This pocket-sized book contains all you need to know to minimize health risks, to protect your health and to deal with unexpected medical problems while you are travelling in remote, wilderness areas of the world.

Written by experienced expeditioners, the handbook is organized into eight main sections and includes information on fieldcraft, diagnosis and treatment of medical problems encountered during an expedition (divided anatomically), environmental hazards, crisis management and issues to be dealt with after returning home. It also covers basic information about how to plan for an expedition, how to keep the expedition members healthy, how to diagnose and manage their medical problems in remote environments and provide brief summaries of medical problems peculiar to different expedition environments.

Features:
* A comprehensive guide to expedition medicine, covering planning, what to take, how to cope with emergencies, and hazards of specific environments
* Provides practical advice which can be implemented in remote areas, with links and references for further information
* Written and edited by experienced expeditioners, and suitable for doctors, paramedics, and nurses

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