



NOLS Wilderness First Aid (WFA)
sponsored by Pinelands Adventures and NOLS Wilderness Medicine

Dates: Saturday December 13th & Sunday December 14th from 8am – 5pm

Please arrive at 7:30AM on Saturday for Check In

Location; Pine Tree Center
110 Butterworths Bogs Rd, Tabernacle, NJ 08088

Thank you for enrolling in the upcoming Wilderness First Aid Course. Below are a few more details to ensure you are prepared for your upcoming two-day course.

Minimum age is 16 to participate.

Transportation Information

Off-street parking available on location. The classroom is in the Conference Building, and entrance signs will be displayed. Bathrooms/kitchen on premises.

Accommodations

Overnight communal indoor lodging or tent camping is available at Pine Tree Center at an additional fee and can be selected during your registration with Pinelands Adventures for the course. Please note linens, bedding and toiletries are **not** provided. Pack accordingly.

Class Format and Equipment - [WFA Course Schedule](#)

This course consists of two 8-hour days. **Check-in is between 7:30 am and 7:45 am on the first day.** On subsequent days, please plan on arriving by 7:45 AM. Course days run from **8:00 AM to 5:00 PM** with an hour-long break for lunch at midday.

The class format involves lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Successful course completion will earn the following NOLS Wilderness Medicine certifications:

- Wilderness First Aid
- Epinephrine Auto-injector

Certification valid for 2 years upon successful completion.

CPR training will be available as a separate training through PA on other dates. Please visit PinelandsAdventures.org for more details or contact info@pinelandsadventures.org for inquiry.

Required Documents to be reviewed/completed before attending:

- [NOLS Student Agreement](#)
- [Pinelands Adventures-Pine Tree Center Liability Form](#)
- [NOLS Course Overview](#)
- [Wilderness Medicine Communicable Disease Mitigation Practices](#)

What to Bring

(Required)

- Notebook and pen or pencil
- Watch with second hand or digital seconds
- Daypack with room to carry personal water, food, and layers
- Weather-appropriate clothing that allows you to be comfortable during course time outside - sunglasses, hat, warm clothing layers, waterproof outerwear top and bottom, light hiking boots or sturdy shoes, etc.
- Insulated pad or camp chair
- Water bottle

(Optional)

- Personal packed lunch, snacks
- Slippers or comfortable shoes for indoor classroom time

Provided by NOLS:

- Course Equipment, including Disposable Nitrile Gloves, Cleaning Supplies, Hand Sanitizer
- Course Materials, including NOLS handouts and field pocket guide

We ask previous NOLS Wilderness Medicine certified students to bring their certification card to the course so the instructor can verify the expiration date. *****Please note: We CANNOT issue you a new card until we verify your previous training.**

Dress for Activity

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground while playing the role of both rescuer and patient. Stage (moulage) blood and make-up are used to enhance the realism of a scenario, which may stain some fabrics. Please wear clothing you do not mind getting dirty/stained. Consider a pair of indoor shoes for comfort while practicing skills indoors to keep areas dry and clean. Dress in layers and plan accordingly with the forecast for Southampton NJ.

Meals

Please prepare to feed yourself throughout the day. The venue does have potable water to fill up personal water bottles. There is a small kitchenette that would allow for microwave meals (please keep area clean for next person). General coffee/tea will be available to guests for no charge throughout the course. There are restaurants near the venue, and you will be given a one-hour break for lunch. Nearby food options include Bean and Blend Café, Wallers Deli, Upper Crust Pizza, Pizza 206, Village Pub, One More Bar and Grill and Pic-A-Lilly all within 10 miles.

Cancellation & Refund Policy

Registration available through PinelandsAdventures.org

Full cancellation/refund eligible until Nov 12th.

Nov 13th-Nov 26th; 50% refund eligible.

Nov 27th until date of course, no refunds available.

Questions

Questions regarding certifications eligibility, contact:

NOLS Wilderness Medicine Admissions Team: (866) 831-9001, wilderness_medicine@nols.edu

If you have reservation or location questions, please contact:

Pinelands Adventures: (609)268-0189, info@pinelandsadventures.org.

For questions and emergencies on the day of the course please text Vince or Monica at 609-268-0189.

Thank you for choosing Pinelands Adventures for your NOLS certification. We look forward to seeing you soon!