

# Wilderness First Aid

## 3-day with CPR



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### Course Overview

Prepare for the unexpected with this fun, hands-on introduction to wilderness medicine. If you like to take short trips relatively close to medical resources, enjoy weekend family outdoor activities, or recreate outdoors, this course is for you.

You'll learn the Patient Assessment System, how to provide effective first aid treatments for injuries and illnesses common in the outdoors, how to manage environmental emergencies, and how to make appropriate evacuation decisions. You will spend half your time practicing skills and participating in realistic scenarios.

NOLS Wilderness Medicine's WFA course is approved by such organizations as the American Camp Association, the United States Coast Guard, as well as other state and federal agencies.

**Successful course completion will earn the following NOLS Wilderness Medicine certifications:**

- Wilderness First Aid
- Epinephrine Auto-injector
- Adult, Child, and Infant CPR, AED & Airway Management
- Additional modules, which vary by course. See your course details for more information.

### Class Format

Check-in is between 7:30 am and 7:45 am on the first day. On subsequent days, please plan on arriving by 7:45 AM. Course days run from 8:00 AM to 5:00 PM with an hour-long break for lunch at noon.

The class format involves lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground while playing the role of both rescuer and patient. Stage (moulage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of indoor comfy shoes.

### Course Logistics

For registration, travel, and logistics information specific to a course, please reference the Student Logistics document.

### Curriculum

Our curriculum has been developed and has evolved over decades by medical professionals and experts in outdoor education. Our instructors are expert educators with years of medical and wilderness leadership experience. Please see the [WFA Course Outline](#) for an overview and schedule of topics covered during your course. Please note that the Course Outline describes the 2-day schedule, and your 3-day course includes additional modules which vary by course. You can [read more about our curriculum on the NOLS website](#) as well as view [other curriculum resources here](#).

## What to Bring

- ☐ Notebook and pencil or pen
- ☐ Outdoor work gloves (gardening, leather, or canvas)
- ☐ Personal bottle of hand sanitizer
- ☐ Watch with a second hand or digital second
- ☐ Sunglasses and/or protective eyewear
- ☐ Water bottle
- ☐ Light day pack
- ☐ Headlamp
- ☐ Waterproof outerwear—top and bottom
- ☐ Light hiking boots or sturdy shoes
- ☐ Clothing layers that allow you to be comfortable in a variety of weather conditions, including a hat

### Optional:

- ☐ Slippers or comfortable shoes for classroom time
- ☐ Camp chair for classroom time
- ☐ Clipboard or hard surface to write on

## NOLS Wilderness Medicine Student Agreement

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights.

Bring this two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

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## COVID-19 Practices and Policies

NOLS strongly encourages all students on all Wilderness Medicine courses to be fully vaccinated against COVID-19 and up-to-date with eligible boosters.

To help mitigate the spread of COVID-19 in our classrooms, NOLS has instituted a set of policies regarding the use of personal protective equipment (masks, gloves, etc) and hygiene practices that all students and staff must follow. For more details, please review the [NOLS Wilderness Medicine COVID-19 Disclosure, Practices, and Expectations for Students](#). Please review this document ahead of your course. Willful failure to comply with these practices could result in dismissal from your course.

Please follow the links below to the NOLS website for overviews of other pre-course planning resources:

[College Credit](#)

[Minimum age requirements](#)

[Continuing Education](#)

[Recertification Policies](#)

[Alcohol, tobacco, and firearm policies](#)

[Scholarships and financial aid](#)

[Pets and service animals](#)

[Essential Eligibility Criteria](#)