



# YELLOWSTONE FOREVER

## WILDERNESS FIRST AID #190101

Start: 1/5/2019 at 7:45 a.m.

End: 1/6/2019 at 5:00 p.m.

**Location:** Yellowstone Forever Classrooms  
308 Park Street, Gardiner, MT 59030

Welcome to Yellowstone National Park. If you are a newcomer to the Yellowstone Forever Institute, you will be amazed at what awaits you during each day of exploration. Our goal is to provide you with an enjoyable, high-quality, educational experience and a safe and memorable visit to Yellowstone.

The following information is provided to help you prepare for your program. Please read it thoroughly and call us at 406.848.2400 or email [Contact@yellowstone.org](mailto:Contact@yellowstone.org) if you have any questions. We recommend all first-time visitors seek general park information through the National Park Service at 307.344.2107 or [www.nps.gov/yell](http://www.nps.gov/yell).

### Winter Travel

The only road open to wheeled vehicles in the winter (early November to mid-April) is the road from the North Entrance to the Northeast Entrance. All other roads are closed to wheeled vehicles. Because Cooke Pass is closed to wheeled vehicles, it is not possible to enter or exit Yellowstone National Park through the Northeast Entrance. You must enter the park through Gardiner, Montana. Current road conditions are available through the NPS Road Report at 307.344.2117.

### Important Information Included in this Document:

- Letter from Your Instructor
- What's Included
- How to Prepare for this Program
- Suggested Reading
- Yellowstone Forever Park Store Information
- Yellowstone Forever Supporter Information
- Code of Ethics
- Cancellation Policy
- Travel Information
- Supplemental Lodging Information



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## **From the Instructor**

This course is sponsored by the Yellowstone Forever Institute and Wilderness Medicine Institute (WMI) of the National Outdoor Leadership School (NOLS).

Fast-paced and hands-on, this two-day course covers a wide range of wilderness medicine topics for people who travel in the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" On this course you'll learn how to prepare for the unexpected. WMI's curriculum is unique and includes many advanced topics that other programs leave out such as dislocation reduction, focused spinal assessment, and epinephrine administration. In just two days, you'll have the knowledge, skills, and ability to make sound decisions in emergency situations. This course is ideal for trip leaders, camp staff, outdoor enthusiasts, and individuals in remote locations. WMI's course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. This course does not include CPR.

This course cannot be used as a WFR or WEMT recertification course unless you hold an eligible certification from WMI of NOLS. For further information, see the FAQ portion of the NOLS website: <http://www.nols.edu/wmi/about/faq.shtml#WAFArecert>. WMI graduates may take a Wilderness First Aid (WFA) course to recertify their Wafa, WFR, or WEMT (wilderness portion only). WMI certifications will be afforded a one-year period after expiration within which to recertify. This course cannot be used as a WFR or WEMT re-certification course if you hold a certification from a provider other than WMI. For further information, see the Recertification FAQ portion on the NOLS website at [www.nols.edu/wmi/admissions/recertification.shtml](http://www.nols.edu/wmi/admissions/recertification.shtml). If recertifying, you must submit a photocopy of your current certification card(s) on the first day of the course. NOLS cannot issue you a new certification until they verify your previous training.

Check-in is at 7:45 a.m. on the first day of the course. Course days run from 8:00 a.m. to 5:00 p.m. The class format is classroom lectures integrated with practical scenarios. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and makeup are used to emphasize the reality of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers and a camp chair. Please come equipped with a light daypack, waterproof top and bottoms, light hiking boots, and layers well suited for spending time outside.

*Wilderness Medicine Institute Staff*



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## Program Itinerary

### Day 1:

#### Morning

- Introductions
- Patient Assessment System

#### Afternoon

- Emergency and Evacuation Plans
- Spine Injury
- Head Injury
- Shock
- Wilderness Wound Management

### Day 2:

#### Morning

- Wilderness Wound Management (cont.) Scenario
- Musculoskeletal Injury
- Heat Illness

#### Afternoon

- Scenario
- Cold Injury
- Lightning
- Altitude Illness
- The Medical Patient
- Anaphylaxis
- Closure

### What's Included:

Your tuition includes daily outings and transportation during your program. It does not include transportation to the park, park entrance fees, or lodging. Meals are included only on select programs with included catering. Gratuities are not included in the price of programming. If you would like to recognize exceptional service by a Yellowstone Forever Institute staff member, tips are appreciated. Donations to support Yellowstone Forever educational programs are also appropriate and will be used to improve and expand opportunities for people to make deep connections to Yellowstone.

### Continuing Education Credit

Many of our Field Seminars are recognized by universities across the country. We are happy to provide a letter of completion and supporting documentation that you can submit to the institution of your choice to request approval for university credit or CEUs.



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## How to Prepare for this Program:

### How fit do you need to be?

This course is an activity level 1 and students enrolled in this course are expected to be active participants. This course will include leisurely hikes up to 1 mile per day through relatively flat terrain on maintained trails. We recommend you begin an exercise program right away if you have not already done so. Participants residing at lower elevations may want to arrive a day early to adjust to the altitude. To learn more about how specific medical conditions can be affected by Yellowstone's environment and our activities, please visit [Yellowstone.org/experience/health-information/](https://Yellowstone.org/experience/health-information/)

### General Clothing and Equipment List

Much of your time will be spent outdoors and all programs are held rain, snow, or shine. You should be prepared for a variety of mountain weather conditions and temperatures. Appropriate clothing, equipment, and footwear are very important. Winter temperatures can range from below zero in the mornings to 35 degrees Fahrenheit in the early afternoons. The layered use of garments for protection against the wind, sun, and temperature extremes should guide your clothing choices. Loose-fitting layers allow you to maintain a comfortable and dry body as outside temperatures change and as your own body's temperature and moisture output changes with different levels of exertion.

### Equipment:

Yellowstone Forever field staff assigned to your program will be carrying a first aid kit, bear spray, and emergency communication device.

- Daypack**, with enough capacity to carry extra clothes, water, lunch, camera, binoculars, field guides, etc.
- Water bottle**, one-quart is the minimum recommended. Camelback or similar hydration systems work well in summer but can freeze in winter.
- Sunglasses**
- Sunscreen/lip protector**, sun at high altitude can burn unprotected skin quickly.
- Camera, binoculars**
- Notebook/pencil**
- Pocket hand and foot warmers**, recommended November through May.
- Flashlight/Headlamp**, a small light for walking to and from your cabin in the evenings and mornings.
- Alarm**, so you're on time for the day's activities.

### Clothing:

- Insulating underwear**, capilene, polypropylene, or similar wicking fabric.
- Mid-weight insulating layer**, light, 200-weight synthetic fleece or wool shirt/pullover.



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- ❑ **Heavyweight insulating layer**, can be wool, down, heavy-weight fleece, or other synthetic fabric. In the winter, a heavy winter coat with a water resistant shell will suffice for less active courses.
- ❑ **Waterproof and windproof outer layer**, lightweight and breathable. Both jackets and pants are recommended.
- ❑ **Short sleeved shirt**, cotton is okay in summer, but synthetic wicking shirts are ideal.
- ❑ **Pants**, in the summer, synthetic hiking pants, lightweight pile/fleece pants, tights, or similar. In the winter, wool or fleece pants or tights. Jeans are not recommended.
- ❑ **Hats**, both a brimmed sun hat and an insulating hat that covers your ears for cold weather.
- ❑ **Gloves**, lightweight glove liners and a pair of wool/fleece gloves or mittens. A water and windproof outer layer is recommended.
- ❑ **Socks**, light wool or synthetic liner sock with heavier wool or synthetic outer sock.
- ❑ **Insulated boots, winter**, must have water repellent layers outside, thick insulation inside, and be large enough to fit over thick socks. Tight boots are the surest way to get painfully cold feet. Soles with proper traction or traction devices (i.e. Yaktrax) are essential for icy conditions. General hiking boots will not provide adequate insulation or traction in most cases.
- ❑ **Off-duty shoes**, sandals, athletic shoes, or other leisure footwear.

## Park Stores

Our Park Stores feature more than 900 books, maps, and videos to help you plan your visit, along with a wide selection of shirts, hats, and other logo items to remind you of your visit to Yellowstone.

Yellowstone Forever supporters receive a 15 percent discount on merchandise online or at any of our 11 locations in and around Yellowstone. Proceeds directly support Yellowstone. Visit: [Shop.Yellowstone.org](http://Shop.Yellowstone.org)

## Supporter Program

Yellowstone Forever Supporters directly fund priority park programs and projects. Supporters also provide scholarships for teachers and help expand programming for underserved youth. Benefits include a subscription to our magazine *Yellowstone Quarterly*, early registration and discounts for Yellowstone Forever Institute programs, and discounts on retail purchases throughout Yellowstone (exclusions apply). If you are not yet a supporter of Yellowstone Forever, an introductory subscription (one year) to our magazine *Yellowstone Quarterly* is included with your tuition. For more information, visit:

[Yellowstone.org/donate](http://Yellowstone.org/donate)

## Code of Ethics

The Yellowstone Forever Institute is committed to demonstrating a high standard of appropriate and ethical behavior in Yellowstone. As a participant in a Yellowstone Forever Institute program, we ask you to adhere to the following Code of Ethics. In addition to the ethics highlighted below, the Yellowstone Forever Institute abides by all National Park Service rules and regulations. We also practice Leave No Trace guidelines for traveling responsibly in the wilderness.



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**Observing wildlife:** We will do our best to have as little impact on wildlife as possible. Animals will be observed from a distance, using high-powered spotting scopes to help keep our presence from affecting their behavior. Participants should not expect to get close-up photographs of wildlife. The Yellowstone Forever Institute will adhere to National Park Service regulations by keeping a minimum distance of 25 yards from bison, elk, bighorn sheep, deer, moose, coyotes, and nesting birds and 100 yards from bears and wolves. We will not entice wildlife with food, animal calls, or any actions that change their behavior.

**Leave what you find:** It is illegal to remove natural or cultural artifacts (plants, animals, bones, rocks, etc.) from Yellowstone. Yellowstone Forever Institute instructors have permission from the National Park Service to manipulate plants, rocks, bones, etc. for educational purposes and will return them to their natural positions and locations.

**General etiquette:** Yellowstone Forever Institute groups will be considerate of other visitors and respect the quality of their experience. Voices and vehicle sounds carry great distances and affect both wildlife and people—remaining silent or very quiet while watching wildlife lets the sounds of Yellowstone (including wolf howls) prevail.

**Roads and vehicles:** Expect wildlife on the road, and drive at or below the posted park speed limits. When stopping to observe wildlife or other park features, the Yellowstone Forever Institute will move vehicles entirely off the road. If there is no safe pullout available, we will drive to the next safe place and walk back to observe the wildlife. We will not stop in the middle of the road, and should a traffic jam develop as a result of our activities, we will cease the activity.

**Properly dispose of waste:** We will pack out all trash, leftover food, and litter. Your instructor will discuss techniques for properly disposing of human waste in the field.

**Traveling lightly:** When hiking or walking in Yellowstone, we will use existing trails and boardwalks. We will follow appropriate techniques when walking off-trail. Walking around muddy or wet places in the trail increases erosion and negatively affects the resource; proper equipment is essential to hiking ethically. Participants should come adequately prepared with the equipment listed for their program and should expect to walk through mud, snow, or puddles in the trail.

*Thank you for helping us set a good example in Yellowstone!*



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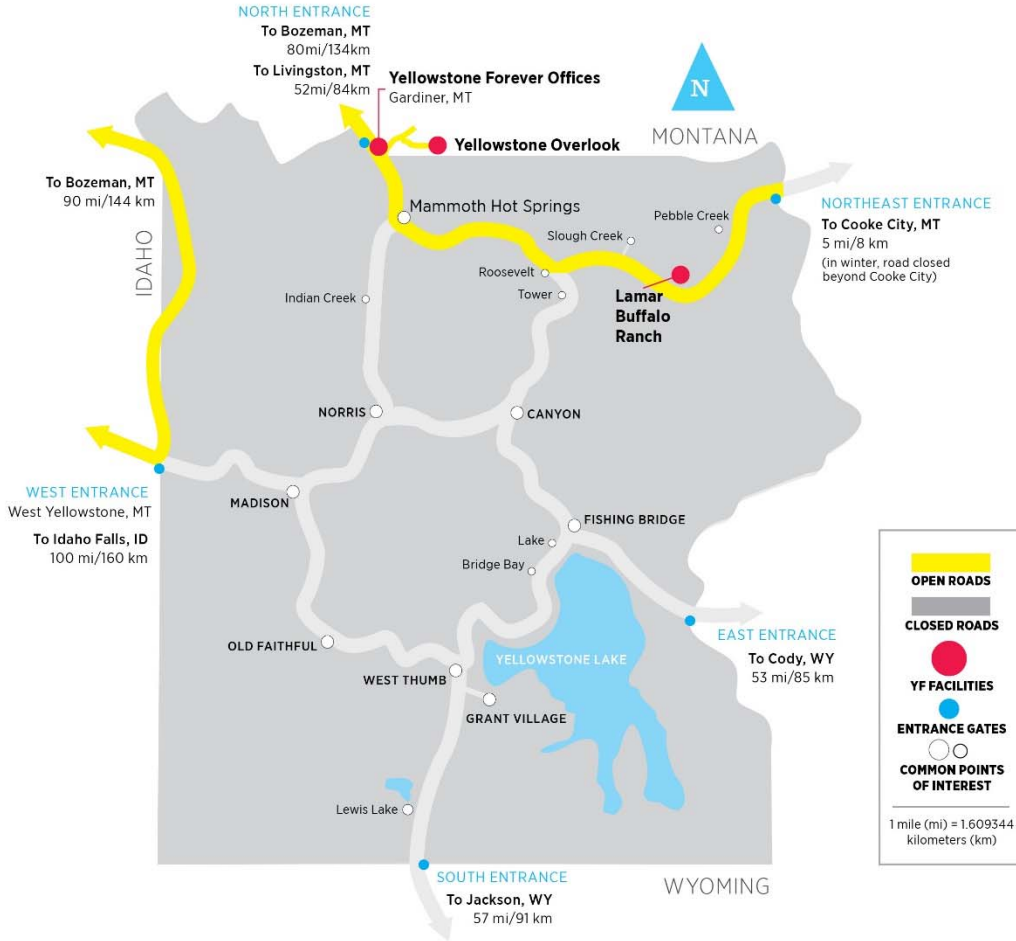
## **Field Seminar Cancellation and Refund Policy**

If you cancel within seven calendar days of your registration date, your payment is refundable less a \$50 per person, per course processing fee. Under most circumstances, if you cancel on the eighth calendar day or after, from the date of registration, 100% of registration payments will be forfeited. If lodging is cancelled after the eighth calendar day from the date of registration, 100% of lodging payments will be forfeited. Applicable taxes will be refunded in the event of program or lodging cancellations. We reserve the right to cancel a course up to 30 days before the first class day. If we cancel, you will receive a full refund of your payment. We urge you to take out accident, baggage, and trip cancellation insurance through a travel agent or website such as [TravelGuard.com](https://www.travelguard.com). Travel insurance can help protect you against financial loss if you must cancel or interrupt your trip.



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## Yellowstone Winter Map **YELLOWSTONE FOREVER**



The only road open to wheeled vehicles in the winter (early November to mid-April) is the road from the North Entrance to the Northeast Entrance. Because Cooke Pass is closed to wheeled vehicles, it is not possible to enter or exit Yellowstone National Park through the Northeast Entrance. You must enter the park through Gardiner, Montana. Current road conditions are available through the [NPS Road Report at 307.344.2117](http://www.nps.gov/roadreport).



POINT TO POINT DISTANCE		Miles/Kilometers
North Entrance to Mammoth Hot Springs	5 mi/8 km	
Roosevelt to Northeast Entrance	29 mi/47 km	
Roosevelt to Lamar Buffalo Ranch	11 mi/17 km	
Roosevelt to Mammoth Hot Springs	18 mi/29 km	

ELEVATIONS		feet / meters
North Entrance	5314 / 1620	
West Entrance	6667 / 2032	
South Entrance	6886 / 2099	
East Entrance	6951 / 2119	
Mammoth Hot Springs	6239 / 1902	
Old Faithful	7365 / 2254	
Grant Village	7733 / 2357	
Lake	7784 / 2373	
Canyon	7734 / 2357	
Roosevelt	6270 / 1911	





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## YELLOWSTONE OVERLOOK CAMPUS INFORMATION

### **Directions:**

From Livingston, travel south on Highway 89 into Gardiner, Montana. Just before you cross the Yellowstone River, you will see the Conoco gas station on your right and 4th Street on your left. Turn left on 4th Street (you'll see a green sign indicating 5 miles to Jardine) and go up the hill for 1.5 miles. Turn right on Above the Rest Lane at the sign for the Yellowstone Overlook Field Campus (by the mountain man carving) and follow the signs to the cabins.

From Yellowstone, leave the park through the North Entrance and go through the Roosevelt Arch. Turn left on Highway 89 towards Livingston. Cross the bridge over the Yellowstone River. You will see the Conoco gas station on your left and 4th Street on your right. Turn right on 4th Street (you'll see a green sign indicating 5 miles to Jardine) and go up the hill for 1.5 miles. Turn right on Above the Rest Lane at the sign for the Yellowstone Overlook Field Campus (by the mountain man carving) and follow the signs to the cabins.

### **What to bring:**

Each cabin includes a fully equipped kitchen for you to prepare meals. You will need to bring your own food and toiletries. Groceries are available nearby in Gardiner. Linens and towels are provided. Smoking is not allowed in the cabins. Camping and pets (with the exception of service animals) are not permitted.

### **Arrival and departure:**

Our volunteer campus host will be available to greet you between 4:00 and 8:00 p.m. on the day of your arrival. If you experience travel delays that may prevent you from arriving before 8:00 p.m., please call the Overlook caretakers at 406.848.9128 to alert them. Check-out is by 9:00 a.m. the day of your departure to allow our volunteers to begin preparing the cabins for the next group. Parking is available in front of your cabin. Please do not store food in your vehicle as it can attract animals.

If you are visiting during the winter, we recommend an all-wheel- or 4-wheel-drive vehicle as roads can be snow-packed and icy. Feel free to call our office at 406.848.2400 Monday through Friday from 8:00 a.m. to 4:30 p.m. to check the local weather and road conditions.

### **During your stay:**

Our volunteer caretakers live on-campus in the cabin with the "Welcome" sign. They will help orient you to the Overlook campus. An emergency phone is available at all hours outside their cabin. We do not have a housekeeping staff at the Overlook. Quiet hours are observed between 10:00 p.m. and 6:00 a.m.



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Verizon is the only cell phone provider currently providing reliable coverage at the campus. In the event of an emergency during your stay, the caretaker's cabin phone number is 406.848.9128. Wireless Internet is available in the cabins and at several businesses in Gardiner.

The campus has a picnic table and pond. A marked, 1-mile-long trail leads down to the Yellowstone River. Wildlife is abundant. You may see bison, wolves, elk, and deer. You may also see rattlesnakes in the warmer months. Please exercise caution and notify someone of your plans if you will be away from the campus alone. Each cabin has a TV/DVD player and an educational library with books and videos. The Overlook is designed to be a comfortable and peaceful base from which to explore and learn in America's first national park. We look forward to your visit!