



Thanks so much for signing up for SOLO's Wilderness First Aid (WFA) course. This is an intensive, experiential course that will go from 8 AM to 5 PM two days in a row. Make sure to arrive on time – in order to receive the certification, you'll need to participate in the entire course. We'll be in the classroom approximately half of that time and outside the other half, regardless of the weather. Please dress appropriately and come mentally and physically prepared for cold, heat, rain, snow, or anything else that we may face. We'll be using moulage and stage blood to simulate injuries. These may stain clothes, so be sure to wear only things that you don't mind getting stained or dirty.

Please bring a lunch each day, unless the sponsoring organization will be providing it. We will break for half an hour to an hour for lunch, but depending on the location it may not be enough time to run out and pick something up. Please also ***bring the following with you to class each day:***

- sleeping pad (only if you already own one or are planning to buy one anyway – we usually have extras, so no need to buy it just for this)
- walking stick, ski pole, canoe paddle, or something similar for splinting
- extra clothing layers, including rain gear (to wear and to use for splinting)
- watch with a second hand, stopwatch, or phone with stopwatch
- 20 ft or so of parachute cord and something to cut it with
- water and snacks
- pen or pencil
- notebook

If you have any questions at all, please don't hesitate to contact me at debellis.jeff@gmail.com.

Jeff DeBellis
SOLO Instructor
Pazienza LLC

8 April 2024

SOLO Wilderness First Aid

Saturday and Sunday, October 4th/5th, 2025

8:00am – 5:00pm

This 16-hour, 2-day entry-level course is the ideal certification for outdoor enthusiasts looking for basic first aid training and backcountry medical skills. Wilderness First Aid (WFA) covers topics ranging from preparation and prevention to assessment and treatment. Students will have an opportunity to learn practical skills through hands-on scenarios as well as in a traditional classroom setting. Wilderness First Aid (WFA) is a 2-year certification. This is an in-person class and students must attend all 16 hours.

Where to Meet: Outdoor Adventure Center (See Map)

- Please be early.

What to bring:

- See attached from SOLO.

Questions? Email Miles Cargas at mcargas@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 weather related.

Meet-up Location

