



# Wilderness First Aid Field Guide: Revised First Edition

*American Academy of Orthopaedic Surgeons (AAOS), Alton L. Thygeson, Steven M. Thygeson*

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The Wilderness First Aid Field Guide is a user-friendly, pocket-sized guide based on the latest first aid and CPR guidelines. This durable and water-resistant resource features: essential information for when medical help is more than one hour away; how to signal for help, when to evacuate, and recommended first aid supplies; “What to look for” and “What to do” tables for injuries and illnesses; prevention advice ranging from altitude illness and bear attacks to lightning strikes and tick bites; heat index and wind chill charts; and quick access to contents using an A-Z format. The Wilderness First Aid Field Guide meets and exceeds the Wilderness First Aid Curriculum of the Boy Scouts of America.

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