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**POCKET  
FIRST AID AND  
WILDERNESS MEDICINE**



**Drs Jim Duff and Peter Gormly**

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**CICERONE**

Guides for walkers, trekkers, mountaineers, climbers and cyclists

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**POCKET  
FIRST AID AND  
WILDERNESS MEDICINE**

by  
**Dr Jim Duff MBChB BSc**  
and  
**Dr Peter Gormly MB FRCS**

sponsored by World Expeditions

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**Artwork:** Clare Crooke

### **Dedication**

To the local people who make our journeys possible, especially the mountain porters.

### **Advice to Readers**

The authors and the publisher have made every effort to ensure that the information is as accurate and up-to-date as possible. Therefore, except for any liability which cannot be excluded by law, neither Cicerone nor the authors accept liability for damage of any nature (including damage to property, personal injury or death) arising directly or indirectly from the information in this book.

### **Warning**

Certain treatments and techniques are described as a reminder to people who have been trained to carry them out. Make sure that you do nothing inappropriate for your skill level. If you don't know it, don't do it!

Certain procedures described should not be used if medical help is readily available.

If you would like to make comments or suggestions, contact the authors on: [info@treksafe.com.au](mailto:info@treksafe.com.au) ([www.treksafe.com.au](http://www.treksafe.com.au)).

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**Front cover (inside):** Accident and illness procedure

**Back cover (inside):** Basic life support (BLS) in the wilderness

**End of extract from**

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# POCKET FIRST AID AND WILDERNESS MEDICINE

This is an established and highly acclaimed book, now in its tenth edition, and published for the first time by Cicerone.

Venturing into remote areas involves a degree of risk. Minimizing these risks, while feeling confident in your ability to deal with any potential injury or illness, is part of the challenge and satisfaction of wilderness travel.

*Pocket First Aid and Wilderness Medicine* provides the basic information on a multitude of medical problems, while being small enough to take it with you where you need it.

This book is divided into three parts:

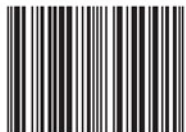
**Part 1. THE FUNDAMENTALS** covers preparation, prevention, first aid kits and the use of medications and painkillers

**Part 2. ACCIDENT AND ILLNESS PROCEDURE** explains how to deal with any accident and illness, including emergency treatment for life-threatening situations

**Part 3. PROBLEMS AND THEIR TREATMENT** covers specific accidents and illnesses

The authors' wilderness experience was gained as mountaineers in Scotland, Norway, the European Alps, New Zealand, the Himalayas and Antarctica. Dr Jim Duff was a member of a mountain rescue team and has more than 30 years' experience of climbing, trekking and teaching wilderness medicine, first aid and leadership in the Himalayas, Australia and East Africa. Dr Peter Gormly has been involved in safety, first aid and health issues in Antarctica for many years.

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