



Wilderness First Aid (24 hrs)

Day 1: (11 hrs)

- Opening & Course Paperwork
- General Concepts in Patient Care
- Body Defenses
- Introduction to Trauma
- Critical System Problems (Traumatic Brain Injury, Respiratory Distress, Volume Shock)
- Stable & Unstable Extremity Injuries
- Basic Life Support Lab & Simulations
- Demo and assign cut T-shirt rolls
- Case Study Homework

Day 2: (9 hrs)

- Patient Assessment, Evaluation, & SOAP Documentation
- Traumatic Simulation
- Basic Extremities Splinting Lab
- Wound Cleaning Lab
- Focused Spine Assessment
- Traumatic Simulations
- Case Study Homework

Day 3: (8 hrs)

- Case Study Homework Review
- Dehydration
- Sun Exposure
- Heat Exhaustion, Heat Stroke, & Exertional Hyponatremia
- Hypothermia
- Drowning
- Allergies & Toxins
- Anaphylaxis
- Injection Lab
- Allergies, Anaphylaxis, & Bites & Stings Worksheet
- Assessing Medical Problems
- Medical Simulations and/or Case Studies
- Course Debrief & Closing

General Course Information

Wilderness Medicine Training Center International's Wilderness First Aid course exceeds the minimum WFA Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative. When you have successfully completed WMTC's standard WFA course, you will receive a WMTC WFA certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive an Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. It is your responsibility to stay current with both your understanding and practice. To recertify, you must take the course again. You must recertify before your certification expires; there is no grace period.

You may use this course to recertify a current Wilderness Advanced First Aid, Wilderness First Responder, or Wilderness EMT certification if you successfully complete our online WAFA or WFR & WEMT Recertification test within two months of the end of your WFA. Login information and directions will be sent to you via email prior to or upon completion of your course. *If you do not receive the login information for your online exams within a week of completing the WFA course, please contact our office.* In order to recertify your WEMT and remain certified as a WEMT, you must have a current NREMT certification or state EMT license.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, and our Patient SOAP notes. If you are using the course to recertify your WAFA, WFR, or WEMT certification, your tuition also includes access to your WAFA or WFR & WEMT Recertification online exams.

Standard WFA Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required. Basic CPR instruction is included.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of anaphylaxis.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.



Wilderness Advanced First Aid (45 hrs)

Day 1: (10 hrs)

- Opening & Course Paperwork
- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Introduction to Trauma
- Critical System Problems (TBI, Respiratory Distress, Volume Shock)
- Stable & Unstable Injuries
- Basic Life Support Lab & Simulations
- Demo, assign, & cut T-shirt rolls
- Case Study Homework
- Evening Session (2 hrs)
 - Adult & Child CPR/AED Skills Lab

Day 2: (9 hrs)

- Patient Assessment, Evaluation, & SOAP Documentation
- Traumatic Simulation
- Extremity Splinting Lab
- Improvised Carries
- Wounds Lab
- Focused Spine Assessment Lab
- Traumatic Simulations
- Case Study Homework

Day 3: (9 hrs)

- Review Case Study Homework
- Spine Assessment Quiz
- Dehydration
- Sunburn, Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Cold Injuries
- Drowning
- Lightning Injuries
- Traumatic Simulations
- Case Study Homework

Day 4: (9 hrs)

- Review Case Study Homework
- Wilderness Bites & Stings
- Allergies
- Anaphylaxis
- Injection Lab & Allergies & Toxins Worksheet
- Angina, Heart Attack, & Stroke
- Assessing Medical Problems
- Medical Simulations ± Case studies
- Homework: WAFA & WCPR written exams

Day 5: (8 hrs)

- Spine Management Lab
- Simulations
- Written WAFA & WCPR Exam Review
- Course Debrief & Closing
- Clean-up

General Course Information

Wilderness Medicine Training Center International's Wilderness Advanced First Aid course exceeds the minimum WAFA Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative. When you have successfully completed WMTC's standard WAFA course, you will receive a WMTC WAFA certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child/AED Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may recertify via a WMTC WFA or by taking the course again. You must recertify before your certification expires; there is no grace period.

You may use this course to recertify a current Wilderness First Responder, or Wilderness EMT certification if you successfully complete our online WFR & WEMT Recertification test within two months of the end of your WAFA. Login information and directions will be sent to you via email prior to or upon completion of your course. *If you have do not receive the login information for your online exams within a week of completing the WAFA course, please contact our office.* In order to recertify your WEMT and remain certified as a WEMT, you must have a current NREMT certification or state EMT license.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, and our Patient SOAP notes. If you are using the course to recertify your WFR or WEMT certification, your tuition also includes access to your WFR & WEMT Recertification online exams.

WAFA Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child WCPR Skills Lab: Obstructed airway and Adult & Child Wilderness CPR & AED instruction, manikin practice, and certification.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of anaphylaxis.
- Improvised Carries Lab: One and two person split coil carry ± true backpack carry.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients on their back and side in a commercial and/or improvised litter.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.

Wilderness First Responder (80 hrs)



Day 1: (9 hrs)

- Opening & Course Paperwork
- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Introduction to Patient Assessment
- Basic Life Support Lab & Simulations
- Wilderness Adult & Child CPR/AED Skills Lab
- Case Study Homework

Day 2: (9 hrs)

- Introduction to Trauma
- Critical System Problems (TBI, Respiratory Distress, Volume Shock)
- Stable & Unstable Extremity Injuries
- Patient Evaluation & SOAP Documentation
- Traumatic Video Simulations
- Case Study Homework
- Demo & assign cut T-shirt rolls

Day 3: (9 hrs)

- Case Study Homework Review
- Quiz
- Basic Extremities Splinting Lab
- Wounds Lecture
- Wounds Lab
- Focused Spine Assessment
- Traumatic Video Simulations
- Case Study Homework

Day 4: (9 hrs)

- Spine Assessment Quiz
- Case Study Homework Review
- Dehydration
- Sunburn Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Minor Heat Injuries
- Hypothermia
- Drowning
- Cold Injuries
- Spine Management Lab
- Case Study Homework

Day 5: (9 hrs)

- Case Study Homework Review
- Quiz
- Wilderness Bites & Stings
- Allergies
- Anaphylaxis
- Injection Lab & Allergies, Anaphylaxis, & Toxins Worksheet
- Traumatic Video Simulations
- Case Study Homework

Day 6: (9 hrs)

- Case Study Homework Review
- Quiz
- Lightning Injuries
- Altitude
- Dislocations Lab
- Traumatic Video Simulations
- Case Study Homework

Day 7: (9 hrs)

- Case Study Homework Review
- Asthma
- Diabetes: Hypoglycemia & Hyperglycemia
- Heart Attack, Angina, & Stroke
- Ears, Eyes, Nose, Throat, & Teeth Interactive Case Studies
- Advanced Extremities Splinting Lab
- Improvised Litters and Carries
- Case Study Homework

Day 8: (9 hrs)

- Case Study Homework Review
- Traumatic Video Simulations
- Assessing Medical Problems
- Medical Simulations

Day 9: (8 hrs)

- Mass Casualty Video Simulation
- Litter Carries & Passes
- Written WFR & WCPR Exams & Review
- Medical Equipment & First Aid Kits

General Course Information

Wilderness Medicine Training Center International's Wilderness First Responder course exceeds the minimum WFR Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative. When you have successfully completed WMTC's standard WFR course, you will receive a WMTC WFR certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child/AED Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may recertify via a WMTC WFA, WAFA, WFR & WEMT Recertification, or by taking the course again. You must recertify before your certification expires; there is no grace period.

If you hold a current EMT certification or license, you may upgrade to a Wilderness EMT certification if you successfully complete our online WEMT exams within two months of the end of your WFR. Login information and directions will be sent to you via email prior to or upon completion of your course. *If you have do not receive the login information for your online exams within a week of completing the WFR course, please contact our office.* In order to recertify your WEMT and remain certified as a WEMT, you must have a current NREMT certification or state EMT license.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, our Patient SOAP notes and, if you have registered to upgrade to a WEMT, access to the WEMT online exams.

WFR Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child WCPR/AED Skills Lab: Obstructed airway, Adult & Child Wilderness CPR and AED instruction, manikin practice, and certification.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Advanced Extremity Splinting Lab: common expedition equipment is used to improvise effective lower extremity splints.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of anaphylaxis.
- Improvised Carries Lab: One and two person split coil carry ± true backpack carry.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients on their back and side in a commercial and/or improvised litter, and in an improvised stretcher.
- Improvised Rope Litter Lab: A daisy chain rope litter is demonstrated and practice.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction and passive anterior shoulder reduction techniques are demonstrated.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or plastic sheeting, and water bags/bottles are used to improvise a hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.

WFR & WEMT Recertification Course (26 hrs)



Day 1: (9 hrs)

- Course Introduction & Pre-course Test Review
- Digital Trauma Case Studies Review
- Basic Life Support Simulations
- Case Study Review & SOAP Evaluation Process
- Physical Exam & Focused Spine Assessment Review
- Traumatic Simulations
- Demo, assign, & cut T-shirt rolls
- Case Study Homework

Evening Session (2 hrs)

- Wilderness Adult & Child CPR/AED Skills Lab

Day 2: (9 hrs)

- Case Study Homework Review
- Extremity Splinting Lab
- Dislocations Lab
- Traumatic Simulations
- Digital Environmental Case Studies Review
- Case Study Homework

Day 3: (8 hrs)

- Case Study Homework Review
- Spine Management & Hypothermia Packaging Lab
- Allergies, Anaphylaxis, & Toxins Review
- Medical Simulations
- Final Written Exams & Review
- Course Debrief & Closing
- Clean-up

General Course Information

Wilderness Medicine Training Center International's Wilderness First Responder certification exceeds the minimum WFR Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative; there are no Scope of Practice guidelines for Wilderness EMT. In order to recertify your WEMT *and* remain certified as a WEMT, you must have a current NREMT certification or state EMT license. When you have successfully completed WMTC's standard WFR & WEMT Recertification course, you will receive a WMTC WFR or WEMT certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child/AED Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may continue to recertify via a WMTC WFA, WAFA, WFR & WEMT Recertification, or by taking your original course again. You must recertify before your certification expires; there is no grace period.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook* and our Patient SOAP notes.

WFR & WEMT Recertification Course Lab Descriptions

- Basic Life Support Review & Simulations: Addresses all elements of the Scene size-up and Initial Patient Exam.
- Adult & Child WCPR/AED Skills Lab: Obstructed airway, Adult & Child Wilderness CPR, and AED instruction, manikin practice, and certification.
- Extremity Splinting Lab: Padded aluminum splints and expedition supplies are used to improvise effective extremity splints using the buddy, cast, jelly roll, sandwich splint concepts. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- SOAP Evaluation Process: Review SOAP documentation and evaluation process in preparation for full simulations.
- Focused Spine Assessment Lab Review: How to assess and rule out possible spine injuries in a wilderness context.
- Dislocations Lab: Review relocation techniques for indirect anterior shoulder, lateral patella, digits, and jaw dislocations.
- Spine Management & Hypothermia Packaging Lab: Lifting, moving, and packaging potentially spine-injured patients lying on their back and side in a commercial or improvised litter and/or stretcher in a hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.

Hybrid Wilderness EMT Module (80 hrs)



Online Presentations (30 hrs)

General Presentations

- Course Introduction & Medical/Legal Concepts
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Patient Assessment, Evaluation, & SOAP Documentation

Trauma Presentations

- Introduction to Trauma
- Traumatic Brain Injuries (Increased ICP & Concussion)
- Bleeding & Volume Shock
- Respiratory Distress & Arrest
- Stable & Unstable Extremity Injuries
- Spine & Cord Injuries
- Dislocations
- Wounds
- Focused Spine Assessment

Environmental Presentations

- Dehydration
- Heat Illnesses
- Sun Exposure
- Hypothermia
- Cold Injuries
- Drowning
- Allergies
- Wilderness Toxins
- Anaphylaxis
- Lightning Injuries
- Acute Mountain Sickness
- Diving Injuries
- Sea & Motion Sickness

Medical Presentations

- Infectious Diseases
- Circulatory System Problems
- Respiratory System Problems
- Gastrointestinal System Problems
- Genitourinary System Problems
- Diabetes
- Asthma
- Seizures
- Ear Problems
- Eye Problems
- Nose Problems
- Tooth & Gum Problems

Practical Session (50 hrs)

Day 1: (11 hrs)

- Course Introduction
- Basic Life Support Skills Lab & Simulations
- 3rd Triangle Skills Lab
- Review SOAP Evaluation & Documentation Process
- Traumatic Video Simulation
- Focused Spine Assessment Lab
- Traumatic Video Simulation
- Case Study Homework

Evening Session

- Adult & Child CPR/AED Skills Lab (2 hrs)

Day 2: (11 hrs)

- Case Study Homework Review
- Basic Extremity Splinting Lab
- Wound Cleaning Lab
- Traumatic Video Simulations
- Case Study Homework

Evening Session (2 hrs)

- Injection Lab
- Allergies, Anaphylaxis, & Wilderness Bites & Stings Worksheet

Day 3: (9 hrs)

- Case Study Homework Review
- Advanced Extremity Splinting Lab
- Dislocations Lab
- Traumatic Video Simulations
- Case Study Homework

Day 4: (10 hrs)

- Case Study Homework Review
- Spine Management Lab
- Assessing Medical Problems
- Medical Simulations
- Case Study Homework

Evening Session (1 hrs)

- Interactive Digital Case Studies

Day 5: (9 hrs)

- Case Study Homework Review
- Hypothermia Packaging Lab
- Improvised Litters & Carries Lab
- Mass Casualty Video Simulation
- Course Debrief & Closing

General Course Information

In order to register for Wilderness Medicine Training Center International's hybrid (blended) WEMT course *and* remain certified as a WEMT, you must have a current NREMT certification or state EMT license. This course will not prepare you take the urban NREMT or state EMT licensing exam; it focuses on expedition-based wilderness medicine skills. When you have successfully completed WMTC's WEMT course, you will receive a WMTC WEMT certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course and is only valid in conjunction with a current urban NREMT certification or state EMT license; there are no Scope of Practice guidelines for Wilderness EMT. Physicians and other medical professionals who do not possess a urban EMT certification or license may also take this course but will receive a Wilderness First Responder certification upon successful completion.

You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child/AED Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may recertify via a WMTC WFA, WAFA, WFR & WEMT Recertification, or by taking the course again. You must recertify before your certification expires; there is no grace period. Note that your practical session may include hybrid WFR students.

Our hybrid WEMT course requires you to successfully complete our online WEMT exams prior to attending the practical session. Use the Wilderness Medicine Handbook and the WEMT website to prepare for your online exams and practical session. Access to the course website and your online exams will be sent to you via email from our office; complete directions are on the homepage of the course website. *If you do not receive your login information within a few days of registering for the course, please contact our office.*

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, our Patient SOAP notes and access to the hybrid WEMT website and your online exams.

Hybrid WEMT Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child WCPR/AED Skills Lab: Obstructed airway, Adult & Child Wilderness CPR and AED instruction, manikin practice, and certification.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Advanced Extremity Splinting Lab: common expedition equipment is used to improvise effective lower extremity splints.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of anaphylaxis.
- Improvised Carries Lab: One and two person split coil carry ± true backpack carry.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients on their back and side in a commercial and/or improvised litter, and in an improvised stretcher.
- Improvised Rope Litter Lab: A daisy chain rope litter is demonstrated and practice.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction and passive anterior shoulder reduction techniques are demonstrated.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or plastic sheeting, and water bags/bottles are used to improvise a hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.

