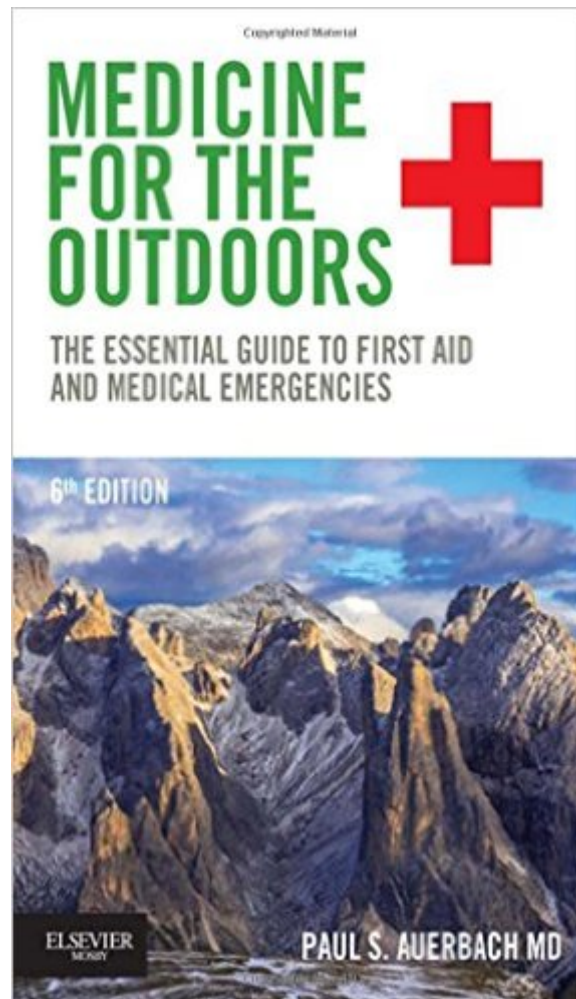


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# Medicine For The Outdoors: The Essential Guide To First Aid And Medical Emergencies, 6e



## Synopsis

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! "A comprehensive guide to basically anything that could go wrong, or needs to be medically managed whilst in out and about." Reviewed by: Dr Stevan R Bruijns, Senior Lecturer in Emergency Medicine at University of Cape Town  
Date: July 2015  
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.

## Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (15 customer reviews)

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## Customer Reviews

The book was a gift for my boyfriend for Christmas, and he absolutely loves it. It was excellently wrapped and in perfect condition when we received it. It's very interesting to flip through, and makes a valuable addition to our bookcase/go bags. We hike all over the Northwest, and we always bring this book with us. The book consists of five parts- general information, major medical problems,

Minor medical problems, disorders related to specific environments, and miscellaneous information. The book is very well written and structured. Some of the more detailed aspects of the book include allergic reactions, emergency childbirth, amputation crisis, head injuries, infectious diseases, respiratory and inner organ disorders, tornado, hurricane, flood and other natural disaster emergencies, hazardous aquatic life, wild plants & animals, water purification and much much more. It also has tons of diagrams and examples for clarification for some of use who are more visual learners. The book is small enough to easily be put into any SHTF backpack. It measures right under an inch as you can see in the photos. This is definitely an essential source for survival and staying healthy in the outdoors; wherever your travels will take you this book has something you can benefit from! You won't regret it!

I reading this the second time as there is so much good information to try and absorb. I find that it provides a good balance between things that you can attempt on your own and when you should head to the emergency room right away. I believe this book is very well suited to have in your library as a reference. If you find yourself needing it right away as in an emergency, the text is not suited for quick on the spot prognosis of most ailments. You need to have read this book in advance and really understood the things that he is describing.

Ridiculously helpful. I bought this book in preparation for an upcoming trip to the Peruvian . In fifteen minutes of reading I had ten things added to my list I never thought to bring even after hours of online research. I went to my travel doctor armed with a list of all sorts of things I wouldn't have known to ask for. Immensely valuable.

This book is great for basic first aid and it's simple to read with decent illustration. For once I found a book that I don't have to require a MD for knowing any emergency procedures in this book. On the side note you still have to have some medical vocab for this book.

A comprehensive field-guide that every outdoors-lover should carry with them in their backpack.

Very good book. Sometimes too much information. Making a diagnosis of aortic aneurysm, in the boonies, is pretty irrelevant. Your patient will die, almost certainly. They have to be at the door of the operating room to survive. They are so sick anyone will know they need a helicopter ASAP.

Excellent and informative book. Well written and easy to follow

Very informative text, easy to follow. My choice for traveling.

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