

Hey everyone!

We are excited to see you for the WFR Course starting Friday (March 3rd) at 8am! Details about course logistics, preparation, and required equipment are below these important reminders:

- The online Part 1 **testing must be completed before** you can attend the in-person Part 2 that begins on March 3, 2023.
- We will be outside a lot - rain, snow or shine and we'll probably see it all this time of year. Expect to be out in the cold, on the ground, possibly wet, and for longer than you might expect. **Bring more layers than you might typically** - better to have them and not use them than to need them and not have them.

Course Itinerary & Logistics

Friday March 3 - Tuesday March 7, 2023

We'll see you on Friday, March 3rd at **8am** in the Special Events room for the first day of the course. Please consider giving yourself a little extra time on Day 1 to get settled. For more specific logistical information, please contact the course sponsor (contact info).

We will start class promptly at **8am** each day and we will be finished around 6pm each day, unless there's an evening session. We'll take a 45-60 minute lunch break, and several shorter breaks throughout the day - bring lots of snacks for those shorter breaks. You will need to provide all of your own lunches and snacks. We will do our best to manage our time effectively so we can stop at a reasonable time every evening. You can help by being on time and prepared each morning and after lunch/breaks. You can expect evening work (case studies) during the course.

We will be covering lots of information and due to the nature of this course, 100% attendance and participation is required to receive certification. Students who are late, miss class time, or are not fully engaged may not receive a certification. You will be continuously evaluated throughout the course and our hope is that everyone will earn their certification. This class is immersive, challenging, and usually a lot of fun. You will get the most out of the course if you arrive well-rested and keep your evenings as open as possible to allow time for case studies and rest.

Please visit our [WMTC Student Experience](#) page to learn more about FAQs, what to expect, and how to prepare for your course.

If you are experiencing any symptoms of illness of any kind, please reach out and work with us on next steps. As a reminder, you agreed to [WMTC's Health Recommendations & Policies](#) when you registered for the course.

Required Equipment

Please have all of the equipment below with you on the morning of Day 1*. Feel free to show up in whatever clothes you're comfortable on the morning of day 1 – you'll have an opportunity to change into simulation clothes later in the day. We will be outdoors for much of the course – bring whatever layers and footwear you need to be comfortable learning outside for long periods of time given the weather forecast for the course.

- HYBRID COURSES: Ann Jons Case Study - you will need to *complete a SOAP note on Ann Jons and come prepared to discuss it on Day 1*. Case study attached to this email. You can print SOAP notes from the course website or complete it digitally and then print.]
- Simulation Clothing
If you don't have this stuff lying around, thrift stores are a great option. Everyone must have layers for under simulation clothes – this could look like bike shorts, a tank top, swimsuit, sports bra, etc. Sometimes we need to check under outer layers for life-threatening wounds and sometimes outer layers need to come off completely due to water immersion in simulations – we want to protect individuals' privacy during simulations. Your

simulation clothes (not underlayers) may be cut and covered in fake blood. The blood doesn't always wash out of clothes and we will be careful not to cut clothes that you don't want cut (like warm layers). You can show up in whatever clothes you're comfortable in on Day 1. You will need your simulation clothes later in the day and will have an opportunity to change.

- 2 pairs of long pants (may get destroyed) Cheap thrift store pajama pants work well here
- 2 long-sleeved shirts (may get destroyed) Long sleeve T-shirts or button down shirts work well
- 2 T-shirts (may get destroyed) - 1 is for the T-shirt roll mentioned below
- 1 pair heavy full-height socks (will not be destroyed and will be used for splinting)

- Outdoor Clothing

A majority of our skill labs and simulations will be outside - bring what you need to be comfortable in the weather and environment. We will be quite literally rolling in the dirt, so choose accordingly. Beyond lying on the ground and potentially getting dirty, these layers won't otherwise get damaged in simulations.

Classroom Footwear

If it's rainy, snowy, or muddy outside we'll change shoes before coming back into the classroom. Slippers, down booties, Crocs, or whatever you're comfortable in will be great.

- Wilderness Medicine Handbook

Hybrid students - bring your handbook. Standard course students will receive their handbook on day 1 of the course. We recommend writing your name on your handbook with permanent marker. You can also purchase the [Digital Wilderness Medicine Handbook](#), which offers lifetime updates and much more in-depth information than the paper version.

- Cut T-Shirt Roll*

*You won't need this until day 2! Use an old T-shirt to make a T-shirt roll and bring it with you to class. Directions are in the Wilderness Medicine Handbook and you can also [watch a video online](#). Take your time, make the strip ~4-6" wide, and roll it neatly - this will save you time in the long run. While we're preparing them ahead of time in the course, they're meant to be improvised in the field if necessary for splinting.

- Daypack

- Snacks (Lots! And more than you think!)

- Headlamp – especially if it gets dark early during your course

- Watch or phone with timer/seconds (phones may be exposed to rain/snow)

- Water bottle

- Mug for hot drink

- Small notebook & pen/pencil - many students like using colored pens/pencils and full-size paper or notebook to take notes.

We still have a space in the course – consider inviting your friends/family so that they can also take care of *you* out there! Please reach out with any questions or concerns and we look forward to seeing you soon.

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Instructor

WMTC