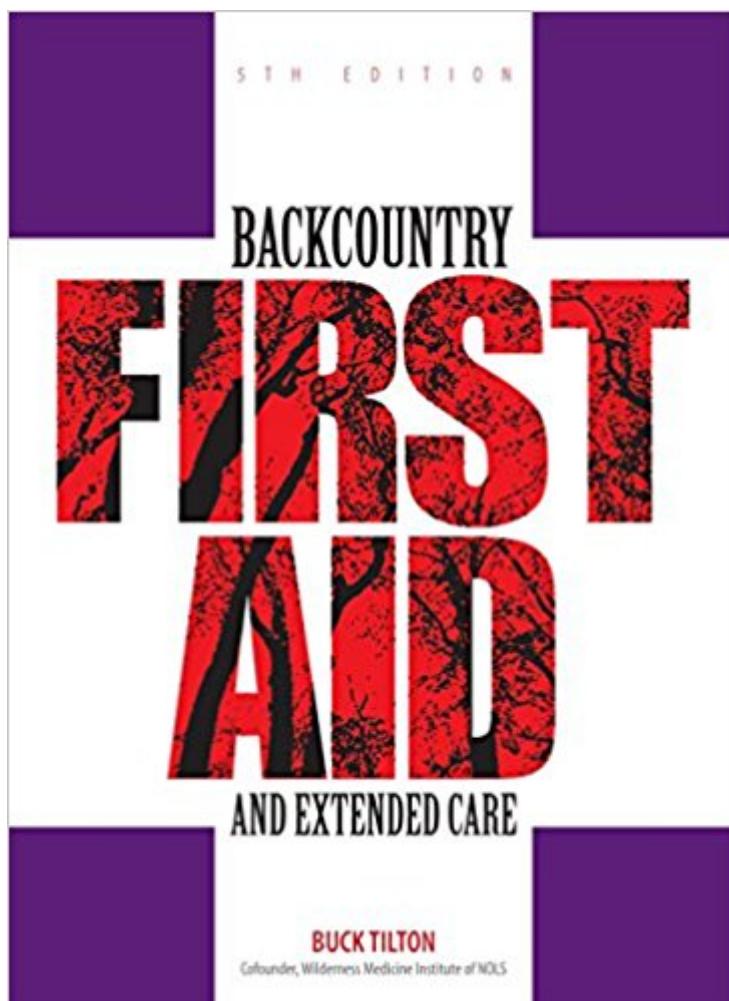


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# Backcountry First Aid And Extended Care (Falcon Guide)



## **Synopsis**

Small enough to take in the field, this pocket-sized survival essential will benefit everyone in a wilderness setting. With information on treating shock victims, abdominal pain, sprains, fractures, dislocations and much more, this is an inexpensive way to save someone's life!

## **Book Information**

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## **Customer Reviews**

"Small enough to take in the field, this pocket-sized survival essential will benefit everyone in a wilderness setting.... An inexpensive way to save someone's life." --South Florida Adventures

Small enough to take in the field, this pocket-sized survival essential will benefit everyone in a wilderness setting. With information on treating shock victims, abdominal pain, sprains, fractures, dislocations and much more, this is an inexpensive way to save someone's life!

Backcountry First Aid is an excellent choice for a small manual or compendium about first aid treatments when you are in the outdoors. It is four inches by five and a half, and 125 pages long, so it will fit in a first aid kit or bag. The back cover has an "Action Index" that refers you to the pages for 47 different conditions or accidents. Topics like Bites and Stings, hypothermia, shock, water disinfection, etc, etc. The topics are covered very well - succinct and as comprehensive as you could hope for in a portable manual. Of course it pays to read the manual before heading out, and in fact is valuable for anyone who wants to be ready for an accident or sudden sickness, whether in

the wilderness, driving to work, or in your backyard. Highly recommended.

This book seems to be the standard for wilderness first aid kits. The index is right there on the back cover, so it makes it easy to find what you are looking for. Not waterproof, but small and light. Would have liked it to include a blank SOAP note in someplace like the back page or back cover but other than that, I've been pretty happy with it. Obviously given the size they couldn't fit everything in, but seems pretty comprehensive.

Tons of useful information. Glad I read it -- could make the difference between life and death some day.

A basic book to the unknowledgeable about what to do in common detrimental health problems.

After reading several books on surviving the wilderness in all types of conditions, I thought this book would be handy to take along on camping trips as well as at home during emergencies. I feel more secure knowing how to handle many medical emergencies including frostbite, dehydration, and deep cuts.

has all information required, very good dealing s with seller.

I love this book, it's tiny so it easily fits into any first aid kit, and it lays everything out in a format that's easy to understand even in stressful situations.

This short (117 pages) booklet was included in the materials distributed during a recent NOLS/Wilderness Medicine Institute Wilderness First Aid class. It would probably be most useful as a refresher or review for someone who has taken this or equivalent training, but I would not recommend as a primary reference in your first aid kit. The book provides sound and practical advice for dealing with emergencies when immediate medical care is not accessible; the writing style is clear and straightforward. Given those qualities, you could treat minor injuries using this text, if not under stress. However, the book binding does not lay flat and most of the information is organized in paragraphs, rather than in charts or flow diagrams. If you're reading this for the first time while trying to cope with an injury, that may not be the best format. For the price point, this is not a bad addition to a first aid kit. If you can spend slightly more and can deal with a larger size of

book in your first aid supplies, consider NOLS Wilderness Medicine: 4th Edition (ISBN-10: 9780811733069) or possibly The Field Guide of Wilderness & Rescue Medicine (ISBN-10: 0970464606). The former provides much more detailed information on wilderness medical care, while the latter is spiral bound on waterproof paper and contains more charts and step-by-step flows.

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