

Outward Bound Wilderness First Aid Handbook Falco

Now in its 7th edition, Auerbach's Wilderness Medicine continues to help you quickly and decisively manage medical emergencies encountered in any wilderness or other austere setting! World-renowned authority Dr. Paul Auerbach and 2 new associate editors have assembled a team of experts to offer proven, practical, visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce. This indispensable resource equips physicians, nurses, advanced practice providers, first responders, and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses - no matter where they happen! Face any medical challenge in the wilderness with expert guidance from hundreds of outstanding world experts edited by Dr. Auerbach and 2 new associate editors, Drs. Tracy Cushing and N. Stuart Harris. New and expanded chapters with hundreds of new photos and illustrative drawings help increase your visual understanding of the material. Acquire the knowledge and skills you need with revised chapters providing expanded discussions of high-altitude medicine, improvisation, technical rescue, telemedicine, ultrasound, and wilderness medicine education. Ten new chapters cover Acute High-Altitude Medicine and Pathophysiology; High Altitude and Pre-Existing Medical Conditions; Cycles, Snowmobiles, and other Wilderness Conveyances; Medical Wilderness Adventure Races (MedWAR); Canyoneering and Canyon Medicine; Evidence-Based Wilderness Medicine; National Park Service Medicine; Genomics and Personalized Wilderness Medicine; Forestry; and Earth Sciences.

Knot-making is simpler than ever. This revised easy-to-follow guide, published in partnership with Outward Bound, includes information on using knots in your favorite outdoor activities. Outdoor expert Buck Tilton takes you step-by-step through each bend and turn with clear instructions and detailed photographs. You can count on this handy volume to guide you toward quick success and fool-proof knots.

Hiking & Backpacking: Essential Skills to Advanced Techniques provides backpackers of all skill levels with the fundamental techniques and advanced tricks of trailsmithing needed to plan and carry out an enjoyable and rewarding outdoor adventure.

Outward Bound Wilderness First-Aid Handbook

A Practical Guide to Staying Alive

Above and Beyond

Outward Bound Backcountry Cooking

NOLS Wilderness First Aid

Learn about Programs for College Bound High School Students

Visiting the Australian outback can be a wonderful experience, but it isn't all about boomerangs and koalas, kangaroos and didgeridoos. It can be a wild and dangerous place if you're not prepared. Here is the essential travel companion for enduring the toughest stuff this rugged continent can offer -- a veritable survivor's guide to managing the unexpected when you're Down Under. Renowned Australian adventurer and bestselling author Sorrel Wilby provides you with the basic lessons on negotiating your way through the bush, across the outback, over the top end, and into the surf and sea. You'll get important lifesaving information on: where you should and shouldn't be driving your Range Rover dealing with natural hazards like river crossings, bush fires, storms, and rips warding off snakes, scorpions, crocs, and sharks encountering Aboriginal people, Bushies, Eccentrics, and Surfers finding food and water treating heatstroke, hypothermia, and tropical infections identifying proper emergency radio frequencies and much more!

Get the tools you need to succeed! With its conversational, easy-to-read style, Volume 2 of Paramedic Practice Today: Above and Beyond simplifies topics and helps you master National Standard Curriculum objectives and meet the new National Education Standards. It also includes a companion DVD-ROM with step-by-step videos demonstrating key skills in the textbook, along with medical animations and video lectures. Because this book corresponds to the National Registry of EMTs National EMS Practice Analysis, it provides you with the best possible preparation for the National Registry exam. A JB Course Manager resource is available to accompany this title. JB Course Manager is an easy-to-use and fully hosted online learning platform. For additional information, or to make your request, contact your Account Specialist or visit <http://go.jblearning.com/JBCM>.

Treat everything from a sprain to a life-threatening injury; updated Z99 the latest techniques

Outward Bound Ropes, Knots, and Hitches

NOLS Wilderness Medicine

Wilderness Medicine: What To Do When You Can't Call 911

Science and stewardship to protect and sustain wilderness values

Madame Audrey's Guide to Mostly Cheap But Good Reference Books for Small and Rural Libraries

Checklists, Worksheets, and Home Projects to Protect Your Family from Any Disaster

Provides guidelines for locating fundamental reference sources suitable for a small reference collection, and suggests titles for such subjects as sports, literature, history and geography, and fine arts.

"If there is only one 'how to' book to read for the aspirant and expert alike, it is Freedom of the Hills. In fact, it is fair to say that Freedom is the definitive guide to mountains and climbing and has influenced pretty much every climber." -- Conrad Anker * 50th anniversary edition of the title considered "bible" of climbing * With nearly 1 million copies sold, this is the all-time bestselling mountaineering and climbing title * Printed on 100% recycled paper Since the publication of the first edition in 1960, Freedom, as the book is known, has endured as a classic mountaineering text. From choosing equipment to tying a climbing

knot, and from basic rappelling techniques to planning an expedition -- it's all here in this essential mountaineering reference. A team of more than 40 experts -- all active climbers and climbing educators -- reviewed, revised, and updated this compendium to reflect the latest evolutions in mountaineering equipment and techniques. Major updates include a significant new chapter on conditioning, plus detailed and extensive revisions to rescue and first-response, aid climbing, and waterfall and ice climbing.

Offers an introduction into fossils and fossil collecting

Surviving Australia

Wilderness First Responder

The Outward Bound Wilderness First-aid Handbook

More than 200 All-Natural, Trail-tested Recipes

Backpacking the Light Way

Expert Consult Premium Edition - Enhanced Online Features

Quickly and decisively manage any medical emergency you encounter in the great outdoors with Wilderness Medicine! World-renowned authority and author, Dr. Paul Auerbach, and a team of experts offer proven, practical, visual guidance for effectively diagnosing and treating the full range of emergencies and health problems encountered in situations where time and resources are scarce. Every day, more and more people are venturing into the wilderness and extreme environments, or are victims of horrific natural disasters...and many are unprepared for the dangers and aftermath that come with these episodes. Whether these victims are stranded on mountaintops, lost in the desert, injured on a remote bike path, or ill far out at sea, this indispensable resource--now with online access at www.expertconsult.com for greater accessibility and portability-- equips rescuers and health care professionals to effectively address and prevent injury and illness in the wilderness! This textbook is widely referred to as "The Bible of Wilderness Medicine." Be able to practice emergency medicine outside of the traditional hospital/clinical setting whether you are in remote environments, underdeveloped but highly populated areas, or disaster areas, are part of search and rescue operations, or dealing with casualties from episodes of extreme sports and active lifestyle activities. Face any medical challenge in the wilderness with expert guidance: Dr. Auerbach is a noted author and the world's leading authority on wilderness medicine. He is a founder and Past President of the Wilderness Medical Society, consultant to the Divers Alert Network and many other agencies and organizations, and a member of the National Medical Committee for the National Ski Patrol System. Handle everything from frostbite to infection by marine microbes, not to mention other diverse injuries, bites, stings, poisonous

plant exposures, animal attacks, and natural disasters. Grasp the essential aspects of search and rescue. Respond quickly and effectively by improvising with available materials. Improve your competency and readiness with the latest guidance on volcanic eruptions, extreme sports, splints and slings, wilderness cardiology, living off the land, aerospace medicine, mental health in the wilderness, tactical combat casualty care, and much more. Meet the needs and special considerations of specific patient populations such as children, women, elders, persons with chronic medical conditions, and the disabled. Make smart decisions about gear, navigation, nutrition, and survival. Be prepared for everything with expanded coverage on topics such as high altitude, cold water immersion, and poisonous and venomous plants and animals. Get the skills you need now with new information on global humanitarian relief and expedition medicine, plus expanded coverage of injury prevention and environmental preservation. Get guidance on the go with fully searchable online text, plus bonus images, tables and video clips - all available on ExpertConsult.com.

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 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 presented in an easy-to-use reference format to save valuable time in an emergency.

"The Whole Earth Catalog" meets the "Boy Scout Manual" in this comprehensive and irresistible compendium of wilderness wisdom, natural history and practical know-how. Illustrations, maps, photos throughout.

**Essential Skills, Equipment, and Safety
seventh World Wilderness Congress Symposium, 2001
November 2-8, Port Elizabeth, South Africa**

**Fundamentals of Search and Rescue
First Aid: A Pocket Guide, 4th Ed.
Backpacker**

Paramedic Practice Today

Avalanche safety educator Bruce Tremper's recently published *Avalanche Essentials* is a terrific little tome that condenses the conventional wisdom into 189 pages. The book is profusely illustrated with numerous diagrams and real-life photos. A thorough index rounds things out, making the book useful for research or as a fulcrum during safety classes and seminars. -- Wildsnow.com [CLICK HERE](#) to download the first chapter on "How Dangerous Is The Brain" from *Avalanche Essentials*

- * Easy-to-understand safety tips and checklists to help anyone stay safer in avalanche terrain
- * Small, take-along resource to reference in the field and assist decision making
- * Companion to *Staying Alive in Avalanche Terrain*, the bestselling avalanche text in the U.S.

Winter athletes don't necessarily want to be snow scientists, but playing in avalanche country does require basic knowledge of the risks in order to stay safe. This new guide by renowned avalanche expert Bruce Tremper is simple, accessible, and offers just the basics – an Everyman's guide to avalanche safety that won't overtax your average ski bums, but will keep them safe when they're going for 12 consecutive months of powder. *Avalanche Essentials* is for everyone who wants to learn the fundamentals of avalanche awareness, focusing on systems and checklists, step-by-step procedures, decision-making aids, visual terrain and weather cues, rescue techniques, gear, and more. *Avalanche Essentials* is intended for broader use by skiers, snowboarders, snowmobilers, hikers, climbers, and snowshoers. Because it steers clear of more complex topics (e.g., snow metamorphism), it's perfect for generalists as well as anyone who has studied avalanche safety and likes to keep a pocket reference while in potentially dangerous terrain.

How are the ice blocks of igloos so perfectly formed and fitted, and able, it's been said, to withstand the weight of a polar bear? How can you determine if the fresh snow that's fallen outside your front door is as good for making a slab shelter as a snowman? What is a slab shelter, anyway? For that matter, what are drift caves, spruce traps, snow block walls, and bivy bag shelters, and how

would you go about building them, whether for winter fun or protection from the weather? In this instructive, whimsical, illustrated manual, Norbert E. Yankielun, a seasoned cold-regions explorer and researcher, takes readers step-by-step through the process of constructing and inhabiting a range of useful snow structures—from the most basic to the more complex. Whether you're a veteran backcountry skier or a backyard builder, this is one book you won't want to be without.

When it was first published in 1998, *The Backpacker's Field Manual* set the standard for comprehensive backpacking books. Now exhaustively updated to offer a more complete view of backpacking today, it covers the latest developments in gear—such as Global Positioning Systems and ultralight hiking equipment—first aid, and Leave No Trace camping, and includes a chapter devoted to outdoor leadership resources and basics. Beginners and experienced hikers alike will find this book indispensable for trip planning strategies and also as a quick reference on the trail for: **BACKCOUNTRY SKILLS**—how to forecast the weather, identify trees, bear-proof your campsite, wrap an injured ankle, and more—illustrated with more than 100 line drawings. **TRICKS OF THE TRAIL**—time-tested practical lessons learned along the way **GOING ULTRALIGHT**—downsizing suggestions for those who want to lighten up Every traveler knows that space in a backpack is limited, so on your next trip, carry the only guide you'll ever need—this one—and take to the great outdoors with confidence.

Wilderness A to Z

Hiking and Backpacking

Mountaineering: The Freedom of the Hills

Simple Foods for the Pack

A Peer Reviewed Journal for SOF Medical Professionals

Auerbach's Wilderness Medicine E-Book

A STEP-BY-STEP, DON'T-OVERLOOK-ANYTHING WORKBOOK OF DIY PROJECTS THAT PREPARE HOME AND FAMILY FOR ANY LIFE-THREATENING CATASTROPHE From earthquakes, tornadoes and hurricanes to floods, wildfires and even civil strife, disasters threaten your home and safety no matter where you live. Fortunately, *The Prepper's Workbook* offers step-by-step instructions that will guarantee your family is fully prepared for whatever the world has in store, including:

- Checklists to stock up on life-saving survival supplies
- Projects to fortify your home from the elements
- Maps to pre-plan your bug-out and evacuation routes
- Blueprints to prepare your home's defenses in case of societal collapse
- Forms to keep personal information on each family member organized
- Tips and

tricks to maximize readiness while keeping costs down

This time-tested reference has taught thousands of NOLS students and everyday hikers the essentials of wilderness treatment and has become a standard in its field. This edition has been thoroughly reviewed and updated with the latest medical protocols for wilderness treatment and evacuation. A new chapter on leadership skills is unique among texts on the subject. Specific information has also been added on patient assessment, cold injuries, eye injuries, gender-specific conditions, asthma, pneumonia, and unconscious states.

This book provides an overview of all aspects of search and rescue procedures and equipment. It teaches the absolutely essential techniques employed by nearly all search and rescue personnel. This book offers an in-depth and practical approach to search and rescue and is recommended for all emergency responders. For both paid and unpaid professionals, this resource combines dynamic features with the latest comprehensive content.

Principles and Practices

A Comprehensive Guide to Mastering Backcountry Skills

Seventh World Wilderness Congress Symposium, 2001 November 2-8, Port Elizabeth, South Africa

Outdoor Program Administration

Science and Stewardship to Project and Sustain Wilderness Values

Emergency Care for Remote Locations

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 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.

Suggests varied summer programs with destinations throughout the world for college-bound teens, and includes tips on choosing a program and advice for parents or guardians.

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.

How to Build an Igloo: And Other Snow Shelters

Staying Alive in Avalanche Terrain

Wilderness First Aid

An Essential Guide to the Great Outdoors

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

Comfortable, Efficient, Smart

Knot-making is simpler than ever. This new easy-to-follow guide, published in partnership with Outward Bound, includes information on using knots in your favorite outdoor activities. Outdoor expert Buck Tilton takes you step-by-step

through each bend and turn with clear instructions and detailed photographs. You can count on this handy volume to guide you toward quick success and fool-proof knots.

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 to ident

The Seventh World Wilderness Congress met in Port Elizabeth, South Africa, in 2001. The symposium on science and stewardship to protect and sustain wilderness values was one of several symposia held in conjunction with the Congress. The papers contained in this proceedings were presented at this symposium and cover seven topics: state-of-knowledge on protected areas issues in South Africa; traditional and ecological values of nature; wilderness systems and approaches to protection; protection of coastal/marine and river/lake wilderness; spiritual benefits, religious beliefs, and new stories; personal and societal values of wilderness; and the role of science, education, and collaborative planning in wilderness protection and restoration.

The Prepper's Workbook

Proceedings RMRS.

Discovering Fossils

How to Find and Identify Remains of the Prehistoric Past

A Step-by-Step System for Safety and Survival

Journal of Special Operations Medicine

Winter recreation in the mountains has increased steadily over the past few years, and so has the number of deaths and injuries caused by avalanches. Staying Alive in Avalanche Terrain covers everything you need to know to avoid trouble in avalanche terrain: what avalanches are and how they work, common myths, human activities that lead to avalanche trouble, what happens to victims when an avalanche occurs, and rescue techniques. Provides step- by-step instruction for determining avalanche hazards, using safe travel technique, and making effective rescues.

This latest edition of the original—and best—natural foods backpacking cookbook features a wealth of new recipes and mouthwatering classics, as well as the most current information on cooking with today's lightweight foods and high-tech equipment. This unique cookbook brings together the culinary expertise of a Cordon Bleu chef and the wilderness knowledge of a professional backcountry guide to provide more than 180 trail-tested recipes for delicious, natural, and easy-to-prepare meals for backpacking, hiking, and camping. Since Sierra Club Books published the first edition of Simple Foods for the Pack in 1976, there has been a revolution in backcountry cooking. Today's lightweight stoves and kitchen tools make cooking in the wild easier than ever before. And with the ubiquitous availability of

fast-cooking natural foods, the modern adventurer has tasty alternatives to expensive pre-packaged meals. Focusing on these natural foods and the latest equipment, this newly revised edition offers hikers gourmet taste at every meal—from Oatmeal Hotcakes for breakfast, to homemade "nutrition bars" for the trail, to Beer Fondue back at camp. The wide variety of menus and the expanded guide to planning, packing, and preparing food makes cooking in the backcountry as easy as High Mountain Pie.

Outward Bound Backcountry Cooking is a handy resource on the fundamentals of great trail food, including information about food preparation and storage, cooking tips for different weather, keeping food fresh, and planning and packing meals plus recipes for great outdoor meals. In partnership with outdoor leader Outward Bound, this book combines expert instruction with practical tips to ensure a fun and a satisfying meal for your next outdoor adventure. About Outward Bound: Outward Bound is the premier provider of experience-based outdoor leadership programs for teens, adults and professionals. Outward Bound is a non-profit educational organization and expedition school that serves people of all ages and backgrounds through active learning expeditions that inspire character development, self-discovery and service both in and out of the classroom. Outward Bound excels in curricula developed for struggling teens, groups with specific health, social or educational needs and business and professional organizations.

The Backpacker's Field Manual, Revised and Updated

The 500 Best Ways for Teens to Spend the Summer

The Outward Bound Wilderness First-Aid Handbook, Revised and Updated

Avalanche Essentials

Wilderness Medicine E-Book

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 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.

Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and

product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

Outdoor recreation programming is a growing and diverse field that requires administrators to be ready to work in complex and multidisciplinary environments.

Outdoor Program Administration: Principles and Practices will help both seasoned and new administrators—as well as students and emerging professionals—flourish in various settings, including university, military, government, commercial, and nonprofit organizations. You'll learn the best contemporary administrative strategies and practices from veteran professionals from the Association of Outdoor Recreation and Education (AORE). The AORE authors provide extensive coverage of all aspects of administrative duties and responsibilities from a diverse organizational setting. Outdoor Program Administration: Principles and Practices guides you in developing and sustaining programs in outdoor recreation settings across public, private, and nonprofit sectors. You will reap the benefits of the experience shared by the AORE authors, who also provide questions and critical thinking exercises that will enhance the materials and deepen your understanding. This reference explores all the issues pertinent to being a successful outdoor program administrator. The book has four sections: Outdoor Program Foundations, Program Design and Implementation, Staffing Considerations, and Facilities and Programs. Topics you'll delve into include • designing and developing programs; • risk management and legal considerations; • budgeting and financial operations; • marketing and land access (permits); • environmental stewardship; • staff recruitment, supervision, training, and assessment; and • management of indoor climbing walls and challenge courses. Outdoor Program Administration: Principles and Practices presents material that will help you improve your administrative skills and enhance the programs you oversee. As such, it's an essential book for your professional library.