



# WILDERNESS FIRST AID

POCKET GUIDE

A.P.

### GENERAL

- SYMPTOMS**
  - Headache and general weakness
  - Nausea, vomiting and diarrhea
  - High altitude sickness (acute mountain sickness)
- CAUSE**
  - Rapid ascent
  - Lack of acclimatization
  - Dehydration and hypoxia
  - Excessive exertion
  - Poor nutrition and lack of sleep

### PREVENTION

- Ascend gradually, allowing 1-2 days for each 1000 feet of ascent
- Stay hydrated
- Eat high-carbohydrate, high-calorie foods
- Avoid alcohol and tobacco
- Use acetazolamide (Diamox) if necessary

### MUSCULOSKELETAL INJURY

- SYMPTOMS**
  - Pain, swelling and bruising
  - Difficulty moving the joint
- CAUSE**
  - Trauma
  - Overexertion
  - Poor technique



- PREVENTION**
  - Proper technique
  - Avoid overexertion
  - Use proper equipment



### EMERGENCY RESPONSE PLAN

- Determine the location of the patient
- Assess the patient's condition
- Provide first aid as needed
- Call for help if necessary

### EMERGENCY RESPONSE & EVACUATION PLAN

- Determine the location of the patient
- Assess the patient's condition
- Provide first aid as needed
- Call for help if necessary

### IF YOU NEED TO BE MOVED

- Determine the location of the patient
- Assess the patient's condition
- Provide first aid as needed
- Call for help if necessary



STEP FORWARD IN AN EMERGENCY

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**G Thomas**



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