

Sunday Herald

AMARI JAINEM



Rush hour traffic



Light pose
LENSMAN Crewdson and his choreographed pictures.

Comedy Cza
BOLLYWOOD DIRECTOR Rohit Shetty's laughter challenge.

ADVENTURE TOURISTS

Rush hour traffic

With an increase in backpack adventure tourists, and an equal rise in the number of outdoor promoters, mishaps and emergencies can no longer be ignored. **NIDHI TIWARI** examines how one can make the outdoor trip safer.



WITH ONE climbing, the others assist.

“THE KNOWLEDGE ABOUT RESPONSE TO AN EMERGENCY IN THE WILD WOULD DEFINE THE OUTCOME OF HOW ONE HANDLES IT.”

“WHILE IT IS MANDATORY WORLDWIDE FOR OUTDOOR PRACTITIONERS TO HAVE SOME LEVEL OF WILDERNESS MEDICINE TRAINING, IT REMAINS VIRTUALLY UNREGULATED IN OUR COUNTRY.”

We were nearly pounded by heaps of ice blocks and snow

Wilderness safety

Wilderness safety is a critical aspect of wilderness medicine. It involves understanding the risks of the environment and having the skills to respond to emergencies. This includes knowledge of local terrain, weather, and potential hazards. Wilderness medicine also focuses on preventing injuries and illnesses, such as dehydration, hypothermia, and altitude sickness.

Wilderness medicine is a specialized field that focuses on the medical care of people in natural settings. It involves understanding the unique challenges of the wilderness, such as limited resources, remote locations, and unpredictable weather. Wilderness medicine practitioners are trained to provide care in these situations, often using improvisation and creative problem-solving.

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ADVENTURE TOURIST

Safe than sorry: De-risking living on the edge

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It is a common mistake to think that the wilderness is a safe place. In reality, it is a dangerous environment. Adventure tourists should be aware of the risks and take steps to minimize them. This includes proper planning, preparation, and execution.

Adventure tourism is a growing industry, and with it comes an increase in accidents and emergencies. Many of these incidents could have been prevented if participants had received proper training and guidance. It is essential for outdoor promoters to prioritize safety and provide comprehensive education to their clients.

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