Revised for its second edition to include the latest national and international guidelines, this text enables efficient preparation and planning before the journey, advises on camp logistics, risk management, and medical problems during the trip, as well as highlighting rare but important risks to those visiting remote areas.

Focusing on preventative measures, the handbook also contains chapters dealing with crisis management, emergency care, and evacuation from challenging environments. Now containing more guidance about the obligations of a clinician joining an expedition, and the ethical approach to such work, it also provides an increased emphasis on medicine in various extreme environments. With revised and additional illustrations, more colour plates, and an increased use of important algorithms, it has been updated with the support of the Royal Geographical Society, and incorporates the combined knowledge and experience of a team of experienced clinicians and expeditioners.