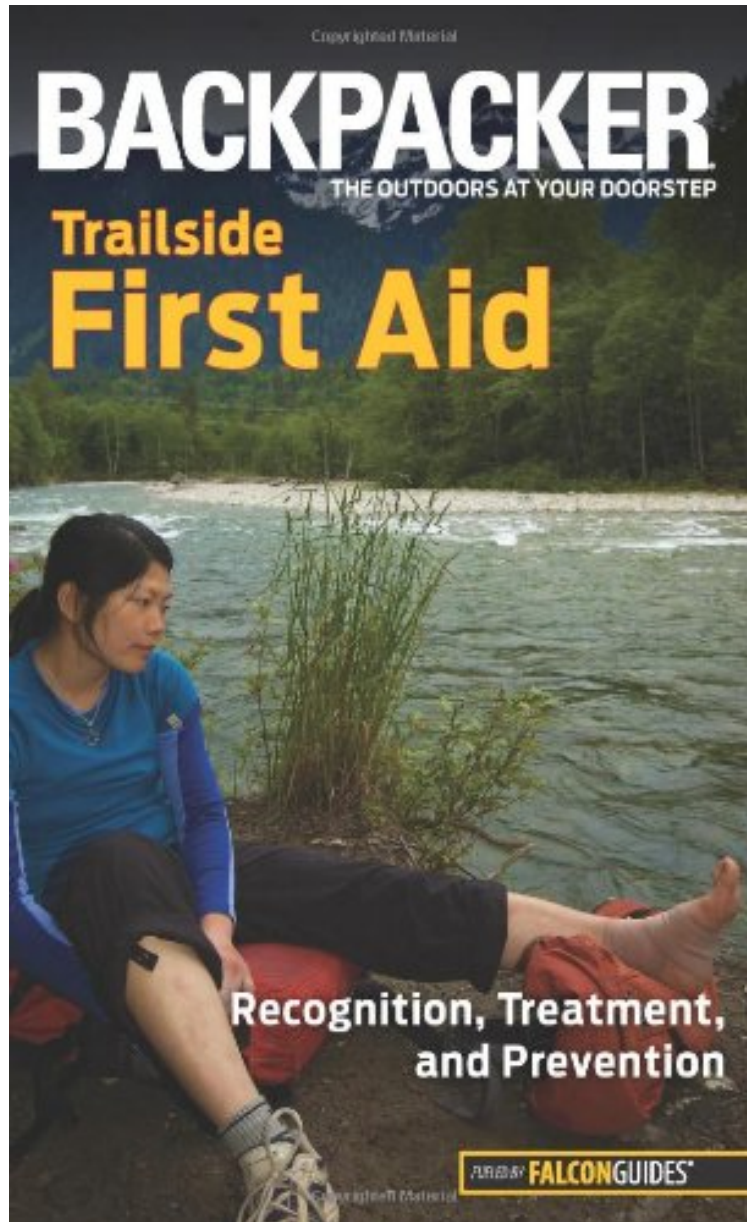


(Download pdf) Backpacker magazine's Trailside First Aid: Recognition, Treatment, And Prevention (Backpacker Magazine Series)

Backpacker magazine's Trailside First Aid: Recognition, Treatment, And Prevention (Backpacker Magazine Series)

Molly Absolon

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#2510414 in Books Globe Pequot Press 2011-02-01 Original language: English PDF # 1 7.10 x .30 x 4.32l, .29 #File Name: 076275653596 pages First Aid, Safety, Rescue Molly Absolon Trailside First Aid | File size: 49.Mb

Molly Absolon : Backpacker magazine's Trailside First Aid: Recognition, Treatment, And Prevention (Backpacker Magazine Series)

before purchasing it in order to gauge whether or not it would be worth my time, and all praised Backpacker magazine's Trailside First Aid: Recognition, Treatment, And Prevention (Backpacker Magazine Series):

0 of 0 people found the following review helpful. An Emergency Must Have By Gary Rosenfeld Bought this to pack on our OHV for wilderness travel. Have not had to use it yet but lots of helpful information packed inside. Hope I don't need it but I glad we have it just in case. 0 of 0 people found the following review helpful. Good practical information By James H. Baron You should have this book with you when backpacking. It is small enough to pack easily. Good basic information. So many times in emergencies you forget what to do. This is a good guide to refresh your memory.

Backpacker's Trailside First Aid assembles for readers an outdoor first-aid kit of essential items; soothe bites and stings; deal with hot and cold injuries; wrap sprains, fractures, and dislocated joints; handle backcountry emergencies until professional help arrives. This handy pocket-sized guide is 96 pages, includes two popouts, and incorporates color photos, charts, and illustrations as needed throughout the interior.

From the Back Cover Backpacker magazine's Trailside First Aid brings you essential mind gear from the two most respected and reliable publishers of outdoor-related information. This is the ideal first-aid kit of information on everything from minor matters to handling backcountry emergencies until professional help arrives. Learn how to assess and treat shock; wrap fractures and sprains; manage wounds; soothe bites and stings; deal with heat and cold injuries; tend to illnesses, including altitude illness; and assemble a first-aid kit.