Wilderness Medicine for the Professional Practitioner

Course Overview

Managing a patient in a wilderness, remote, or disaster setting requires adapting existing medical knowledge in a new context. Building on your background in healthcare, you will develop the critical wilderness medicine skills needed to take care of a patient in an extended care environment. These skills include: orthopedic injury management, improvised splinting, focused spinal assessment, improvised litter construction, environmental emergency management, and leadership and communication skills.

NOLS Wilderness Medicine provides the latest information on decision-making principles and practices behind wilderness treatment and evacuation decisions. This two-day intensive module takes a hands-on approach, utilizing practical scenarios, role-play, and case studies. Expect to spend plenty of time applying your knowledge.

Successful course completion will earn the following NOLS Wilderness Medicine certifications:
- Wilderness First Aid
- Epinephrine Auto-injector

Class Format
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 **WMPP Course Outline** for an overview and schedule of topics covered during your 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
- ❏ 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.

Please review the student agreement and be prepared to sign the document on 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.

Communicable Disease 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 communicable disease 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 Communicable Disease Mitigation 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

Continuing Education

Recertification Policies

Alcohol, tobacco, and firearm

policies

Scholarships and financial aid

Pets and service animals

Essential Eligibility Criteria

Minimum age requirements