

Wilderness First Responder Re-Certification

Course Outline, Expectations & Gear List

The 24-hour Wilderness First Responder Recertification course refreshes and updates topics covered in the WFR course.

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. The WFRRecert is a 3-day intensive program, with greater than 24 hours of contact time in a learning setting. Teaching methods include an emphasis on didactic lectures and hands-on, experiential workshops and scenarios.

You must bring a copy of your current WFR card with you to the course or send it to our office with your registration!!!

Class begins on all days at 8:00am. On the 1st morning of the course, there will be a 50 question wilderness medicine exam to assess student knowledge and serve as a starting point for the recertification course. Information on up to date curriculum can be found on the WMI website www.nols.edu/wmi, click on Admissions and then on Recertification. A passing score of 70% is required on the 50 question test. If 70% is not attained on the 1st attempt, students will have the opportunity to retest on the 3rd day with another 50 question test, and the average of the two test attempts must equal 70%. The WFR-R also includes an observation based practical exam. Your rescue gear needs to be packed and ready to go at any moment throughout the course. Please refer to and follow the WFR-R Rescue Gear Checklist closely, and contact us with any questions you may have. Bad things happen outdoors and usually in bad weather! So, be prepared...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.

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 do not require CPR, you will be free to leave the course near 12:00pm on the third day, after the class is officially graduated; please do not make travel plans that require an earlier departure or you will have to make alternative testing arrangements at a later course. CPR will occur that afternoon for those who do need it at no additional cost and should end by 5:00pm.

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