

Wilderness First Aid

QAC Spring 2023

Friday, March 31st (7pm – 10pm)

Saturday, April 1st (8am – 10pm)

Sunday, April 2nd (8am – noon) CPR after lunch

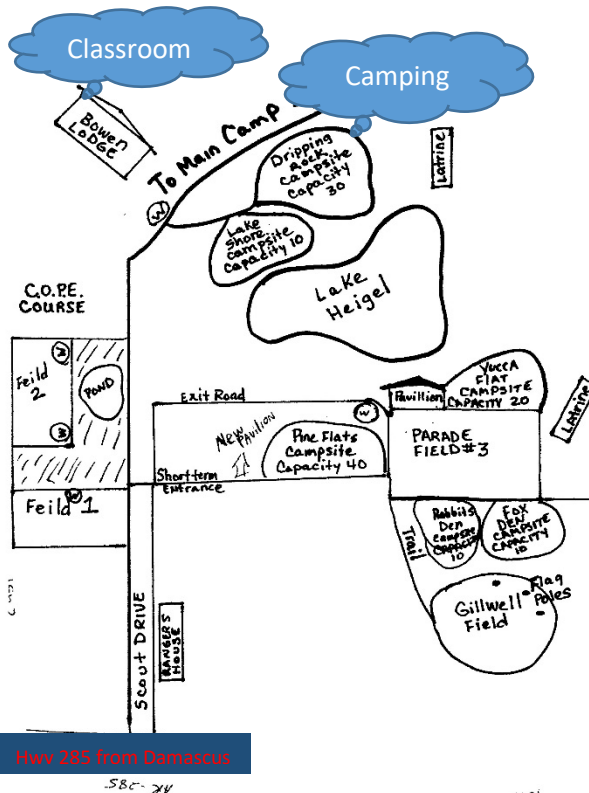
Please be on time!



This is a hands-on training course. Be prepared for outdoor instruction in any weather.

Headlamps/flashlights will be needed. It will likely be hot/cold and dry/wet outside.

Please bring a backpack with typical backcountry gear. It will be utilized to improvise first aid gear.



All meals are on your own! Greenbrier is the best bet for groceries.

We have a small kitchen in Bowen Lodge which will allow some prep and cooking. A grill is available for Saturday night.

Meal schedule: 6am Breakfast
12 noon Lunch
6pm Dinner

There is a Latrine down from the campsite and bathrooms in Bowen Lodge. Showers are not available.

Classes will be in Bowen and outside.

We will have a nighttime exercise on Saturday. It is always fun!

Curriculum

Introduction to WFA
Chest Injuries
Head / Spine Injuries
Wounds and Infections
Hypothermia
Lightning
Submersion Incidents
Medical

Patient Assessment – Initial / Focused
Shock
Bone and Joint Injuries
Abdominal Problems
Heat-Related Issues
Altitude Illness
Allergies and Anaphylaxis
Wilderness First Aid Kits

If there is a topic not listed above that you want more information about, please send me a note.

Please remember this is a Boy Scout Camp. No alcohol or firearms permitted. Smoking in designated areas only.