

Wilderness First Responder

Course Outline, Expectations & Gear List

The 80-hour Wilderness First Responder course is the industry standard.

Topics include:

- Patient Assessment System
- Documentation
- Medical Legal
- CPR
- Spinal Cord Injuries
- Long-term Patient Care
- Chest Injuries
- Shock
- Head Injuries
- Wilderness Wound Management
- Athletic Injuries
- Fracture Management and Traction Splinting
- Dislocations
- Cold Injuries
- Heat Illness
- Altitude Illness
- Cardiac, Respiratory and Neurological Emergencies
- Abdominal Emergencies
- Mental Health Emergencies
- Bites, Stings and Poisoning
- Allergies and Anaphylaxis
- Diabetes
- Search and Rescue
- Leadership, Teamwork and Communication
- Communicable Disease
- Lightning
- Submersion
- Urinary and Reproductive System Issues
- Medical Decision-Making
- Common Wilderness Medical Problems
- Wilderness Drug and First Aid Kits

Course Expectations:

The WFR course is rapidly becoming the industry standard certification for guides and trip leaders. It is a 9-10 day intensive program, with greater than 80 hours of contact time in a learning setting. Teaching methods include an emphasis on didactic lectures and hands-on, experiential workshops and scenarios. The night mock rescue is one of the highlights of the course, pulling it all together in a backcountry setting, and illustrating what it truly takes to evacuate an injured or ill person. Your rescue gear needs to be packed and ready to go at any moment throughout the course. Please refer to and follow the WFR Rescue Gear Checklist closely, and contact us with any questions you may have. WMI provides its own CPR certification within this course. It incorporates the American Heart Association's 2010 curriculum guidelines with wilderness protocols to deliver a set of skills that is pertinent to our use in a wilderness setting. If you require, for your job description, an AHA training certificate we can discuss this with you prior to the course.

Bad things happen outdoors and usually in bad weather! So, be prepared for the weather...dress in layers that you can remove indoors or in the sun, and layer up when we go outside. Full rain protection is a necessity, both rain tops and pants. Your comfort and ability to pay attention during this intense course will be helped if you stay well-hydrated and have snacks on hand to munch during class. The course ends with a written exam and a scenario-based practical exam. You must score 70% or better on the written exam and pass the practical exam to be eligible for certification. It is your responsibility to pass the exams on your own, and to let us know throughout the course where you are finding challenges and needing additional help. It is our job as educators to help you know where you are succeeding and where we see you are needing additional help, so that you can focus your energies and be successful at course end.

All class days begin at 8:00am. The course ends near 5:00pm on the last day with the exams, student evaluations of the experience, and graduation. Please do not make travel plans that require an earlier departure or you will have to make alternative testing arrangements at a later course.

Packing List:

We will try to be outdoors as much as possible, regardless of the weather. Please dress appropriately for the weather, and to be comfortable both in and outdoors at any time during your course.

Required: (These items should be packed and ready to go for mock rescues throughout class times, and at any moment.)

- Day pack or similar size pack, lined and waterproof, filled with:
- A watch, preferably with a sweeping second hand, but digital is adequate.
- 2 water bottles
- Backcountry clothing – appropriate to season and climate, (think layers and staying dry)
- 1 set of clothing (shirt and pants) that can be completely destroyed with stage makeup and shears.
- 1 warm hat/toboggan
- Gloves
- Rain gear, including rain pants
- Synthetic tops and bottoms – long underwear
- Hiking boots / hiking socks
- Synthetic jacket/top (Polartec or comparable, wool OK)
- Head lamp/flashlight
- Notebook/writing utensils
- Camp chair, ensolite pad, thermarest, or similar
- Bandanas, p-cord, ties, straps, or anything else that can be used for attachment (the more the better)

In addition: If you participate in gear intensive activities (paddling, climbing, etc.) feel free to bring your gear / what you would normally have with you. The more you practice with what you would actually have on hand, the better your patient care in an actual emergency.

Optional: (Consider acquiring these items over time.)

- Bivy kit - Stuff sack containing:
- Warm hat, additional
- 2 garbage bags
- Whistle
- Plumber's candles / candle lantern
- Lighters/waterproof matches
- Metal water cup
- 60' p-cord/nylon cordage
- 10'x10' plastic sheeting
- Compass
- Extra wool socks