

**Wilderness First Responder: Summer Session 1
June 21-June 30**



This class begins the Friday before first session.

Do you spend time in the outdoors? Are you ever in the backcountry, more than 1 hour from definitive medical care? Have you ever wondered what you should do in a medical emergency in the backcountry? This intensive course will give you the knowledge and skills to deal with many wilderness medical emergencies.

This Wilderness First Responder (WFR) is designed specifically to meet the needs of wilderness guides, trip leaders, and outdoor enthusiasts. This class emphasizes a variety of problems that might be encountered in a wilderness setting. While the focus remains on expedition medicine, the information and skills learned in the WFR can be directly applied to other emergency medical situations where ambulances and advanced medical care are not available, such as disaster relief and international travel.

This nine-day intensive class (80 hr) is a hands-on class that uses both the classroom and outdoors to teach effective patient care. At least 50% of the class will take place outside in a variety of environmental conditions, so students should be able to walk for 1/2 hour with a backpack and lift 50 lbs. Students who successfully complete the class will receive nationally recognized WFR and CPR certification from the Wilderness Medicine Training Center. This is the outdoor industry standard for guides that take people into the backcountry.

Class Schedule

We will begin at **8 AM on Friday, June 21**. Class will be 8 AM to 5 PM every day, including the weekend, and will end **5 PM on Sat June 30**. Each day will be very full and there will be homework every night. Think wilderness medicine boot camp.

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Texts: *The Wilderness Medicine Handbook* will be provided on the first day of class.

Required gear for Wilderness First Responder course

- Watch or smartphone capable of measuring seconds (for taking patient vital signs during simulations)
- Cuttable simulation clothing: 2 T-shirts, 2 long-sleeved shirts, 2 pair of long pants, and a pair of heavy socks (DO NOT short this list! ALL the listed clothing IS REQUIRED for effective practice during simulations and labs. Clothing can usually be purchased cheaply through Goodwill, Salvation Army, local thrift store, church, yard sale or secondhand stores.
- Bathing suit or other form-fitting clothes to wear under simulation clothing to protect your privacy.
- Shoes that can get soaked during water simulations and that you don't mind getting stained with fake blood (not your brand new waterproof hiking boots).
- Notebook or paper (for taking notes)
- Colored pens or pencils (I will use different colored markers during lectures, case study reviews, and discussions to help organize the material; some students find it EXTREMELY helpful to do the same in their notes)
- Two pencils and a pocket sharpener (for writing in the rain on weatherproof patient SOAP notes during simulations)
- Old clothing (to wear during skill labs; you WILL get dirty and may NOT want to wear your expensive outdoor gear)
- Small backpack (to wear during simulations)
- Wide-mouth water bottle (for use during simulations and some labs)