climate change than a close look at its impacts on our physical and emotional well-

being. The need has never been greater for a grounded, informative, and accessible discussion about this topic. In this groundbreaking book, the authors not only sound the alarm but address the health issues likely to arise in the coming years.

The SOLO Wilderness First Responder is the textbook created for Stonehearth Open Learning Opportunities (SOLO), the wilderness and emergency medicine school in Conway, NH for teaching the course of the same name. Heavily illustrated, the book follows the curriculum of the SOLO course and reflects more than 40 years of experience teaching emergency and wilderness medicine. Covering primary assessment through environmental emergencies the SOLO Wilderness First Responder is a great reference book for first responders and EMTs alike.

A Comprehensive Guide, 4th Edition

Reading Weather

Beyond First Aid

The Essential Guide to Emergency Medical Procedures and First Aid

Expert Consult Premium Edition - Enhanced Online Features

A reference to the medicinal plants and herbs of Eastern and Central North American includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

Wilderness First Aid Field Guide

Management of Wilderness and Environmental Emergencies

Wilderness & Travel Medicine

Solo's Field Guide to Wilderness First Aid 3rd Edition