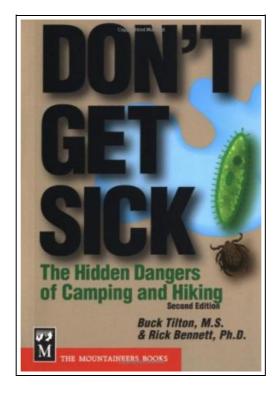
## Don t Get Sick: The Hidden Dangers of Camping and Hiking



Filesize: 5.44 MB

#### Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me). (Jamar Stracke)

### DON T GET SICK: THE HIDDEN DANGERS OF CAMPING AND HIKING



Mountaineers Books, United States, 2002. Paperback. Book Condition: New. 2nd. 147 x 99 mm. Language: English . Brand New Book. How to avoid swallowing things that will make you turn green, and other backcountry health tips for only \$8.95 Teaches campers and hikers how to avoid backcountry illnesses and even death due to food-borne diseases, sanitation problems, polluted water sources, and moreHandy pocket-sized guide gives practical, even humorous, information on camp cleanliness, waste disposal, water treatment, food management, and germ preventionHelpful appendices and chartsNothing soothes the soul like a great escape into the wilderness for a hiking or camping adventure, but what about your physical health? Without the proper awareness of the protozoa and parasites that await you, outdoor adventures can quickly become a nightmare of viruses and infections. Add animal-borne diseases like tick fever, rabies and trichinosis and many would-be adventurers might never leave their homes unless, of course, they have this book. This invaluable resource describes food- and waterborne diseases and explains how to prevent them; how to keep a clean camp; how to choose the best water filter; how to select, manage, handle, and prepare foods; how to dispose of human waste and solid waste; and how to use leave-no-trace camping techniques in the backcountry. Don t Get Sick is a must-have for everyone who spends time in the wild.



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