



# Wilderness First Responder Recertification

This is the preferred course for current WFR's needing to recertify. Designed as a review and practice of evacuation and long term care guidelines. Recertifies current WFR cards from WMI, SOLO, NOLS, WMA or WPT.

**COURSE CURRICULUM:** The WMI of NOLS Wilderness First Responder training is a nationally recognized program that trains participants to respond to emergencies in remote settings. The 24-hour curriculum provides current updates in the wilderness medicine field. Emphasis is placed on prevention and decision-making, not the memorization of lists. Scenarios and practice sessions will take place both inside and outside.

**CERTIFICATION INFORMATION:** Upon successful completion of practical and written exams you will receive a two year Wilderness First Responder certification and a two year American Heart Association Adult Heartsaver CPR certification.

**CONTINUING EDUCATION CREDIT:** Contact WMI of NOLS.

**FOOD & LODGING (optional):** The meals and lodging option comes with breakfasts, lunches, and dinners. The family-style dining adds to the relaxed atmosphere of this unique program. Lodging in bunk-style accommodations are provided at the BaseCamp Lodge. Private room upgrades are available. All bathroom and showers are shared down the hall.

## WHAT TO BRING

- large day pack
- 2 quart size water bottles
- headlamp or flashlight
- watch with second hand
- sleeping bag
- toiletries
- notebook and pens
- photocopy of current WFR and CPR cards
- sturdy boots
- long underwear top and bottom
- fleece or down top and bottom
- wind/ waterproof jacket and pants
- appropriate clothing for 7000 ft. in the fall
- snacks for between meals or food for special dietary needs

**REGISTRATION INFORMATION:** To register please call the M.A.S. office at (209) 753-6556. Preregistration is required. A 50% deposit or full payment reserves a spot. The balance is due two weeks prior to the trip starting date. Cancellations or transfers made more than one month before a trip will be refunded less a \$25 processing fee. Cancellations or transfers made between 30 and 15 days prior to course date will be refunded less the 50% deposit. No refunds can be made within 14 days of course starting date. If a course has to be cancelled due to low enrollment or poor weather you will be given a full refund. For more information call or email M.A.S. at [mail@mtadventure.com](mailto:mail@mtadventure.com).

**TUITION:** \$170  
\$240 with meals and lodging

\*see backside for directions to Bear Valley and the BaseCamp Lodge\*

Revised 08/02