



## WILDERNESS FIRST RESPONDER COURSE

Dear WFR Students:

The staff of LWM look forward to having you in the upcoming Longleaf Wilderness Medicine Wilderness First Responder course. This course will provide you with an introduction to wilderness medicine and help you be more prepared while you are working or recreating in the backcountry.

### **Provided During Course:**

- Printed student workbook
- All medical supplies
- Certification card
- CPR and AED certification for adults and children

### **Items to Bring to Course:**

- Water bottle and snacks
- Watch or other time keeping device
- Headlamp
- Lunch
- Pen or pencil
- Two pairs of shoes - one for inside and one for outside to prevent mud tracking
- Layers! You may spend up to four hours outside as you execute medical scenarios

### **Be Prepared For:**

*Format:* There is a lot of content to be covered in 76 hours. Class will be a combination of classroom lectures, hands-on skills practice and medical scenarios. Participants will have multiple opportunities to be patients and responders. There will be written tests required for both the CPR and WFR components of the course. There will be assignments and readings for students to complete most evenings.

*Weather:* Class takes place both inside and outside, regardless of weather conditions. Please dress accordingly; considerations should include layering, rain gear, boots and non-cotton clothing. Please be prepared to be outside for extended periods of time in winter conditions.

*Scenarios:* You may be kneeling or laying on the ground and get dirt or mud on your clothing during the medical scenarios used for skills practice. There is the potential of a night time scenario; your instructor will work with the class to determine an alternate schedule on one class day to include this important component.

*Lunch/Breaks:* Lunch break will be between 30 and 60 minutes, depending on the needs of the class. Lunch typically begins between 12:00 and 12:30pm. Short breaks will be provided throughout class.

**Other Notes:**

This class is hosted by the College of St. Scholastica's Outdoor Pursuits program. For specific location information or for lodging information, please contact Shawn Olesewski - [solesewski@css.edu](mailto:solesewski@css.edu).

For specific course questions, contact LWM - 208.274.3596 - [info@longleafmedical.com](mailto:info@longleafmedical.com).

**LWM will provide all medical supplies needed for the course**, but you are welcome to bring any of the items that you carry for work or for adventure to class in order to get feedback on splints and other improvisations built from your own equipment. We find that many course participants appreciate the opportunity to use the gear that they carry in the field, whether that be a day pack for hikers or group leaders, items that are required to be carried for scout trip leaders, a SAR pack for search and rescue team members, or a dry bag of items for boaters.

We look forward to meeting you!

LWM Staff