



Wilderness Medicine Institute of NOLS

Wilderness First Aid Course Schedule

DAY 1

Morning

- Introductions
- Patient Assessment System
- Initial Assessment
- Patient Exam, Vital Signs, Focused History
- Documentation

Afternoon

- Spinal Cord Injury Management
- Head Injuries
- Shock
- Wilderness Wound Management

DAY 2

Morning

- Focused Spine Assessment
- Athletic Injuries
- Fractures
- Dislocations
- Heat

Afternoon

- Cold Injuries
- Lightning
- Altitude Illness
- Acute Abdomen
- Anaphylaxis
- The Unresponsive Patient
- Wilderness First Aid Kits