

Preparing for your Intro Wilderness 1st Aid Course



Wilderness
Medical Consultants

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What to Expect

Classes will begin promptly at 08:00 and end around 17:30 every day. The instruction will be divided between class theory sessions held indoors, and practical field sessions held outdoors. Be prepared to take notes in class to supplement the student manual we provide. You will be outside for approximately 50% of the time practicing in real life wilderness first aid scenarios so be prepared for that day's weather. We may be outside for long periods, even in cold and wet weather. We will always let you know when we are going to be outside and give you time to get ready. We will have breaks in the morning and afternoon as well as time for lunch. We ask that you are not late returning to class since we have a lot of material to cover and want to finish each day on time. 100% attendance is mandatory to pass the course so please don't plan to be away for any portion of the classes.

What to Bring

Wilderness Medical Consultants will lend you a standard first aid kit with the supplies you will need during the course. You will need to come with your own personal equipment that will be used during training sessions and scenarios (below). These items are things you would normally take with you during a day trip in the wilderness. Please note that your clothing and gear may get dirty and wet, so bring an extra set of clothing for outside.

- Notebook, pen/pencil
- Suitable foot wear for outdoor use (no sandals)
- Warm clothing suitable for the conditions, including waterproof jacket and pants
- A watch - mobile phones are OK but a watch is ideal if you have the option
- Splinting material (eg. a trekking pole, paddles, snow shovel - anything that is straight, strong and long enough to splint a leg). These are available to use, but we encourage students to bring their own items that they may have on trips.
- Thermarest or foamy to sit or lie on outside
- Backpack to carry your gear
- A good sense of humor and desire to learn!

Exams

All WMC IWFA courses will have a multiple-choice exam at the end of the course and will vary in length depending on what course you are enrolled in. If CPR is included in your course the CPR written and practical exam will be on the same day as the CPR training.

Physical and Medical Limitations

During the course you may be required to do some heavy lifting, move across uneven terrain or may be asked to be a patient that needs to be extricated from an area not easily accessible. Therefore we ask that you please let us know if you have any physical limitations that we need to be considerate of. Please inform your Instructor if you have any medical conditions that we should be aware of should you need medical assistance during the course.

How To Get There

Please contact our office directly for instructions on where your course will be held, as we use a variety of different class locations.

Canada West Wilderness Medical Consultants Ltd.

240 400 Brooksbank Ave, North Vancouver, BC, V7J 2C2

Phone: 604-878-7007 Toll Free: 1-888-892-2266

www.wildernessmedicalconsultants.ca

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