Welcome to the Wilderness First Responder course! We are excited to have you join us. We are here to support your learning and help you increase your confidence in your ability to respond to emergencies.

We have included information about the self-paced component below, along with some other guidance for how to approach both the self-paced and in-person components.

Course Timeline:

30 days from start of in-person class: Receive Remote Field Care textbook and Wilderness Medicine Workbook are shipped, and access to the online materials granted

March 9, 2026 at 8:00am: All assignments are due for instructor review

March 11, 2026 at 12:00pm: If required, assignment resubmissions due

March 14, 2026 at 8:00am: Online course completed to 100%. Check your completion status at any time via the sidebar on your course screen.

You will not be able to attend the in-person component of the course if the above deadlines are not met.

Self-Paced Component: Approximately 35 hours of study

- **Online Access -** The online component of the WFR course is completed through a platform called Thinkific. You should have already received two emails, one from Thinkific and one from Rounded Adventurer, providing information about the platform and the login. If you have not received this information please contact the LWM office.

Thinkific Login

- **Remote Field Care Textbook and Wilderness Medicine Workbook -** The online content is meant to work in conjunction with the Remote Field Care textbook and Wilderness Medicine Workbook. The online material is broken into chapters and lessons that correlate to the topics found in the textbook.

  As you move through the material, we suggest you read the corresponding section of the textbook prior to completing the online lessons in order to provide context to the lectures and skill demonstrations. The corresponding page numbers in the Wilderness Medicine Workbook have been provided for each lesson; as you complete each online chapter, we recommend that you have the workbook available for note-taking and reference.

Online Chapter	Remote Field Care Reading
Remote Care	8-16, 288-295
The Human Body	17-43
Patient Assessment - Part 1	45-52
Patient Assessment - Part 2	52-77
Direct Threats to Life	79-111
Injury	113-156
Illness	157-212
Environmental Emergencies	213-254
Additional Rescue Topics	255-285

- **Instructor Reviewed Assignments -** There are four assignments that require submission during the second half of the online material. Please read the instructions for each assignments closely as the goal and requirements of each assignment is a little different.

  - Trauma Scenario - Accident on the Cliff
  - Medical Scenario - Illness While Backpacking
  - Rescue and Evacuation - Planning an Evacuation
  - Rescue and Evacuation - Communication Scenario

  Ensuring that your assignments are submitted by the deadlines listed earlier in this letter will allow LWM instructors to read and provide feedback on the assignments, as well as provide time for resubmission if necessary.

In-Person Component: 45 hours of in-person class time

The in-person course takes place over five days and includes learning individual skills, practice labs, and scenarios to put the knowledge from the online material to use. An example of the schedule for the in-person portion of the course is included in the first section of the online materials for reference.

You will receive additional pre-course information, including location and other logistical components, via email about two weeks prior to the start of the in-person course.

Earning WFR Certification

In addition to completing the online course materials and attending the in-person component, WFR certification is earned through successful demonstration of skills and passing the written exam on the last day of the in-person component.

It is important to note that simply attending the WFR course does not guarantee certification. We have found that students who are most successful in class have not looked for shortcuts but who:

- Proactively and deliberately complete the pre-course study
- Actively participate during the in-person component
- Work with instructors during the in-person component to fill in knowledge gaps
- Spend additional study time, as necessary

Seeking Additional Assistance

Whether it is an issue logging in, navigating the course, or a question about a specific medical topic, you can get help from LWM staff in several ways.

- Email the LWM office at info@longleafmedical.com
- Enter your question on the lesson's discussion board

Again, welcome! We are happy you are joining us for the Wilderness First Responder course. We'll see you in class soon.

Stay safe out there,

LWM Staff