

Student Logistics

Wilderness Upgrade for Medical Professionals Course (WUMP)

Sponsored by *Juniper Flats Outdoor Education* & NOLS Wilderness Medicine

Dates: Nov. 7th to 16, 2026 (*including travel in country and day off*)

Cost: \$2,890

Location: *Rios Lodge, Pacuare River, Costa Rica (and one night pre/post course in San Jose, Costa Rica)*

Travel, Meals, and Lodging

Meals and Lodging

NOLS WILDERNESS MEDICINE UPGRADE IN COSTA RICA!

A unique opportunity to complete the **NOLS Wilderness Upgrade for Medical Professionals (WUMP)** while immersed in the rainforest along the Pacuare River corridor.

In partnership with the amazing **Ríos Lodge**, Juniper Flats is hosting this wilderness medicine course at a remote jungle lodge.

Accessible only by raft or jungle trail, the lodge sits in the heart of one of Costa Rica's most vibrant rainforest ecosystems, offering an extraordinary setting for hands-on wilderness medical training.

Course package includes:

- NOLS WUMP course tuition
- 7 nights lodging at Ríos Lodge, Eco Lodge shared room. All meals included during lodge stay. Double occupancy private rooms and suites available for additional charge. See: <https://bookwhen.com/juniperflats>
- Lodging in San José before and after the lodge stay
- All in-country ground transportation
- Professionally guided rafting on the Pacuare River to and from the lodge (or jungle hike access)

A rest day during the course allows participants to enjoy optional lodge activities (included in course price) such as canopy ziplining, waterfall hikes, whitewater tubing, wildlife viewing, and rainforest exploration.

Juniper Flats hosts will facilitate welcoming participants in San Jose, accompany the group during travel to the river, and be onsite at Rios Lodge to share learning and adventure in this remarkable living landscape.

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Reflecting our mission of cultivating competence, connection, and care through living landscapes, this course pairs wilderness medicine training with immersive experience in one of Central America's most dynamic rainforest environments.

Timeline/Schedule:

Plan to arrive in San Jose on or before November 7th, airport pickup and lodging in San Jose included on the 7th.

Nov. 8th- Group travel by bus to Pacuare River, transfer to rafts for raft or hike in to Rios Lodge

Nov. 8th to 15th - 7 nights at Rios Lodge, 5 day WUMP course and one day off in middle to explore and adventure guided by Rios Staff

Nov. 15th - Guided rafting through the Pacuare Gorge and bus back to San Jose for included stay the night of the 15th.

Nov. 16th - airport transfer from San Jose hotel to airport.

Participants are responsible for airfare and travel to San Jose and their meal expenses in San Jose. All other food/lodging/transportation/activities costs are included.

Please inquire at: jflatsoutdoors@gmail.com for specific questions or additional details.

Registration

How to Register

Please visit www.bookwhen.com/juniperflats to register.

Cancellation Policies:

- **Full Tuition is due 90 days in advance of course start date and is Non-refundable after that time due to international logistics and contracts for service.**

For Questions about location, logistics, and registration, contact:

David and Kendra

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Email: JFlatsoutdoors@gmail.com