

# NOLS WILDERNESS MEDICINE

---

## Wilderness First Aid Course Schedule

### DAY 1

#### Morning

- Infection Control and Personal Protective Equipment
- Patient Assessment System

#### Afternoon

- Emergency and Evacuation Plans
- Spine Injury
- Head Injury
- Shock

### DAY 2

#### Morning

- Wilderness Wound Management
- Musculoskeletal Injuries

#### Afternoon

- Musculoskeletal Injuries continued
- Heat Illness
- Cold Injury
- Chest Pain, Abdominal Pain
- Shortness of Breath, Altered Mental Status
- Anaphylaxis