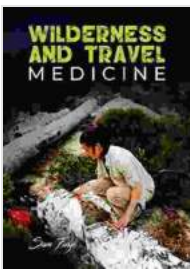


# Complete Wilderness Medicine and Travel Medicine Handbook: Escape, Evasion, and Survival Guide for Outdoor Adventurers

The Complete Wilderness Medicine and Travel Medicine Handbook is the ultimate guide to staying healthy and safe in the wilderness. This comprehensive handbook covers everything from first aid and emergency preparedness to disease prevention and treatment. Whether you're a seasoned backpacker or a novice hiker, this book has the information you need to stay safe and healthy in the great outdoors.



## Wilderness and Travel Medicine: A Complete Wilderness Medicine and Travel Medicine Handbook (Escape, Evasion, and Survival) by Sam Fury

★★★★☆ 4.4 out of 5

Language : English  
File size : 11685 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 562 pages  
Lending : Enabled



## First Aid and Emergency Preparedness

The first aid and emergency preparedness section of the Complete Wilderness Medicine and Travel Medicine Handbook covers everything you

need to know to treat common injuries and emergencies in the wilderness.

This section includes information on:

- First aid kits
- Wound care
- Fracture care
- Burns
- Hypothermia
- Heatstroke
- Altitude sickness
- Snake bites
- Spider bites
- Insect bites

## **Disease Prevention and Treatment**

The disease prevention and treatment section of the Complete Wilderness Medicine and Travel Medicine Handbook covers everything you need to know to prevent and treat common diseases in the wilderness. This section includes information on:

- Waterborne diseases
- Foodborne diseases
- Insect-borne diseases
- Animal-borne diseases

- Altitude sickness
- Heatstroke
- Hypothermia
- Sunburn
- Malaria
- Dengue fever
- Yellow fever

## **Escape, Evasion, and Survival**

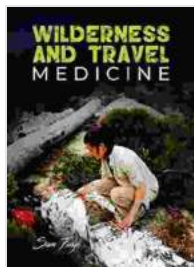
The escape, evasion, and survival section of the Complete Wilderness Medicine and Travel Medicine Handbook covers everything you need to know to survive in the wilderness if you become lost or injured. This section includes information on:

- Navigation
- Shelter
- Fire
- Water
- Food
- First aid
- Signaling for help

**Free Download Your Copy Today**

The Complete Wilderness Medicine and Travel Medicine Handbook is the essential guide for anyone who loves to spend time in the great outdoors. Free Download your copy today and be prepared for anything the wilderness throws your way.

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