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Remote First Aid Pocket Guide
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With help just a quick 911 phone call away, it's hard to imagine the consequences of experiencing an emergency in remote lands. *Wilderness Medicine: Beyond First Aid* is a comprehensive text for the recognition, treatment, and prevention of wilderness emergencies.

Based on Dr. Auerbach's renowned *Wilderness Medicine* text, *Field Guide to Wilderness Medicine*, 5th Edition, is your portable, authoritative guide to the full range of medical and

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emergency situations that occur in non-traditional settings. Useful for experienced physicians as well as advanced practice providers, this unique medical guide covers an indispensable range of topics in a well-illustrated, highly condensed format - in print or on any mobile device - for quick access anytime, anywhere. An easy-access presentation ensures rapid retrieval and comprehension of wilderness medical information, with "Signs and Symptoms" and "Treatment" sections, bulleted lists, and quick-reference text boxes in every chapter. All

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chapters are thoroughly up to date, including new information on travel medicine, medications, immunizations, and field treatment of common conditions. Step-by-step explanations from wilderness medicine experts cover the clinical presentation and treatment of a full range of wilderness emergencies and show you how to improvise with available materials. Comprehensive coverage includes dive medicine and water-related emergencies, mountain medicine and wilderness survival, global humanitarian relief and disaster medicine, high-altitude medicine, pain

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management, and much more. Line drawings and color plates help you quickly and accurately identify skin manifestations, plants, poisonous mushrooms, snakes, insects, and more. Useful appendices address everything from environment-specific situations to lists of essential supplies, medicines, and many additional topics of care.

NEW YORK TIMES BESTSELLER •

An indispensable guide to surviving everything from an extended wilderness exploration to a day-long boat trip, with hard-earned advice from the host of the show *MeatEater* as seen on Netflix For anyone planning

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to spend time outside, The MeatEater Guide to Wilderness Skills and Survival is the perfect antidote to the sensationalism of the modern survival genre. Informed by the real-life experiences of renowned outdoorsman Steven Rinella, its pages are packed with tried-and-true tips, techniques, and gear recommendations. Among other skills, readers will learn about old-school navigation and essential satellite tools, how to build a basic first-aid kit and apply tourniquets, and how to effectively purify water using everything from ancient methods to cutting-

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edge technologies. This essential guide delivers hard-won insights and know-how garnered from Rinella's own experiences and mistakes and from his trusted crew of expert hunters, anglers, emergency-room doctors, climbers, paddlers, and wilderness guides—with the goal of making any reader feel comfortable and competent while out in the wild.

Dog First Aid, by the American Red Cross, is a color-coded guide and accompanying DVD that includes basic responsibilities like spaying and neutering to managing breathing and

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cardiac emergencies to preparing for disasters. The guide includes nearly 70 dog first aid topics and the DVD shows step-by-step how to perform the skills needed to administer care to a dog. Dog First Aid is a quick reference guide designed to help everyday people manage emergency situations on their own, with speed and confidence.

Management of Wilderness and Environmental Emergencies

Outback Survival

Emergency Care for Remote Locations

Herbal Medic

Wilderness First Aid Field Guide

The SOLO Wilderness First

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Responder is the textbook created for Stonehearth Open Learning Opportunities (SOLO), the wilderness and emergency medicine school in Conway, NH for teaching the course of the same name. Heavily illustrated, the book follows the curriculum of the SOLO course and reflects more than 40 years of experience teaching emergency and wilderness medicine. Covering primary assessment through environmental emergencies the SOLO Wilderness First Responder is a great

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reference book for first responders and EMTs alike.

Wilderness First Aid: Emergency Care in Remote Locations, Fourth Edition provides information on how to handle common injuries and illnesses when medical care is an hour away or more.

Designed for those who work or travel in remote locations, this comprehensive guide will teach you what to look for and what to do in the event of an emergency, and direct you to the most appropriate type of care. Completely revised, the

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***Fourth Edition contains updated information on first aid training and meets the 2010 cardiopulmonary resuscitation (CPR) and emergency cardiovascular care (ECC) guidelines. The text also includes:
Expanded information on heat and cold emergencies
Updated guidelines for managing snake bite emergencies
New information on managing diabetic emergencies
Skill sheets providing step-by-step visual reviews of procedures discussed
Flow charts reinforcing the***

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*decision-making process
and appropriate procedures
Decision tables provide a
concise summary of what
signs first aiders should
look for and what
treatment steps they
should take Outstanding
photography and
illustrations"*

*Wilderness First Aid:
Emergency Care for Remote
Locations, Third Edition
provides information on
how to handle common
injuries and illnesses
when medical care is an
hour away or more.
Designed for those who
work or travel in remote*

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locations, this comprehensive guide will teach you what to look for and what to do in the event of an emergency, and direct you to the most appropriate type of care. Completely revised, the Third Edition contains updated information on first aid training and complies with the 2005 cardiopulmonary resuscitation (CPR) and emergency cardiovascular care (ECC) guidelines. A Guide to Practicing Medicine in Challenging Environments Wilderness and Rescue Medicine: A

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***Practical Guide for the
Basic and Advanced
Practitioner provides the
critical insight and tools
required to practice
medicine in remote or
challenging environments.
There is no place in field
medicine for unreasonable
restrictions on the
practical application of
medical judgment that is
the guiding philosophy of
this user-friendly guide.
Wilderness and Rescue
Medicine: A Practical
Guide for the Basic and
Advanced Practitioner
teaches readers how to
improvise, adapt and***

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exercise reasonable judgment at any level of medical training and in any difficult environment, from the desert to the oceans, from the backwoods to cities stricken by disaster. Grounded in the collective wisdom of hundreds of instructors, rescue personnel and medical practitioners, this text explores medical problems in a broad wilderness context including cold injuries, altitude illness, diving and lightning injuries and toxins, among others and pairs that exploration

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with the realities of solving such problems in the field, well outside the confines and comforts of mainstream medicine.

Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner provides: The most up-to-date guidance on practicing medicine in a wilderness context An introduction to critical body systems and the general principals of trauma Specific information on environmental and backcountry medicine An

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**examination of the medical
role in search and rescue
missions"**

**Wilderness First Aid:
Emergency Care in Remote
Locations**

**The MeatEater Guide to
Wilderness Skills and
Survival**

**Bushcraft First Aid
Expedition and Wilderness
Medicine**

**SOLO Wilderness First
Responder**

*With a focus on herbal
medicine and first-aid
essentials, former Green
Beret medic and clinical
herbalist Sam Coffman
presents this*

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*comprehensive home
reference on medical
emergency preparedness for
times when professional
medical care is
unavailable.*

*River Safety and Rescue
Waterproof Field Guide
written by Swiftwater and
River Rescue Experts at
Sierra Rescue*

*It is critical for
backcountry travelers to
have the ability to handle
dangerous situations when
they occur. This includes
a logical, commonsense
approach to injury and
illness that takes into
account the unique aspects*

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of the wilderness setting. This comprehensive reference book, based on the Wilderness Medical Associates curriculum, clearly explains essential diagnostics and first aid procedures necessary for wilderness injuries, including general principles in wilderness medicine; basic life support; medical supplies; wilderness travel; and the newest first aid methods for outdoor situations. It is an essential reference for anyone headed into the great outdoors. In wilderness situations

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where resources are limited and medical care is not immediately available, responders need a large repertory of skills to cope with emergencies. Developed by Steve Donelan and NASAR's education division in collaboration with Waterford Press, this easy-to-use guide contains supporting illustrations and is intended as a field reference for responders dealing with the most commonly encountered injuries and conditions. This lightweight folding guide is waterproof to

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withstand rigorous use in the field and fits easily in your pocket. Topics include wound care, injuries, emergency situation, nature hazards, and outdoor exposure risks. Great resource for SAR technicians and first responders as well as campers, hikers and outdoor enthusiasts. Made in the USA

*Outward Bound Wilderness
First-Aid Handbook*

*Boy Scouts of America
Wilderness First Aid
Manual*

*Emergency Reference Guide
Step-by-Step Treatment for*

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*All of Your Medical
Emergencies Including •
Heart Attack • Stroke •
Food Poisoning • Choking •
Head Injuries • Shock •
Anaphylaxis • Minor Wounds
• Burns*

*The Field Guide of
Wilderness and Rescue
Medicine*

"The official field guide of the Boy Scouts of America. Sold to education centers, Scout troops, and individuals"--

Rev. ed. of: First aid/CPR/AED for schools and the community. 3rd ed. c2006.

A guide to recognizing and treating medical emergencies in

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the wilderness discusses patient assessment and treatment of a wide range of possible injuries and illnesses, with step-by-step instructions and sidebars listing signs and symptoms.

From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency. Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide. Quickly identify signs and symptoms of a wide range of medical conditions and learn how

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to recognize the difference between a minor injury or illness, and those that are more serious with this essential handbook. Each section of The Complete First Aid Pocket Guide includes a quick list of signs and symptoms to look for and step-by-step first aid instructions for dealing with each situation, all in user-friendly, simple language that's easy to understand. Medical issues covered include: —First aid basics, including roles and responsibilities of a first aider, managing an incident, activating emergency services, and infection control —Lifesaving skills including the recovery

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position, cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED) —Minor injuries and conditions, including soft tissue injuries, splinters, blisters, eye injuries, nosebleed, diarrhea, and vomiting —Traumatic injuries including severe bleeding, amputation, shock, fractures, crush injuries, burns, and head and neck injuries —Medical emergencies including heart attack, stroke, asthma, anaphylaxis, hypoglycemia, meningitis, seizures, poisoning, and emergency childbirth —Environmental conditions

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including hypothermia, frostbite, heat stroke, sunburn, and lightning strike —Pediatric emergencies and illnesses, including assessing an unresponsive child or baby, pediatric cardiopulmonary resuscitation (CPR), choking, croup, and febrile seizures —First aid kit lists for home, vehicles, and outdoor use With an appendix featuring an A-to-Z list of every condition covered, it's easy for you to quickly find the exact information you need in any situation you may face. With its small trim and portable size, The Complete First Aid Pocket Guide is the perfect addition to a

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home first aid kit, car first aid kit, disaster-survival bag, as well as a pocket companion for EMTs and other first responders in the field.

Wilderness and Rescue First Aid
Wilderness First Responder
River Rescue and Safety Field
Guide

Comprehensive First
Aid/CPR/AED

Wilderness Emergency Care
Published in cooperation
with the Wilderness Medical
Society, this text is the
definitive and essential
wilderness first aid book.
Ideal for use in the field and
in class, this text tells how

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This conveniently sized guide is an invaluable point of reference for all who travel and take part in outdoor, wilderness and mountain activities. Written by doctors with a wealth of wilderness specific experience, it provides a comprehensive summary of wilderness first aid and medicine - that is, managing accident or illness in remote locations without immediate access to help - giving you confidence in your ability to deal with any situation that may arise. All topics are

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clearly referenced and easy to find, with chapters covering preparation, prevention, accident protocol, diagnosis, treatment and evacuation. From life-threatening emergencies to broken bones and sprains, infectious diseases, food poisoning, envenomation and respiratory problems, the book sets out all the crucial protocol and procedures to follow. It covers a wide range of different environments, including high altitude, desert, polar, tropical and

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marine, dealing with risk management and a variety of different scenarios. In addition, suggestions for first-aid kits and lists of medications and antibiotics (with dosage) can be found in the appendices.

The Wilderness First Aid Field Guide covers the basic medical procedures you need to prepare for in the event of an emergency while in an isolated area. Based on the latest first aid and CPR guidelines, it covers general emergency medical procedures as well as specific symptoms and

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accidents. This pocket sized, spiral bound, and water resistant field guide is an essential resource for anyone in a remote area. Well-organized and thorough, the Wilderness First Aid Field Guide also discusses preventative measures and responsible outdoor behavior. Be prepared! A practical handbook for medical emergencies from the experts at the Boy Scouts of America. The Scouting Guide to Wilderness First Aid provides Scouts, or anyone interested in the

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outdoors, with useful information on handling illnesses and injuries in any environment that's far from an emergency room. Some practical tips include: How to triage, assess, and identify medical emergencies What to include in a first aid kit for your home When to seek help for health emergencies How to safely move a sick or injured person How to perform CPR and use an automatic external defibrillator What the proper procedures are for broken bones, hypothermia, burns,

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and sprains and much more
Since 1910, the Boy Scouts
of America has helped build
the future leaders of this
country by combining
educational activities and
lifelong values with fun. The
BSA is committed to training
youth in responsible
citizenship, character
development, and self-
reliance through
participation in a wide range
of outdoor activities.

Instructor's Manual
A Green Beret's Guide to
Emergency Medical
Preparedness and Natural
First Aid

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Wilderness First Aid

More than 200 Essential

Skills for Medical

Emergencies in Remote

Environments

American Red Cross First

Aid/CPR/AED Participant's

Manual

***Recognizing the lack of a national
standard for wilderness first aid,***

The Boy Scouts of America

***formed a Task Force consisting of
wilderness medicine specialists,***

***medical epidemiologists, legal
expertise, and educators to***

develop a curriculum and

***doctrine for a 16 hour wilderness
first aid (WFA) course. Buck***

***Tilton was the lead author of this
project. As author he had to***

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amalgamate the results of the literature research performed by the Task Force and through multiple revisions until this final product was developed. The Task Force is indebted to Buck for his hours of dedication to the project. Persons taking this course will have an appreciation of how wilderness first aid differs from standard, urban fist aid. Many readers will want to learn more about this fascinating and critical skill needed by all outdoor travelers. Some will be inspired to continue their education with a wilderness first responder course. This book contains the full doctrine that the Task Force approved. It provides a portable resource for use in the field as well as a text for the WFA

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course. It will be your introduction to the basic skills and knowledge all wilderness travelers should possess. Primeros Auxilios en Lugares Remotos is the Spanish Edition of the Emergency Care & Safety Institute's Wilderness First Aid course. Primeros Auxilios en Lugares Remotos, 4ª edición, proporciona información sobre cómo manejar las lesiones y enfermedades comunes cuando la atención médica está distante a una hora o más de tiempo. Diseñado para aquellos que trabajan o viajan en lugares remotos, esta guía completa le enseñará lo que debe buscar y qué hacer en caso de una emergencia, y le dirigirá hacia el tipo más adecuado de atención.

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Completamente revisada, la cuarta edición contiene información actualizada sobre la formación en primeros auxilios y contiene los lineamientos 2010 en reanimación cardiopulmonar (RCP) y atención cardiovascular de emergencia (ECC).El texto también incluye:

- * Amplia información acerca de emergencias tanto en climas cálidos como en fríos***
- Lineamientos actualizados para tratar emergencias por mordedura de serpientes***
- Nueva información sobre el manejo de emergencias en personas diabéticas***
- Revisiones visuales paso a paso de procedimientos descritos para fortalecer el desarrollo de habilidades (destrezas) * Diagramas de flujo**

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**que apoyan en el proceso de
toma de decisiones y
procedimientos adecuados***

**Tablas de decisión que
proporcionan un breve resumen
de los signos que los socorristas
deben buscar y las medidas de
tratamiento que deben tomar***

**Excepcionales fotografías e
ilustraciones**

**Waterproof field guide for
anyone who ventures out into the
wilderness or remote areas. Field
guide is full of handy tips and
tricks, from improvised splints to
wound management.**

**The seventh edition of the
bestselling NOLS Wilderness
Medicine includes all the key first-
aid information that made
previous editions so valuable,
now updated throughout with the**

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latest medical recommendations. This guide is used in NOLS and WMI courses to train outdoor leaders to prevent, recognize, and treat common medical problems and to stabilize severely ill or injured patients for evacuation. A vital resource for outdoor enthusiasts, this book covers fundamental topics in first aid from the unique perspective of the National Outdoor Leadership School. First-aid topics include patient assessments, shock, soft tissue injury, burns, fractures and dislocations, and chest, head, and abdominal injury. Learn how to handle common environmental problems—heat, cold, water, altitude, and poisonous plants and animals. Vital material is

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***presented in an easy-to-use
reference format to save
valuable time in an emergency.
Wilderness and Rescue Medicine
Dog First Aid
Primeros Auxilios En Lugares
Remotos
NOLS Wilderness Medicine
The Complete First Aid Pocket
Guide***

"For people who want to develop their bushcraft skills and survive outdoors, this book provides information for treating injuries and illness while in the wild. It includes tips and information on how to use typical

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outdoorsman items in case of a medical emergency or survival situation"--

Packed with step-by-step instructions, how-to explanations, and practical approaches to outdoor and wilderness emergencies, this newly updated guide explains the best ways to respond to just about any medical problem when help is miles or days away. Logically organized, "Medicine for the Outdoors" may literally save a life.

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The first teaching manual ever for the "Wilderness First Responder" course, this title represents the cutting edge in medical training for wilderness rescue and self care. The schools affiliated with Tilton's program include the Wilderness Medicine Institute, a subsidiary of NOLS, and SOLO.

CLICK HERE to download the section from Wilderness & Travel Medicine on "Chest & Abdominal Injuries" *

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Author is a nationally recognized expert in wilderness medicine *

Covers both illnesses and injuries * Includes improvised techniques for when medical supplies aren't on hand

* Every section has been updated and new illustrations added to this edition First

published in 1992,

Wilderness & Travel

Medicine has been a

staple of the emergency first-aid kits sold

worldwide by Adventure Medical Kits. With this

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fourth edition, Mountaineers Books and Adventure Medical Kits have partnered to release an updated, standalone reference for anyone who ventures away from civilization.

Topics covered include everything from CPR, shock, and fractures to head, eye, and dental injuries, poisonous reactions, frostbite, hypothermia, heat illness, and much, much more. Throughout the text, sidebars provide useful and improvised

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techniques for specific injuries. In addition, there is "When to Worry" advice explaining how to tell if an injury is advancing in severity, despite attempts to arrest or slow down dangerous symptoms.

A Comprehensive Guide,
4th Edition

A Field Guide to
Wilderness Emergency
Care

Beyond First Aid

The Scouting Guide to
Wilderness First Aid: An
Officially-Licensed Book
of the Boy Scouts of

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American Red Cross Wilderness and Remote First Aid

These practice guidelines are the official statement of the Wilderness Medical Society on the best methodology for handling prehospital care for illness and injury occurring in wilderness areas.

With an increase in visits to remote and dangerous locations around the world, the number of serious and fatal injuries and illnesses associated with these expeditions has markedly increased. Medical personnel working in or near such locations are not always explicitly trained in the management of unique environmental injuries, such as high-altitude sickness, the bends, lightning

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strikes, frostbite, acute dehydration, venomous stings and bites, and tropical diseases. Many health care professionals seek training in the specialty of wilderness medicine to cope with the health risks faced when far removed from professional care resources, and the American College of Emergency Medicine has recently mandated that a minimum level of proficiency needs to be exhibited by all ER physicians in this discipline. This book covers everything a prospective field physician or medical consultant needs to prepare for when beginning an expedition and explains how to treat a variety of conditions in a concise, clinically oriented format. This conveniently sized guide is an invaluable point of reference for all who travel and take part in outdoor, wilderness and mountain activities.

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Written by doctors with a wealth of wilderness specific experience, it provides a comprehensive summary of wilderness first aid and medicine - that is, managing accident or illness in remote locations without immediate access to help - giving you confidence in your ability to deal with any situation that may arise. All topics are clearly referenced and easy to find, with chapters covering preparation, prevention, accident protocol, diagnosis, treatment and evacuation. From life-threatening emergencies to broken bones and sprains, infectious diseases, food poisoning, envenomation and respiratory problems, the book sets out all the crucial protocol and procedures to follow. It covers a wide range of different environments, including high altitude, desert, polar,

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tropical and marine, dealing with risk management and a variety of different scenarios. Now in its twelfth edition (the third for Cicerone), Pocket First Aid and Wilderness Medicine is an indispensable companion for all outdoor activities and wilderness expeditions.

Outback Survival is a timeless, practical run down on everything you need to know to survive in the outback. Bob Cooper's incredible bushcraft skills have been developed through more than 25 years of experience in Australia's harsh outback. He has picked up tools of survival from the experiences of living with traditional Aboriginal communities, instructing with Special Forces Units, lecturing with the Texas Parks and Wildlife Service on desert survival in the Mexican Desert,

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delivering wilderness lessons in the UK and learning the skills of the bushmen of the Kalahari Desert in Botswana. Bob has put his own lessons to the test, dropping himself off in the 42C heat of the Australian desert with only a map and soap box sized survival kit, no food, water or sleeping gear, and a 10 day walk across 160km of rough terrain back to safety. He did this alone and showed that with the right knowledge of the land, you can survive in even the harshest of conditions. The outback of Australia is one of the most unforgiving regions of the world, but Bob is committed to protecting and enhancing the experience people have when venturing out into the bush.

Responding to Emergencies
Wilderness and Remote Access First

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Aid Field Guide

How to Recognize, Treat, and Prevent
Emergencies in the Backcountry

Wilderness & Travel Medicine

Medicine for the Outdoors