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Titolo	The grab bag book : your ultimate guide to survival at sea // Frances & Michael Howorth
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Nota di contenuto	Front cover; Emergency Flowchart; Half title; Other titles of interest; Title; Copyright; Contents; Author's Note; 1 Being Prepared; 2 Your Liferaft and its Contents; 3 Your Grab Bag and its Contents; 4 Abandoning Ship; 5 Initial and Subsequent Actions in the Liferaft; 6 Long-Term Survival in a Liferaft; 7 Initial First Aid and Emergency Treatment; 8 Ailments; 9 Rescue; Appendix 1; Appendix 2; Appendix 3; Appendix 4; Index; Distress Signals; Back cover
Sommario/riassunto	The purpose of this text is to ensure the survival of skipper and crew in the event of their boat sinking. It features: advice on the essentials to pack into the emergency grab bag for a short or long cruise, hot or cold climate, coastal or offshore trip; flowcharts to prioritise abandon ship procedure; techniques for survival in the liferaft, short- and long-term - the why, when and how of liferaft survival; and checklists and tables.