



Wilderness Medicine Institute of NOLS

Wilderness First Responder Recertification Course Schedule

DAY 1

Morning

- Introductions and Written Examination
- Patient Assessment System
- Shock
- Chest Injuries

Afternoon

- Spinal Management/Head Injuries
- Wilderness Wound Management
- Athletic Injuries

DAY 2

Morning

- Dislocations
- Fracture Management
- Traction Splinting
- Hypothermia

Afternoon

- Heat Illnesses
- Altitude Illness
- Medical Scenarios: Cardiac Emergencies, Respiratory Emergencies, Neurological Emergencies, and Anaphylaxis

DAY 3

Morning

- Medical Scenarios: Acute Abdomen, Gender Medical Concerns
- Closing Scenario
- Closing/Evaluations

Afternoon

- CPR