



# **WILDERNESS UPGRADE FOR MEDICAL PROFESSIONALS**

**March 6-10, 2019  
In Flagstaff, Arizona**

## **COURSE DESCRIPTION**

The Wilderness Upgrade for Medical Professionals (WUMP) course is a nationally recognized program that trains urban caregivers to respond to medical emergencies in remote settings. This 48-hour course is ideal for Emergency Medical Technicians (EMTs), paramedics, nurses, physicians, and other medical professionals.

The course will upgrade an EMT to a Wilderness EMT and all others to a Wilderness First Responder (WFR) in accordance with current standards in pre-hospital medicine. Special topics include but are not limited to: long-term patient care and monitoring, wound management, selective spine immobilization, reducing dislocations, litter packaging, epinephrine administration, field care for environmental emergencies, and advice on expedition medications. The WUMP is not a technical rescue or survival course. The focus of the program is on prevention, decision-making, improvisation, and long-term medical care in a wilderness setting.

You'll learn to apply your urban emergency care knowledge to the wilderness through case studies and practical scenarios with mock patients. Our seasoned instructors will guide you through five days of intense, hands-on learning to make sure you are prepared in the wilderness.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder or Wilderness EMT (depending on your current certification) and Epinephrine Auto-injector.

## **CLASS FORMAT AND PERSONAL PREPAREDNESS**

Check in is at 7:45 AM on the first day of the course. Course days run from 8:00 AM – 5:00 PM. Two evening sessions will be scheduled. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios, skills practice sessions, case studies, role playing and simulated rescues. Attendance is required for all scheduled classes. Scenarios and practice sessions will take place both inside and outside. The weather in northern Arizona can be unpredictable and varies with the season. Bring outdoor clothing appropriate for lying on the potentially wet, muddy, or frozen ground playing the role of both rescuer and patient. Frequently, stage (mouflage) blood and make-up will be used to emphasize the reality of a scenario. Generally, the classroom environment lends itself to a pair of comfy shoes/slippers and a camp-type chair.

### Packing Checklist

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Headlamp
- ✓ Light day pack
- ✓ Waterproof outerwear top and bottom
- ✓ Light hiking boots or sturdy shoes
- ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions
- ✓ Slippers or comfortable shoes for classroom time (optional)
- ✓ Camp chair for classroom time (optional)

### REGISTRATION

**Tuition for the course is \$755, and a deposit of \$455 is required to reserve a space in the course. Tuition balance is due on or before the first day of the course.** The tuition fee covers instruction, textbooks, equipment use, certifications, and continuing education credits. Enroll online at [www.FlagstaffFieldInstitute.com](http://www.FlagstaffFieldInstitute.com) or mail the attached registration form with a check or money order. The tuition balance may be paid with cash, check, or VISA/MC.

### CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from the course

- Greater than or equal to 30 days prior to the course starting date, Flagstaff Field Institute will retain a \$50 administrative fee. All other funds will be returned.
- Within 30 days of the course start date and throughout the duration of the course all deposit and tuition moneys are non-refundable.
- All course registrations are non-transferable.

### NOLS WILDERNESS MEDICINE STUDENT AGREEMENT

Please download the NOLS Wilderness Medicine Student Agreement and read it carefully as it affects your legal rights:

<http://flagstafffieldinstitute.com/wp-content/uploads/2018/10/NOLS-agreement-2018.pdf>

Bring the two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of NOLS Wilderness Medicine program and are at the sole risk of the participant.

## CONTINUING EDUCATION

### **EMT Continuing Education**

NOLS Wilderness Medicine is proud to be a Commission on Accreditation of Pre-Hospital Continuing Education (CAPCE) accredited organization. Current EMTs are eligible to receive 48 CEU hours at no additional cost for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course. Please ensure that CAPCE CEUs will be accepted by your State EMS organization.

### **Physician Continuing Medical Education (CME)**

As a NOLS Wilderness Medicine student, physicians may earn 43 hours of category 1 CMEs for participation in a WUMP course at no additional cost. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Wilderness Medical Society and NOLS Wilderness Medicine. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

### **Fellowship in the Academy of Wilderness Medicine (FAWM)**

Through joint sponsorship with the Wilderness Medical Society active members of WMS may earn up to 35.75 hours at no additional cost for participation in the Wilderness First Responder course. Learn more about WMS here: <http://www.wms.org/>

## COLLEGE CREDIT

### **Pre-Course Access to College Credit**

The WUMP course is pre-approved for two semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$160. Thirty days **prior** to the NOLS Wilderness Medicine course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from NOLS Wilderness Medicine.

### **On-Course Access to College Credit**

The WUMP course is pre-approved for four semester hour credits through the University of Utah for an additional cost of \$350. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

## COURSE LOCATION

Only 80 miles from the Grand Canyon, Flagstaff has long been recognized for its outstanding recreational opportunities. *Rock & Ice*, a climbing magazine, named Flagstaff one of the "10 Climbing Towns to Live For", and Flagstaff is surrounded by hundreds of miles of trails for running and mountain biking. The Arizona Nordic Village and Arizona Snowbowl provide cross-country and downhill skiing opportunities during the winter. Flagstaff also boasts a vibrant arts and entertainment scene and lots of great coffee shops. Bring your climbing shoes, hiking boots, running shoes, mountain bike, skis, and snowshoes – the recreational opportunities are amazing!

## LODGING

There is no lodging option available at the course site, but there are many, many lodging options in and around Flagstaff. Flagstaff is completely surrounded by national forest, and camping is available in various campgrounds around town. For more information on campgrounds as well as 'dispersed camping', please visit the Coconino National Forest website:

[www.fs.fed.us/r3/coconino/](http://www.fs.fed.us/r3/coconino/)

Many students choose to stay at the Grand Canyon Hostel in downtown Flagstaff. The Grand Canyon Hostel provides great access to the local climbing gym, restaurants, outdoor equipment shops, etc. For more information on the hostel, please visit [www.grandcanyonhostel.com](http://www.grandcanyonhostel.com). The hostel offers a 'free, hearty breakfast' every day, and you'll receive a 15% discount off the cost of lodging if you mention that you're participating in a wilderness medicine course with Pete Walka and the Flagstaff Field Institute.

For other lodging options such as hotels, motels, or B&Bs, please visit the following websites:

Flagstaff Chamber of Commerce: [www.flagstaffchamber.com](http://www.flagstaffchamber.com)

City of Flagstaff web site: [www.flagstaff.az.us](http://www.flagstaff.az.us)

## PLEASE NOTE

\*Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave class until the pet is safely situated in a kennel or other facility. No exceptions.

\*No smoking, alcohol, or illegal drugs allowed in class.

\*No firearms or other weapons are permitted in NOLS courses.

**Please don't hesitate to contact me with any questions.  
I'm looking forward to having you in the course!**

Pete Walka, MS, NREMT-P, WEMT, FAWM

Flagstaff Field Institute

& NOLS Wilderness Medicine

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[www.FlagstaffFieldInstitute.com](http://www.FlagstaffFieldInstitute.com)



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## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

To reserve a spot in the course, you may enroll online at [www.FlagstaffFieldInstitute.com](http://www.FlagstaffFieldInstitute.com) or submit this form with a check or money order for \$455 as a deposit. Please make check or money order payable to **Flagstaff Field Institute**. The balance of the course tuition will be due on or before the first day of class. Mail your completed registration form and tuition payment to

**Flagstaff Field Institute, Inc.**  
**975 North Manzanita Way**  
**Flagstaff, Arizona 86001**

I have read and understand the refund policy described on the accompanying course letter.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date