



Northern Tier First Aid and CPR Requirements

Per NCAP standards, at least one member of each crew, preferably two or more, must hold a current American Red Cross Wilderness First Aid certification, Emergency Care and Safety Institute (ECSI) Wilderness First Aid or equivalent, and current ARC or ECSI Adult and Child CPR/AED training or equivalent

The goal of having a Wilderness First Aid trained participant is that the crew will be better able to handle minor medical issues as well as emergencies and keep as many participants on the trail as possible. Extraction from a canoeing expedition is extremely difficult, so being able to manage first aid needs in the wilderness while help is delayed is imperative.

We suggest that the First Aid and CPR training be completed several months ahead of your Northern Tier adventure; these classes tend to fill quickly. Check your community for information on Wilderness First Aid classes that may be offered in your area.

CPR Requirements:

Northern Tier will accept CPR training from any recognized institution whose training contains both didactic (classroom) and hands-on training. Training should include recognition of and treatment for adult cardiac arrest, respiratory arrest, AED use, and airway obstruction. Training agencies must issue each participant certificate that can be uploaded into CampDoc and will be verified during the arrival process at Northern Tier.

Wilderness First Aid Requirements:

Northern Tier requires a minimum of a 16-hour in-person Wilderness first Aid training course. This training is important as it can take several hours for emergency responders to reach a remote backcountry location after a message is delivered for help. Wilderness First Aid training allows for proper and prompt attention to be provided for injuries and/or illnesses in the short term. Participants must upload their current certification cards onto their CampDoc profile to verify this requirement.

Accepted Wilderness First Aid Course Providers:

- American Red Cross - www.redcross.org
- American Safety and Health Institute (ASHI) - www.ashinstitute.org
- Advanced Wilderness Expedition Provider (AWEP) For physicians and other health care providers.)
- Emergency Care and Safety Institute - www.ESCInstitute.org – Wilderness First Aid Advanced Level Course
- Longleaf Wilderness Medicine - www.longleafmedical.com
- National Safety Council – www.nsc.org – NCS Advanced First Aid
- National Ski Patrol – www.nsp.org – Outdoor Emergency Care
- NOLS Wilderness Medicine Institute (WMI) - www.nols.edu/wmi/
- Remote Medical International – www.remotemedical.com
- Sierra Rescue – www.sierrarescue.com
- SOLO – www.soloschools.com
- The Mountaineers – www.mountaineers.org – Mountaineering Oriented First Aid
- Wilderness Medical Associates (WMA) - www.wildmed.com
- Wilderness Medicine Outfitters – www.wildernessmedicine.com – (Distance Learning Course does not qualify)
- Wilderness Medicine Training Center – www.wildmedcenter.com
- Wilderness Safety Council – www.wfa.net
- Wilderness Safety & Emergency Response (W.I.S.E.R.) – www.wiser-wfr.com

WFA Equivalents:

Northern Tier also accepts the following advanced levels of training in lieu of WFA. As with WFA and CPR, a copy of the current applicable license or certification (from any state) must be uploaded to CampDoc and will be verified during the registration process:

- Wilderness First Responder
- Outdoor Emergency Care/Ski Patrol
- EMT-Basic, EMT-Advanced, or Paramedic
- Military Corpsman, Medic, or Equivalent Medical Training
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician's Assistant
- Licensed Physician, MD or DO

NOTE: Be advised that these certifications do NOT meet the requirement for current CPR training; two current CPR certifications will still be required per crew.

Any questions should be directed to Northern Tier at 218-365-4811