



Wilderness and Remote First Aid

This is an action packed hands-on training in which we will conduct multiple scenarios outside. As real life situations are not always weather dependent, neither is our class so come prepared to participate in rain, snow, and cold.

WHAT TO BRING

- Positive Attitude
- Notebook and writing utensils
- Large Day Pack with anything you would normally carry with you on a short backpacking trip
- Watch w/ second hand or digital second
- Personal First Aid Kit (or one you would use with group)
- Extra layers for splinting
- One 32oz water bottle
- Lunch and snacks
- Apparel and footwear appropriate for weather
- Indoor and outdoor footwear

Schedule Day 1

6:30pm-9:00pm Optional CPR/AED for Adult/Child

Schedule Day 2

8:00am-8:30am Introductions and Welcome

8:30am-8:45am First Aid Kits

8:45am-11:00am Patient Assessment System

11:00am-11:30am Shock and Heart Attack

11:30am-12:00pm Chest Injuries

12:00pm-1:00pm Lunch Break

1:00pm-3:00pm Head Neck and Spinal Injuries

3:00pm-3:15pm Break

3:15pm-4:45pm Wounds and Wound Infection

4:45pm-5:00pm Closing Questions

Schedule Day 3

8:00am-10:15am Bones and Joint Injuries

10:15am-10:30am Break

10:30am-11:00am Burns

11:00am-11:30am Abdominal Illness

11:30am-12:30pm Lunch

12:30pm-3:30pm Environmental Issues

3:30pm-3:45pm Break

3:45pm-4:30pm Allergies and Anaphylaxis

4:30pm-5:00pm Final Questions and Exam