## Wilderness First Responder Course Schedule

### Day 1
**Morning**
- Infection Control and PPE
- Patient Assessment System

**Afternoon**
- Patient Assessment System Documentation  
  
  *Readings: Ch 1*

### Day 2
**Morning**
- Chest Injury  
- Shock

**Afternoon**
- Spine and Spinal Cord Injury  
- Lifting and Moving  
- Spinal Protection & Litter Packaging  
  
  *Readings: Ch 2, 3, 4*

### Day 3
**Morning**
- Focused Spine Assessment  
- Head Injury

**Afternoon**
- Athletic Injury  
- Fracture Management  
- Pain Management in the Wilderness  

**Evening**
- Dislocations  
  
  *Readings: Ch 4, 5, 6*

### Day 4
**Morning**
- Wilderness Wound Management

**Afternoon**
- Heat and Hydration  
- Hypothermia, Frostbite and Non-Freezing Cold Injury  
  
  *Readings: Ch 7, 8, 9, 10, 23*

### Day 5
**Morning**
- Altitude Illness  
- Bites and Stings  
- Lightning

**Afternoon**
- Submersion  
- Leadership, Teamwork, Communication  
- Stress First Aid  
  
  *Readings: Ch 11, 12, 13, 14, 26*

### Day 6 - Day Off (no day off on 9 day WFR)

### Day 7
**Morning**
- Cardiac  
- CPR

**Afternoon**
- CPR  
- Respiratory  
- Altered Mental Status  
  
  *Readings: Ch 17, 19*

### Day 8
**Morning**
- Acute Abdomen  
- Allergies and Anaphylaxis

**Afternoon**
- Diabetes  
- SAR, Evac and Emergency Plans  

**Evening**
- Mock Rescue  
  
  *Readings: Ch 16, 18, 19, Appendix B*

### Day 9
**Morning**
- Wilderness Drug and First Aid Kits  
- Decision-making  
- Mental Health  
- Poisoning  
- Dental

**Afternoon**
- Communicable Disease  
- Urinary and Reproductive  
- Medical Legal  
  
  *Readings: Ch 12, 20, 21, 22, 27, 28, 29*

### Day 10
**Morning**
- Written and Practical Exams

**Afternoon**
- Written and Practical Exams  
- Closing Ceremony

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Textbook: NOLS Wilderness Medicine