

The Oxford Handbook of Expedition and Wilderness Medicine



Oxford Handbook of Expedition and Wilderness Medicine (Oxford Medical Handbooks) by Fabien Clavel

★★★★☆ 4.6 out of 5

Language	: English
File size	: 48078 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 846 pages
Lending	: Enabled



The Oxford Handbook of Expedition and Wilderness Medicine is the definitive guide to staying safe and healthy in remote environments. With contributions from leading experts in the field, this handbook provides comprehensive coverage of everything from injury prevention and treatment to dealing with environmental hazards.

Coverage Includes:

- Injury prevention and treatment
- Environmental hazards
- First aid and emergency care
- Disease prevention and treatment
- Nutrition and hydration

- Mental health
- Expedition planning and logistics

Whether you're planning a weekend hiking trip or a multi-month expedition, The Oxford Handbook of Expedition and Wilderness Medicine is your essential guide to staying safe and healthy in the wilderness.

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"The Oxford Handbook of Expedition and Wilderness Medicine is the definitive guide to staying safe and healthy in remote environments. It is a must-have for anyone who plans to spend time in the wilderness."

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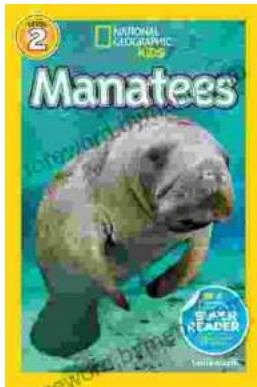
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