



Don't Get Sick: The Hidden Dangers of Camping and Hiking

Buck Tilton

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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 more Handy pocket-sized guide gives practical, even humorous, information on camp cleanliness, waste disposal, water treatment, food management, and germ prevention Helpful appendices and charts Nothing 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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