



**Mid-Atlantic  
Outdoor  
Recreation  
Education**



**OVERVIEW:** Wilderness First Aid (WFA) instruction is for anyone who spends time in outdoor settings where access to emergency medical services (EMS) may be delayed up to 6 hours. WFA provides the first aid principles and skills to respond to emergencies and to give care wilderness and remote environments, as well as urban environments experiencing natural or man-made disasters.

WFA is a dynamic, hands-on, skills-based course that uses a mix of classroom instruction and realistic outdoor teaching scenarios tailored to the training audience. MORE instructors have a unique mix of both professional certifications and real-world experience in remote and wilderness environments.

MORE has taught hundreds of individuals these critical life-saving skills. Clients have included the Pennsylvania Department of Conservation & Natural Resources; Boy Scouts of America; Strawberry Hill Nature Preserve; Girl Scouts of Pennsylvania, NY-NJ Appalachian Trail Conference; Professional Trail Builders Association, and other organizations and individuals.

**COURSE CONTENT:** Skills taught in the course address these and other first aid topics –

- ✓ Primary Patient Assessment
- ✓ Shock and Acute Stress Reaction
- ✓ Wounds and Wound Care
- ✓ Musculo-Skeletal Injuries and Splinting
- ✓ Chest and Lung Injuries
- ✓ Spinal Injuries
- ✓ Hypothermia
- ✓ Traumatic Brain Injury (TBI)
- ✓ Patient Evacuation
- ✓ Patient Reporting
- ✓ Burns
- ✓ Patient Movement
- ✓ Heat and Cold Illnesses and Injuries
- ✓ Lighting Injuries
- ✓ Submersion Incidents (Drowning)
- ✓ Snake Bite / Envenomation
- ✓ First Aid Kits for the Wild
- ✓ Asthma and Anaphylaxis
- ✓ Eye Injuries
- ✓ Taking Patient Vital Signs

**LENGTH:** Two Days (Approximately 16 hours)

**INSTRUCTOR(s):**

- MORE instructors are all certified instructors, authorized to teach this course. MORE instructors are also certified instructors for American Red Cross CPR/AED. Each MORE instructor has extensive professional experience, education, and training that applies directly to this field.

**APPROPRIATE AUDIENCES**

- The information, techniques, and procedures taught by MORE instructors are designed to teach individuals how to deal with emergency situations by using first aid skills in a delayed-help environment. The course is appropriate for leaders from youth-serving organizations as well as adults who lead or participate in outdoor recreational activities or work in wilderness or remote settings where emergency medical services (EMS) response is more than 1 hour away.

**CONFORMANCE WITH STANDARDS OF PRACTICE**

- The information, techniques, and procedures taught by MORE instructors, MORE's instructional approach, and MORE's instructors' qualifications are aligned with the 2023 Certification Standards for wilderness medicine courses developed by the Wilderness Medicine Education Collaborative, a consensus industry standard endorsed by National Outdoor Leadership School (NOLS), Stonehearth Outdoor Learning Opportunities (SOLO), and Wilderness Medical Associates (WMA).

**CERTIFICATION REQUIREMENTS:**

- ✓ Attend all class sessions and successfully participate in all skill sessions and activities
- ✓ Demonstrate competency in all observable skills

**CERTIFICATE ISSUED:** MORE Wilderness First Aid

**CERTIFICATE PERIOD:** Valid for two years from date of certification

**COURSE MATERIALS:**

- *All course materials are provided by MORE*

**PREREQUISITE REQUIREMENTS FOR COURSE REGISTRATION:**

- Be at least 16 years of age on or before the last scheduled course session

**COSTS:**

- WFA Course = \$220

***For more information, contact us...***

***via email at [info@MORE.com](mailto:info@MORE.com) or visit our website at [www.MORE-outdoor.com](http://www.MORE-outdoor.com)***