



# Cairngorm John: A Life in Mountain Rescue

*John Allen, Robert Davidson*

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## **Cairngorm John: A Life in Mountain Rescue** John Allen, Robert Davidson

For over thirty years John Allen was an active member of the Cairngorm Mountain Rescue Team and for most of them acted as Team Leader. In 'Cairngorm John' (his call sign when in contact with search and rescue helicopters) he recalls the challenges of mountain rescue and the many changes he has both witnessed and been a party to. His book is filled with exciting accounts of real-life rescues, discussions of mountain rescue topics such as hypothermia, first aid, and the use of helicopters and search and rescue dogs. Peopled with interesting characters his accounts are at all times humane and the book is laced with humour.

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