

# RESOURCES

- Wilderness and Rescue Medicine, 6<sup>th</sup> edition. Jeffrey Isaac and David Johnson MD
- Cruising Club of America-Safety For Cruising Couples
- ColdWaterBootCamp.com and BeyondColdWaterBootCamp.com
- [lightningsafety.noaa.gov](http://lightningsafety.noaa.gov)
- [soundingsonline.com](http://soundingsonline.com) -- Mario Vittone posts
- **Sign up** on my website ([shellygalligan.com](http://shellygalligan.com)) to receive more cool info and a prize!
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