



# Wilderness Remote First Aid

**What:** Wilderness Remote First Aid for SeaKayakers

**Where:** East Coast Outfitters, Prospect

**When:** Fri. Jun 3 9:00 am - 5:00 pm – start at the Prospect Comm Ctr

Sat. Jun 4 8:00 am – overnight (island - camping)

Sun. Jun 5 8:00 am - 5:00 pm

**Cost:** \$250 and recert \$150 (+ hst)

**To Register:** <http://adventureandsafety.ca/event-registration/?ee=444>

**Contacts :** Adam at ECO - [adam@eastcoastoutfitters.com](mailto:adam@eastcoastoutfitters.com)

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**The overnights:** Come prepared to be outdoors for kayaking camping

**Prepare:** Suggested what to bring attached. This will be a very active and experiential approach to learning. Come prepared with lots of physical and mental energy.



**Meals are to be brought with you or you, plan to be on site within the stated timeframes. We will be staying on an island overnight Sat. so come prepared to sea kayak and camp and cook to eat**

# Wilderness Remote First Aid

This will be a practical based course designed for individuals who will be participating in wilderness activities within hours or days of advanced medical care. This course will enable participants to have an appreciation for the realities of providing First Aid in a Wilderness/ Remote Environment. Emphasis will be on practical skills, decision making and dealing with the outdoors.

## Day One

### **Intro's and Mindset**

### **Wilderness First Aid vs. Urban First Aid**

### **Principle Body Systems - Homeostasis**

### **Assessment & Decision Making**

- Accessing E.M.S.
- Primary Survey

### **Obstructed Airways (Adult, Child, Infant)**

### **CPR/AED (Adult, Child, Infant)**

### **CPR in the wilderness**

## Day Two

### **Secondary Survey**

- Assessment & SOAPing

### **Breathing and Heart Emergencies**

### **First Aid kits and Supplies**

### **Soft Tissue Injuries**

- Wounds & Cleaning
- Burns/ Blisters

### **Improvised Evacuation and Carries**

### **Environmental Emergencies**

- Thermoregulation - Hypothermia and Hyperthermia
- Immersion & Cold Related Injuries
- Lightning

## Day Three

### **Head and Spinal Cord Injury Management**

- Spinal Motion Restriction

### **Minor Head Injuries**

- Eyes, Ears, Nose, Mouth, Dental

### **Musculoskeletal Injuries**

- Sprains, Strains, Fractures
- Reduction and Improvised splinting

### **Medical Conditions**

- Poisoning, Allergic reactions
- Seizures, Diabetes, Stroke

### **Backcountry water disinfecting**

### **Second Aid and Evacuation**

## **Survival Pack Contents List**

A lot of Search and Rescue teams have a standard survival pack to be carried by members while on search. This is placed here as a “**suggested**” what to have and to encourage participants in the Wilderness and Remote First Aid courses to have at least the "X 'd" items in their packs. You are recommended to "test" any gear that you would have with you in the back of beyond within the safety of a course!

**“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, etc. optional.