



Wilderness First Responder



Canadian
Red Cross

**Training
Partner**

**Course will begin Fri and run 8:30 am till 5 pm daily.
 **** Evenings will be reserved for Homework******

Day One Fri	8:30 am - In Noon Lunch In/ Outside	Welcome / Introductions First Responder vs. Wilderness Remote First Responder Leader responsibility and liability Risk management and hazard awareness model Human body systems – Biology 101! Assessment and Decision Making Basic Life Support
DAY 2 Sat	8:30am - In Noon Lunch In/ Outside	Secondary Assessment Surveys Scenarios Second Aid (long term patient care)
DAY 3 Sun	8:30am - In Noon Lunch Outside	First aid kits Breathing Management - Oxygen Soft Tissue Injuries – wound mgmt. - Tourniquets Scenarios
DAY 4 Mon	8:30am – In Noon Lunch Outside	Head Injuries and Spinal Motion Restriction Helmet Removal Scenarios Minor Head Injuries
DAY 5 Tues	8:30am – In/Out Noon Lunch Outside	Musculoskeletal injuries Patient Movement & Packaging Scenarios

DAY 6 Wed	8:30am – In/Out Noon Lunch Outside OVERNIGHT	Environmental Emergencies – Hypo and Hyperthermia GI vs GU - Medical problems. Pharmacology Boarding / Packaging for Rescue Skill practice and Long Term Care Scenario
DAY 7 Thurs	8:30am – In/Out Noon –	Evacuation and handover Special Populations and Emergency Childbirth
Day 8 Fri	8:30am – In Noon Lunch Inside	Search and rescue – Get Lost & Found 101 Common Atlantic Canadian problems discussion Poisons / Toxicology / Pressure issues Review course material Written exam Course debriefing

The premise behind any gear you have with you is to have on hand what you would normally take wilderness trekking – let’s see how we can use that to solve an emergency!

Provided will be mock Wilderness First Aid and First Response kits.

The Wednesday night will be our overnight experience. We will be journeying a short distance, so come prepared to camp / cook for min. 24 hours. More will get revealed as we get into the program.

Survival Pack Contents List

Most Search and Rescue crews have got a standard survival pack to be carried by members while on search. This is placed here to encourage participants in the Wilderness First Response course to have the "X'd" items in their packs for the course. You are recommended to "test" any gear that you would have with you in the back of beyonds!

"Everything you have with you should have three uses, one of which is First Aid"

Sustenance

- 2 Litre of water
- Quick High Energy Food (bars, hard candy, G.O.R.P., Boost, etc.)
- Hot Food (Soup Mix, Hot Coca, etc.)

Attention Getting Equipment

- Whistle (non-metallic, no bead)
- 2 roles of Flagging
- Metal Mirror (on compass?)
- 10" x 10" Aluminum Foil

Basic Survival Gear

- Knife
- First Aid kit
- Extra Compass
- Extra Socks
- Extra Warm Hat
- WATERPROOF Rain Gear
- Extra Clothing (given the conditions)
- Hatchet or Small Saw
- Extra Small Flashlight (can fit into mouth)
- Extra Flashlight Batteries

- Extra Flashlight Bulb
- Matches/Lighter (Waterproofed)
- Toilet Paper
- Garbage Bag (Orange)
- Extra Gloves or Mitts
- Firestarter
- Metal Mug & Spoon (cooking!)
- Water Purification Tablets
- 2 Safety Candles (2" in diameter)

Sheltering Equipment

- 8x10 Tarp (polypropylene, drop cloth, etc.)
- All Weather Solar Blanket
- Rope or Parachute Cord (50' preferred)

Basic Gear

- Sturdy WATERPROOF boots (covering ankle and heel with sealed tongue)
- Proper attire given the conditions (gloves, hat, long johns, etc.)
- Something orange beyond a hat
- Working sturdy flashlight (plus extra batteries & bulb)
- Orienteering Compass
- Notebook, pencil and pencil sharpener
- Zip Lock Baggies (for Map and Radio/ Phone)
- If carrying a Radio/ Celphone or GPS, get extra batteries

Optional Gear Suggestions:

Binoculars, Sun block, Lip Medication, Safety glasses or Snow Goggles, Ice cleats, Helmet, Throw bag, Snow shoes / ski poles, plus any item you deem essential

Overnight Camping Gear: be prepared for the season - tenting is the norm, stove, lantern. We will be going a fair distance from the base.