

NEW SERIES: mini-guides

FIRST AID AND WILDERNESS MEDICINE 10th EDITION (First edition by Cicerone)

INFORMATION

This long-established guide to first aid in the wild, when you depend entirely on your own knowledge and resources, now joins the Cicerone stable.

It sets out clearly the protocols and procedures to follow.

- Preparation of first aid kits and good preventative practice.
- Dealing with life-threatening emergencies.
- Specific injuries, such as head injuries, burns, broken bones, sprains.
- Problems associated with location, such as cold or hot weather, altitude, dehydration, food poisoning and digestive disorders, infectious diseases, bites and stings, rashes and respiratory problems.

All topics are clearly referenced, and easy to find.

Written by doctors with major outdoor experience. An invaluable point of reference for all who travel and take part in outdoor, wilderness and mountain activities.

THE AUTHOR

Dr Jim Duff grew up in the UK and started climbing at 14. Jim has more than 30 years' experience of climbing, trekking and teaching wilderness medicine, first aid and leadership in the Himalayas. 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. As well as expeditions to K2 and Changabang, Jim has climbed in the UK, Alps, Norway, New Zealand and North America.

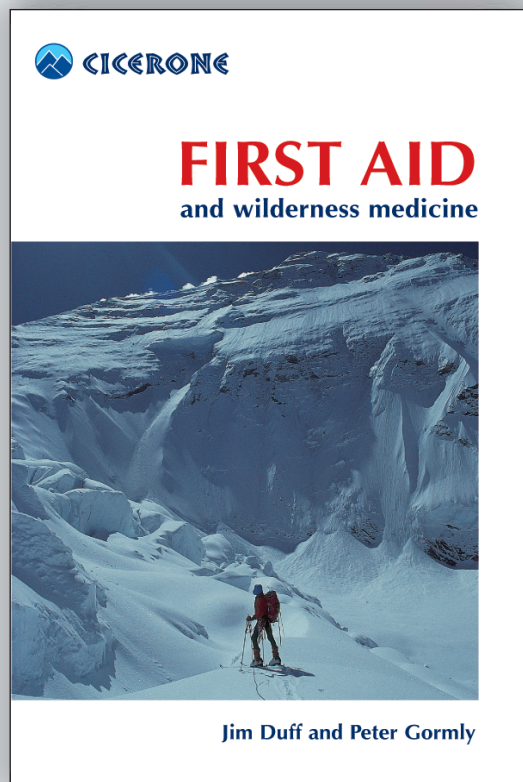
Dr Peter Gormly has been involved in safety, first aid and health issues in Antarctica for many years.

OTHER TITLES

1852844744 Snow (December 2006)

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1852844736 Avalanche! (November 2006)



FIRST AID AND WILDERNESS MEDICINE

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KEY MARKETING POINTS

- **Trusted guide now in its tenth edition**
- **Suitable for participants in all outdoor sports**
- **Previously published by Treksafe (ISBN 0975073117)**

CICERONE

Cicerone publish over 250 guidebooks to walking, trekking, climbing, exploring and mountaineering in Britain, Europe and worldwide.

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