

SOLO Wilderness First Responder

May 28th-June 5th, 2024

8:00am – 5:00pm

The WFR is 72+ hours long (9 days), and is a comprehensive and in-depth look at the standards and skills of dealing with: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies and Survival Skills, Soft Tissue Injuries, and Medical Emergencies. Although these appear to be the same basic topics covered in our two-day WFA course, they are covered far more extensively, and there is much more hands-on practice.

Location: UNM Outdoor Adventure Center and field locations (TBD) - Expect long days. Participants will receive a parking pass good for 7 consecutive days. Parking is free Sunday. You'll have to pay for 1 full day of parking on your own.

Room and Board are NOT provided. If you need assistance finding camping please contact the UNM OAC at 505.277.8182 or email Charles Gwinn - gwinnc@unm.edu

Where to Meet: Outdoor Adventure Center (See Map)

- Please be early.

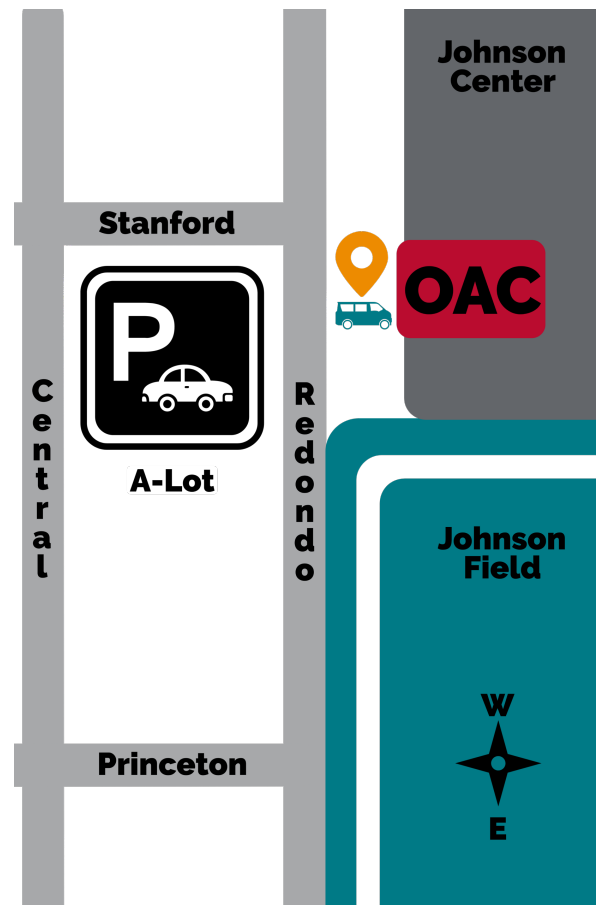
What to bring:

- See attached from SOLO.

Questions? Email Charles Gwinn at gwinnc@unm.edu or leave a message at 505-277-8182.

Please Note: There are no refunds for cancellations 7 days or less prior to the trip, unless covid-19 or weather related.

Meet-up Location



EQUIPMENT LIST FOR WILDERNESS FIRST RESPONDER PARTICIPANTS

Bring clothing that will be appropriate to the season and location where you will be taking your course. We will be spending a significant portion of the class time outdoors. If you have questions regarding the usual weather where your course will be held, please contact the sponsor. The following list is to SUPPLEMENT the clothing you will be wearing.

PERSONAL PROTECTIVE EQUIPMENT

Required:

Recommended:

- Hand sanitizer (for personal use only – will not be shared with others)
- Disposable gloves (for personal use only – will not be shared with others)

Optional:

- Eye protection (glasses, goggles, face shield – sunglasses are okay for outside work but please have an alternative for in the classroom)
- Body Protection (disposable surgical gown, reusable surgical gown, scrubs to put over regular clothing, Tyvek suit, poncho, or rain pants and jacket are all acceptable options)
- 2 Face masks (cloth, surgical, N95, or KN95 – needs to fully cover your nose, mouth, and chin)

WFR Classroom Gear

Required:

Notebook and pen/pencil

Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold, these are also used for splinting)

Raingear tops and Bottoms (no ponchos)

2 Warm Hats (synthetic* or wool)

1 Pair Warm Gloves or Mittens (synthetic* or wool)

Long Underwear Tops and Bottoms (synthetic* or wool)

Warm Top and Bottom Layer (synthetic* or wool)

2 Pair Warm socks (synthetic* or wool)

Pack (2500 cu in or larger)

2 Water Bottles (1 liter/quart or larger)

Hiking boots or Sturdy Hiking Shoes

*Polyester or Polypropylene (We do not recommend cotton.)

Recommended:

Watch with a second hands (or digital with seconds)

Headlamp or flashlight (don't forget extra batteries)

Pocket knife

Insect repellent

Sunglasses and sunscreen

Ground cloth or small tarp (10' x 10', 4-6 mil. sheet of plastic is fine)

Sleeping pad (Examples: Ensolite, Ridgerest, Thermarest)

Bandanas or cravats of any kind

40 feet small diameter cord (parachute cord is fine)

SCREENING QUESTIONS FOR ALL SOLO COURSES

Prior to starting class each day, students will be asked the following screening questions. With recent events surrounding the COVID-19 pandemic, we feel it is necessary to employ this procedure to help and reduce potential risks to our students and staff. If students indicate any signs or symptoms of being ill at the time of the course, they will be asked not to attend and can work with SOLO to reschedule a training date. Students should review the information below, prior to coming to class. If they plan on answering yes to any of these questions the day of the course, they should reconsider attending a training at a later time, after the 10 day time-frame.

1. Have you traveled internationally in the last 10 days?
2. Have you been in contact with anyone with confirmed COVID-19 in the last 10 days?
3. Have you had/tested positive for COVID-19 in the last 10 days?
4. Have you had any of the following symptoms in the last 10 days?
 - a. Fever or felt feverish (CDC indicates a fever is a temperature of 100.4°F or greater)
 - b. Chills
 - c. Sore throat
 - d. Cough
 - e. Nausea
 - f. Vomiting
 - g. Diarrhea
 - h. Loss of taste or smell
 - i. New muscle aches
5. Student's temperature on (date) was (temperature).