

NORTHERN TIER
NATIONAL HIGH ADVENTURE PROGRAM
Wilderness First Responder Course
by Wilderness Medical Associates

Location: Charles L. Sommers Wilderness Canoe Base, Ely, Minnesota.

When: Participants are to arrive on Sunday, March 1st by 5:00PM for Dinner. The course will conclude on Monday, March 9th at noon.

Course Format: The Wilderness First Responder course is presented in 70 hours. Typically, half of your day will be devoted to classroom lecture and discussion with the other half outdoors for practical skills training and scenarios. Evenings are reserved for study and assignments. You should expect rescue scenarios with made-up victims and simulated wounds to prepare you for backcountry emergencies. Sessions may be videotaped for enhanced learning

Reservations & Fees: The fee for the course is \$600.00. All teaching materials are provided by Wilderness Medical Associates® at no additional cost. This includes the WILDMED textbook, case studies workbook, field guide, lecture notes, and handouts. This does not include housing or meals.

Reservations are confirmed upon receipt of a \$200/person deposit with the reservation form and the balance of \$400.00 is due by February 16, 2009. All fees are non-refundable after February 17, 2009. Call (218) 365-4811 to determine if space is available. Registration will close February 23, 2009. If you would like to stay on base in a primitive cabin for the course and have meals provided, there is an additional \$200.00 fee.

Who May Participate? Anyone 18 years of age or older with an interest in wilderness medicine, good backpacking, camping skills and experience. No previous medical training is required.

Completion and Grades: Successful completion with certification is based on 100% attendance, satisfactory performance on homework assignments and written quizzes, demonstrated proficiency with practical skills and a grade of 80% or better on final written exam. Wilderness Medical Associates® is committed to making reasonable accommodation to any student with special needs.

Certification: All eligible students who successfully complete the course will receive Wilderness Medical Associates'® Wilderness First Responder, Anaphylaxis, and Healthcare Provider level CPR certifications. The CPR course is based on the ILCOR/AHA guidelines as published in Circulation in November 2005. All WMA certifications remain valid for three years. At the discretion of your local or state EMS authorities, the WFR certification may qualify you to challenge the DOT First Responder Exam.

Medical Requirements: Participants in the Wilderness First Responder course must have a current Class 3 physical filled out by their Doctor within 12 months of the course. If you have any medical concerns, please call Northern Tier before your scheduled arrival day.

Transportation: Participants are responsible for their own transportation. The closest airports are Minneapolis and Duluth.

PERSONAL EQUIPMENT LIST

The Wilderness First Responder Course is both an indoor and outdoor course. For those individuals staying on base we have developed the list below for your convenience in packing. For those not staying on base, please review the list and make sure that you are dressed properly for the environment.

PLEASE BRING THESE ITEMS:

Sleeping bag. If you have a cold weather camping sleeping bag, bring it. Otherwise a summer weight or "3-season" bag is adequate as we will provide a supplemental bag to use with yours to make an extreme cold weather sleeping system.

- _____ 2 Winter stocking caps, - one spare, facemask type is best
- _____ 2 - 3 pairs of mittens with outer shell (mittens are warmer than gloves)
- _____ 2 - 3 Sweaters and/or shirts, preferably wool or polar fleece. No Cotton
- _____ 1 Winter jacket, preferably hooded
- _____ 2 pair of long underwear tops (synthetic such as capilene or polypropylene)
(no cotton long underwear).
- _____ 2 pair of long underwear bottoms (synthetic such as capilene or polypropylene)
(no cotton long underwear).
- _____ 2 pair of pants, 1 pair preferably wool or an insulated snowpant. Do not
bring blue jeans.
- _____ 2 or more pairs of light liner socks (preferably synthetic, i.e. polypropylene -
not cotton)
- _____ 2 or more pairs of heavy insulating socks (preferably wool or synthetic, - not
cotton)
- _____ Toiletry articles (toothbrush, toothpaste, soap, towel, comb, etc.)
- _____ Towel and Swimsuit for use in the Shower and Sauna after your trek

RECOMMENDED ITEMS:

These items are optional, depending on personal preference and what you have available.

- _____ Insulated vest
- _____ Extra socks
- _____ Scarf or neck gaiter
- _____ Warm boots such as Sorels, "moon boots," shoe pacs
(preferably with removable liners)
- _____ Closed cell foam pad
- _____ Pocket knife, matches, bandana, and other items you normally carry while
camping.
- _____ Sunscreen, Chapstick, foot powder
- _____ Sunglasses
- _____ Pocket flashlight, headlamp, or glow sticks
- _____ Skis or snowshoes
- _____ Camera and film
- _____ Small package baby wipes for personal cleanliness
(keep in pocket near the body to keep thawed)

NORTHERN TIER PROVIDED PERSONAL ITEMS: If you own any of these items & would like to use them, you are encouraged to bring them.

- _____ Sleeping bag for extreme cold temperatures (will be used with your summer or three season bag)
- _____ Closed cell foam pads
- _____ Supplemental outer clothing & wind clothing
- _____ Mukluks and foot wraps

WILDERNESS FIRST RESPONDER COURSE

2009 Reservation Form

March 1 - 9, 2009

Course Fee: \$600.00

Housing Fee: \$200.00

Reservations & Fees: The fee for the course is \$600.00. All teaching materials are provided by Wilderness Medical Associates® at no additional cost. This includes the WILDMED textbook, case studies workbook, field guide, lecture notes, and handouts. This does not include housing or meals.

Reservations are confirmed upon receipt of a \$200/person deposit with the reservation form and the balance of \$400.00 is due by February 16, 2009. All fees are non-refundable after February 17, 2009. Call (218) 365-4811 to determine if space is available. Registration will close February 23, 2009. If you would like to stay on base in a primitive cabin for the course and have meals provided, there is an additional \$200.00 fee.

Participants Name	Email Address		
Mailing Address	City	State	Zip
Home Phone	Work Phone		

Check Enclosed for:

- | | | |
|--------------------------|-------------------------------------|----------|
| <input type="checkbox"/> | Deposit: | \$200.00 |
| <input type="checkbox"/> | Balance: | \$400.00 |
| <input type="checkbox"/> | Total Course Fee: | \$600.00 |
| <input type="checkbox"/> | Housing: | \$200.00 |
| <input type="checkbox"/> | Total Course including Housing Fee: | \$800.00 |

Please Check One Box:

- Northern Tier Staff
- National High Adventure Staff
- National Council Staff
- Council Staff or Volunteer
- General Participant (No previous involvement in Scouting)

Mail Reservations to:

Northern Tier National High Adventure Base
Attn: Wilderness First Responder Course
PO Box 509
Ely, MN 55731

Email: info@ntier.org
Web: www.ntier.org
Phone: 218-365-4811
Fax: 218-365-3112