



WILDERNESS FIRST RESPONDER

Dear WFR Participants –

We look forward to having you participate in the upcoming Longleaf Wilderness Medicine Wilderness First Responder course. This course will provide you with in depth information about wilderness medicine and help you be more prepared to respond to medical emergencies while you are working or recreating in the backcountry. To prepare for the course, please take a few minutes to review the logistics below.

Please be on time for each day of the course, there is a lot of material to cover

COURSE DESCRIPTION

The Wilderness First Responder certification is the recognized industry standard for people who work in remote environments in jobs that include wilderness guides and trip leaders, camp counselors, research expedition members, and search and rescue team members.

WFR courses are designed to meet the needs of individuals who have a leadership role in a wilderness setting. It is also an excellent option for individuals who are seeking intensive medical training in order to be prepared during personal wilderness trips or extended expeditions.

This course includes the American Heart Association's Basic Life Support for Healthcare Providers.

CLASS FORMAT

This course includes extensive hands-on skills practice and assessment through medical scenarios and labs, as well as an in-depth final medical scenario and written exam.

The weekends only format has been designed with the needs of professionals and students in mind. It will, however, require reading and study during the weekdays.

Class will take place both inside and outside. Please wear clothing that can get dirty from kneeling or lying on the ground, or from stage makeup used to simulate wounds and injuries. Also be prepared with outdoor clothing and closed toed shoes that are appropriate for the weather forecast for the course – including rain!

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, a dry bag of items for boaters or gear carried by hunters. LWM will provide all medical supplies needed for the course, but you are welcome to bring any of the items that you carry on your own adventures to class in order to get feedback on splints and other improvisations built from your own equipment.

Other items that you should bring with you include:

- A pen or pencil (written course materials will be provided)
- A watch or other timekeeping device
- A lunch (a 60 minute break allow you to eat off site, if preferred)
- Water bottle and snacks

We look forward to meeting you!

LWM Staff