

Oxford Handbook of Expedition and Wilderness Medicine

Written by experienced expeditioners, the handbook is organized in to eight main sections and includes information on fieldcraft, diagnosis and treatment of medical problems encountered during an expedition (divided anatomically), environmental hazards, crisis management and issues to be dealt with after returning home. It also covers basic information about how to plan for an expedition, how to keep the expedition members healthy, how to diagnose and manage their medical problems in remote environments and provide brief summaries of medical problems peculiar to different expedition environments.

This pocket-sized book contains all you need to know to minimise health risks, to protect your health and to deal with unexpected medical problems while you are travelling in remote, wilderness areas of the world.

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