

WILDERNESS & REMOTE FIRST AID

WHAT TO BRING & WHAT TO EXPECT

Thank you for enrolling in the Wilderness and Remote First Aid course. The Schedule is:

Saturday Jan 13 8:30am – 5:30pm Scout Hut, Redwood Park, Arcata (see Map)

Saturday Jan 14 8:30am – 5:30pm Scout Hut, Redwood Park, Arcata

The fee for this course for Girl Scout Adults & Scouts is \$45. BSA Adults & Scouts \$70. Since we have a very packed course agenda PLEASE ARRIVE ON TIME.

Upon successful completion of the course, including demonstration of required skills, you will receive a Red Cross certification in Wilderness and Remote First Aid which is valid for two years. This course entails active participation in skill sessions requiring physical activity including: walking, bending, lifting and negotiating uneven terrain. If you have physical limitations, please let me know in advance so appropriate accommodations can be made.

Please **PACK A LUNCH and drink**, we will be stopping only very briefly to eat and there will not be time to leave for food. Some of the course will be conducted outdoors come rain or shine so wear layers of comfortable clothing appropriate for the weather conditions. Clothing should allow for easy movement.

You will be participating both as a patient and as a rescuer in several incident simulations. These simulations will be staged outdoors and will include the use of makeup and fake blood. Consequently, your clothing **will** get dirty, wet and be exposed to makeup and fake blood. While this generally all this will wash out it may leave a slight stain. **Accordingly, please wear clothing that is appropriate and which you are willing to risk being stained or damaged.**

To receive this certification, **you must possess current CPR certification**, please bring with you a copy of your CPR card/certificate. If your current CPR certification has expired, please let me know so I can arrange for you to recertify.

If you have any questions, please call or email.

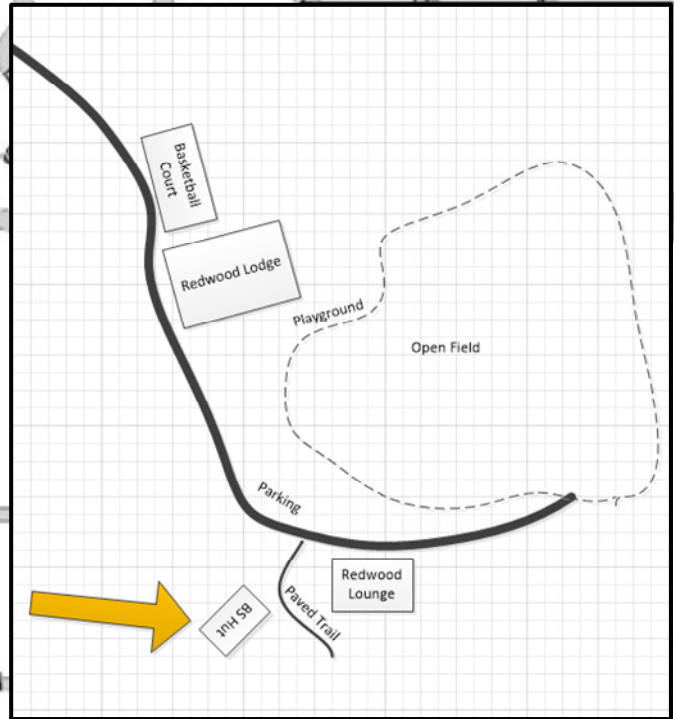
Best Regards

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SOUTHBOUND TRAFFIC:

Take Sunset Ave. Exit
Left at Sunset Ave.
Right at LK Wood Blvd.
Left at 14th Street
Right on Union Street
Left on 11th Street
Left on Bayview Street



NORTHBOUND TRAFFIC:

- Take 14th Street Exit
- Right at 14th Street
- Right at Union Street
- Left at 11th Street
- Left Bayview Street

BOY SCOUT HUT

Lodge & Lounge

City Hall

**Downtown
Arcata**

**Redwood
Park**

