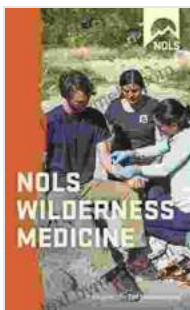


NOLS Wilderness Medicine: The Essential Guide to Your Health and Safety in the Outdoors

By **Tod Schimelpfenig**

NOLS Wilderness Medicine is the essential guide to your health and safety in the outdoors. Written by Tod Schimelpfenig, a leading expert in wilderness medicine, this book provides comprehensive coverage of everything you need to know to stay safe and healthy in the wilderness.



NOLS Wilderness Medicine by Tod Schimelpfenig

★★★★☆ 4.8 out of 5

Language : English
File size : 6959 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 375 pages



Whether you're a seasoned backpacker or a weekend hiker, NOLS Wilderness Medicine will help you prepare for any medical emergency that may arise in the wilderness. This book covers everything from basic first aid to advanced medical procedures, and it's packed with practical advice and tips on how to stay healthy in the wilderness.

Here are just a few of the topics covered in NOLS Wilderness Medicine:

- First aid for common injuries and illnesses
- How to treat snake bites, insect stings, and other animal bites
- How to splint broken bones and sprains
- How to deal with altitude sickness and hypothermia
- How to build a fire and boil water
- How to find food and water in the wilderness
- How to prevent and treat blisters
- How to use a compass and map
- How to stay safe in bear country
- How to survive in a winter environment

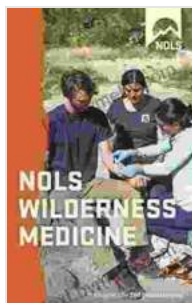
NOLS Wilderness Medicine is an essential resource for anyone who spends time in the wilderness. This book will help you stay safe and healthy, and it will give you the confidence to explore the wilderness with peace of mind.

About the Author

Tod Schimelpfenig is a leading expert in wilderness medicine. He is the author of several books on the subject, including Wilderness First Responder, Wilderness EMT, and Wilderness Medicine for Search and Rescue. He is also a certified Wilderness EMT and a Wilderness First Responder instructor. Schimelpfenig has taught wilderness medicine to thousands of students over the years, and he has extensive experience in providing medical care in remote and austere environments.

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NOLS Wilderness Medicine is available now from your favorite bookstore or online retailer. Free Download your copy today and be prepared for anything the wilderness throws your way.



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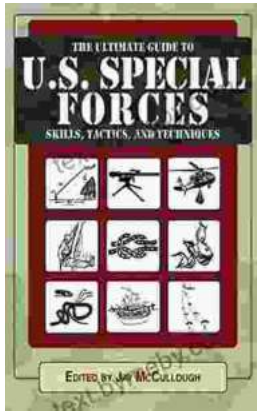
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