



Wilderness First Responder

What: 80 hour Wilderness First Responder

Where: Halifax Search & Rescue Headquarters, Lakeview, NS

Google Map: <http://goo.gl/maps/ZN4ZU>

When: 8:30 am - 5:00 pm daily

*** some evenings will be involved with one overnight within the 8 days *****

To get course particulars and register click on date link on the website

Email: adventure@eastlink.ca, 222-0868 (cel)

www.WRFA.ca

This **8 day advanced program** is the most complete and challenging wilderness medical training you can engage in. The WFR level is designed for Outdoor Professionals who will be managing wilderness activities resulting in advanced medical response. Besides understanding the use of medical gear in the wilderness environment, the program establishes solid rescue interface practices, pharmacology limitations, and students will manage a remote overnight long-term care dilemma.

Completion of this program will give successful participants a Red Cross First Responder course with all the Wilderness issues/ focus and eligible to apply for the NS provincial Medical First Responder qualification. This program will take 8 days to complete and will involve at least one overnight within a trip or excursion that will take place on the back end of the program. Majority of the program will be taught outdoors. Come prepared to be in and stay outdoors given the time of year.

Just a sampling of things to expect:

- Detailed patient assessments
- Search and Rescue Basics
- Long term patient care
- First Response gear in the wilderness
- Environmental Injuries
- An overnight true long term care experience



* Majority of the program is scenario based in the environment*

Survival Pack Contents List

Search and Rescue has got a standard survival pack to be carried by members while on search. This is placed here to encourage participants in the Wilderness and Remote First Aid 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.)

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

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, etc. optional. We are only 15 min. away from the base.

Attention Getting Equipment

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