



SWS Mountain Guides
210 East Lake St.
Mt. Shasta, Ca. 96067
mail@swsmtns.com
www.swsmountainguides.com
Phone: 888.797.6867

WILDERNESS FIRST RESPONDER COURSE 5 DAY COURSE CONDUCTED BY WILDERNESS MEDICAL ASSOCIATES



***NOTE: Students must register at least 2 weeks before the course date.
All students must complete all pre-course work prior to arrival on the course.**

General Information: Thank you for registering for your course with SWS Mountain Guides. In this package you will find all of the logistical information that you will need to arrive at your course well prepared for a high-quality educational experience. Please read the following information closely, and feel free to contact us with any other questions at 888.797.6867 or email: tim@swsmtns.com. **Once you book your course a complete package of information for pre-course study materials, practice tests and other materials will be forwarded to you.**

What to Expect: During the spring in Mt. Shasta expect almost any kind of weather from sun to rain to snow. Be well equipped with warm clothing and footwear that can handle the outdoors. **Remember**, you can expect to be outdoors for a significant part of your course, rain or shine.

Itinerary: Day 1 through Day 5 - Class begins at **8:00 (sharp!)** each day- plan on eight hrs. plus of instruction. Full days of instruction, including the final day of the course.

Location: This course will be held in and around Mt. Shasta, California. We will be meeting the first day of the course at 8:00 am sharp at the SWS Mountain Guides Office located at 210 East Lake St., Mount Shasta, CA. 96067 (or see attached map in your course materials). Lodging maybe available at the SWS Bunkhouse located at our office in Mt Shasta, California please contact us if you are interested.

Food: No meals are included with this course. All meals are your own responsibility- there are several grocery stores and many restaurants in Mt. Shasta. Our office has a Small Kitchen and a regular refrigerator, which will be available for course participants to use.

Lodging: Several motels and hotels are located in Mt. Shasta (see list included in your course materials)

Camping: Camping is available throughout the Mt. Shasta Area (see list included in your course materials)

Showers: Showers are also available on a first come first serve basis in the SWS Mountain Guides Office for those camping in the Mt. Shasta Area.

Level: Beginner to Advanced Participants should be in **good physical condition**.



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Includes: Professional Medical instruction provided by Wilderness Medical Associates, course materials including; Course Textbook: 'Wilderness and Rescue Medicine' (WARM), by Jeff Isaac PA-C and David E. Johnson MD, medical simulation equipment, rescue simulation equipment, first aid practice supplies, certificate of completion.

Additional Information:

- Smoking: There is no smoking allowed in any of the buildings or the SWS Mountain Guides Office
- Pets: There is not any space to keep pets during the course, contact us if you have a question regarding pets
- Alcohol/Drugs: SWS Mountain Guides does not allow Drugs or Alcohol during course hours.

Need more information?

If you have questions regarding course location or logistics, contact SWS Mountain Guides at 888.797.6867 or tim@swsmtns.com:

If you have questions about course content, or eligibility for Continuing Education Units (CEU's) or College Credit, please contact Wilderness Medical Associates: 207.730.7331 office@wildmed.com

Thanks again for registering for your course with SWS Mountain Guides, and we look forward to seeing you on our Wilderness First Responder Course in Mt. Shasta.