

Safety on Mountains **NEW Edition**
Author: Jon Garside
Publication Date: November 2010
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For new and experienced hill walkers alike, Safety on Mountains is packed with advice. Whether planning a short summer walk or a multi-day winter trip, Safety on Mountains highlights the essential skills and techniques.

Topics covered include:

- Clothing and equipment
- Hazards
- Mountain weather
- Navigation – and what to do if you get lost!
- Walking in winter – including ice axe & crampon use
- Camping in the hills
- Access and conservation
- Emergency procedures
- First aid

In print for over thirty years, this new edition is excellent value and full of up to date information. Striking illustrations, provided by Mountain Leader Training, are used to complement the text.

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