



Wilderness First Responder

Develop an awareness for prevention and decision-making during this Wilderness First Responder certification course. Join WMI instructors daily as they take you through the intricacies of the rigorous training. In the evenings and day off, use your time for mountain biking, rock climbing, or simply enjoying fall and M.A.S. hospitality in the central Sierra.

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 80 hour curriculum includes standards for urban and extended care situations. Special topics include but are not limited to: wound management and infection, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long term management problems, up-to-date information on all environmental emergencies, plus advice on drug therapies. Emphasis is placed on prevention and decision-making, not the memorization of lists.

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:

The course is pre-approved for 3 semester credit hours through the University of Utah at a cost of \$200. It is your responsibility to make sure the credits will transfer to your college or university. Sign up through the WMI instructor at the beginning of the course.

FOOD & LODGING (optional):

The meals and lodging option comes with continental breakfasts, lunches, and sit down 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
- 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
- bathrobe (optional)

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. Cancellation 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 enrolment or poor weather you will be given a full refund. For more information call or email M.A.S. at mail@mtadventure.com.