

NOV. 18-19

Wilderness First Aid | 2016

- Fitness level 1: Relaxed
- Skill level 1: Beginner
- Minimum age: 16
- Group size: 30

Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" REI is partnering with the Wilderness Medicine Institute to offer a comprehensive 16 hour, two day course that will teach you the wilderness medicine skills you need to recreate with confidence in the backcountry. In just two days, you will learn the knowledge, skills and ability to make sound decisions in emergency situations. From the Patient Assessment System through traumatic, medical, and environmental emergencies, you'll experience a wide variety of topics designed to prepare you to act if an accident occurs. This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. The course begins at 9am each day and runs through 6pm, with a 1-hour break midday. Minimum age is 16 years old. No prerequisites. Successful completion results in a Wilderness Medicine Wilderness First Aid certification. Recertification: If you hold a current or are in grace year for your certification, this course may be used to recertify your Wilderness First Responder, Wilderness Advanced First Aid and Wilderness EMT (wilderness portion only) certification. Participants using the WFA to recertify their WFR need to pass both a written and a practical test. Please review the Wilderness Medicine Institute recertification policy (<http://www.nols.edu/wmi/admissions/recertification.shtml>) before enrolling.

- Learn how to administer first aid in a wilderness context. Topics include: the Patient Assessment System
- creating evacuation plans and wilderness emergency procedures
- spinal cord injuries
- shock
- head injuries
- wilderness wound management
- athletic injuries
- fracture management
- cold injuries
- heat injuries
- altitude sickness

- lightning
- the Medical Patient
- Anaphylaxis.

Bring to class:

(Required)

- Lunch & Snacks
- Notebook and Pen or Pencil
- Rain Gear - Waterproof/resistant jacket, pants and hat.
- Weather Appropriate Clothing - Moisture wicking synthetic or wool layers to help keep you comfortable and/or dry.

(Optional)

- At least 2 Liters of Water - Water bottles or hydration bladder.
- Daypack - Large enough to carry water, food and layers.
- Foam Sit Pad - Insulation when sitting in snow.

Provided by REI:

- Course Equipment
- Course Materials