



Surf Survival: The Surfer's Health Handbook

By Andrew Nathanson, Clayton Everline, Mark Renneker, Gerry Lopez

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Surf Survival: The Surfer's Health Handbook, Andrew Nathanson, Clayton Everline, Mark Renneker, Gerry Lopez, Whether you re a novice or an expert, "Surf Survival" is the handbook every surfer must have in his or her backpack, car, and beach house. With a slick waterproof cover and a handy travel-size format, "Surf Survival" explains everything from what to do about a jellyfish sting to what to eat for maximum energy out on the water. Also included are lists of common surfing hazards by region and wave science warm-ups, as well as detailed checklists of what to have on hand in case of an emergency. Be prepared for anything, whether you re surfing a crowded beach in California or a remote island in Indonesia. Written and compiled by three expert surfers and sports medicine doctors, this full-color guide is a handy must-have reference tool for every surfer."



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