



# Pocket First Aid and Wilderness Medicine

*Jim Duff, Peter Gormly*

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# Pocket First Aid and Wilderness Medicine

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**Pocket First Aid and Wilderness Medicine** Jim Duff, Peter Gormly

Written for adventurers, mountaineers, expedition leaders, climbers, guides, wilderness walkers, backpackers, travellers and trekkers who journey into mountain or remote areas worldwide. A plain English pocket sized book with 200 pages of advice on first aid, sickness prevention, planning & survival. Tropical diseases are covered plus altitude sickness, venomous animals of land & sea plus all other possible situations.

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