

Southwest Wilderness Medicine Expedition

Travel and Logistics

Welcome to NOLS! The following information provides some details on course logistics and planning your travel to the Southwest. We look forward to meeting you at the start of your course and hope the following information will help you arrive with a minimum of difficulty and expense.

Course Start

Your course will begin at the Comfort Suites at Sabino Canyon in Tucson, Arizona, on the course start date. NOLS staff members will meet you in the lobby at 7:00 a.m. After a brief introduction they will transport you to the NOLS Southwest campus to begin the day's activities. Given the early start to the day, please arrive in Tucson the night before the start date of the course.

Pre- and Post-Course Lodging

Discounted rooms may be available for NOLS students at the Comfort Suites at Sabino Canyon. Please call the hotel directly for the latest NOLS discount information or use the link below. Tucson is a popular tourist destination and room availability and discounts may be limited. Please make room reservations as early as possible.

Comfort Suites at Sabino Canyon
7007 East Tanque Verde Road
Tucson, AZ 85715
(866) 890-1399 or (520) 298-2300
www.tucsoncs.com

[Direct link to the Comfort Suites reservation process for NOLS students](#)

If you call, you must mention NOLS to get a discounted rate.

The Comfort Suites is the closest hotel to the NOLS campus and is conveniently located with stores and restaurants within walking distance. If you choose to stay somewhere other than the Comfort Suites, **you must make arrangements to meet the NOLS staff members in the lobby of the Comfort Suites at 7:00 a.m. on the start date of your course.** Look for our welcome sign in the lobby for any last minute instructions.

Camping

For those individuals driving to Tucson, camping is a less expensive option. There are numerous campgrounds on Mt. Lemmon in the Santa Catalina Mountains on the Coronado National Forest. Expect a small fee of approximately \$10 and bring water, as there is none on the mountain.

Visit the [Coronado National Forest website](#) for more information. **Please remember that you still need to meet up with your group and NOLS staff members at 7:00 a.m. at the Comfort Suites on the day your course starts.**

Booking Travel for Your Course

Air Travel

If you are flying in, you should plan on flying in and out of the Tucson airport (code: TUS).

If you are interested in using a travel agency, NOLS has partnered with [STA travel](#).

Airport Shuttle Options

Tucson Stagecoach Express Shuttle, (520) 889-1000, runs a commercial van shuttle from the airport to local destinations. Book online 24 hours in advance to make a reservation at <https://stagecoachexpressshuttle.com/tucson.php>.

Rideshare companies: Uber (www.uber.com), Lyft (www.lyft.com), and TotalRide (www.totalride.com) rideshare companies are available as shuttle options in the Tucson area.

The First Day

The first days of your course are busy. You'll start by meeting your instructors, fellow expedition members, and the NOLS Southwest in-town staff. After a course orientation, the remainder of the day will be spent participating in the Wilderness Medicine for the Professional Practitioner course. After an early breakfast on the morning of the second day, instructors will check your equipment and issue any items you need for your course. You will prepare rations and then pack up to leave town. Once last minute details are completed, just after lunch, you will be transported to the field.

The Last Day

On the final day of the course, you'll be transported back to NOLS Southwest. Upon arrival, you'll clean all the group equipment used during the course and return any rental

gear. During this time, you'll also have an opportunity to purchase any equipment or souvenirs from our gear store. You'll also debrief your course experience with a member of the NOLS Southwest administration. Later that afternoon, staff and instructors will join you in celebrating your success. There will be a graduation dinner where diplomas are awarded.

After you pack for your departure, you will be transported back to the Comfort Suites hotel at approximately 6:00 p.m. This marks the official end of the course. **The last day will be very busy. Do not plan to depart from Tucson until the morning after the course end date.**

Receiving Mail

You'll be able to receive mail before and after your course while at the NOLS Southwest campus, but not while you are in the backcountry.

Please inform your family and friends that the letters and packages they send to you must include your course code and date (example: WME mm/dd/yy), which you will find in your enrollment letter. The student mailing address is:

Your Name - Course Code & Date
NOLS Southwest
2751 North Soldier Trail
Tucson, AZ 85749

Other Communications and Contact

NOLS Southwest has public wireless and three desktop computers with internet access for students. There will be no internet access while in the backcountry or on the road to your course area.

As a NOLS student, you will not be able to be contacted by phone or receive email while in the backcountry. NOLS does not permit students to carry their own personal smartphones or personal locator beacons (e.g., Spot, Fast Find, inReach) in the field. In the event of a serious emergency at home, all efforts will be made to contact you in the backcountry.

Travel During Your Course

Please note that you may pass through a Border Patrol checkpoint while traveling to and from your course area in NOLS vehicles. Non-US citizens should be prepared to

carry original personal identification documents throughout the duration of their course, including while in the backcountry. US citizens may carry a photocopy.

Luggage, Valuables, and Vehicles

We have storage lockers available for you to store personal gear and extra clothing while you are in the backcountry. Please try to limit items to one or two duffel bags or suitcases, as space is limited. Your valuables (i.e., plane tickets, credit cards, electronics and money) can also be placed in a separate lockable storage safe and held for you at NOLS Southwest. Although due care will be taken, **NOLS assumes no liability for lost, stolen, or damaged personal property while in our care.** You may want to obtain personal insurance to cover such items.

Free long-term parking is available at NOLS Southwest while on your course.

Prescription Drugs

If you are taking prescription drugs or other medication of any kind, please make sure they are listed on your health form and that you inform your instructors during your orientation meeting on the first day. This includes epinephrine for allergic reactions. If you are prescribed epinephrine, make sure you bring it even if you have not needed to use it before. Such information and medication could be critical in an emergency situation. You should plan to bring extra doses of essential medication with you in case some is lost or damaged in the backcountry.

Miscellaneous Expenses

You are advised to bring enough cash and/or credit cards to cover miscellaneous expenses encountered while traveling to and from Tucson. These potential expenses include lodging costs in Tucson before and after the course, airport shuttle fees, laundry, non-NOLS meals, and any other non-course expenses. There are several ATM machines within walking distance of the Comfort Suites hotel. **Suggested minimum: \$300**

If Delayed

If your arrival to Tucson is delayed and you are not able to make the initial meeting time, please do the following:

1. Rebook for the next available flight.
2. Then, contact NOLS Southwest to let us know of your new plans at (520) 749-0955.

Emergency Contact During the Course

Should your family experience an emergency and need to reach you, they should contact the **NOLS Southwest office in Tucson, AZ at (520) 749-0955.**

NOLS Administrative Headquarters

All tuition payments and completed enrollment forms should be sent to: NOLS Wilderness Medicine, 284 Lincoln St, Lander, WY 82520. Questions concerning course content, enrollment, college credit, physical fitness, or other course matters should be directed to the above address, or please call the NOLS Wilderness Medicine Admission office at (866) 831-9001 between 8:00 a.m. and 5:00 p.m. MST, or via email at wilderness_medicine@nols.edu.