

# Wilderness Life Support: Medical Professionals



## Mt. Baker, WA

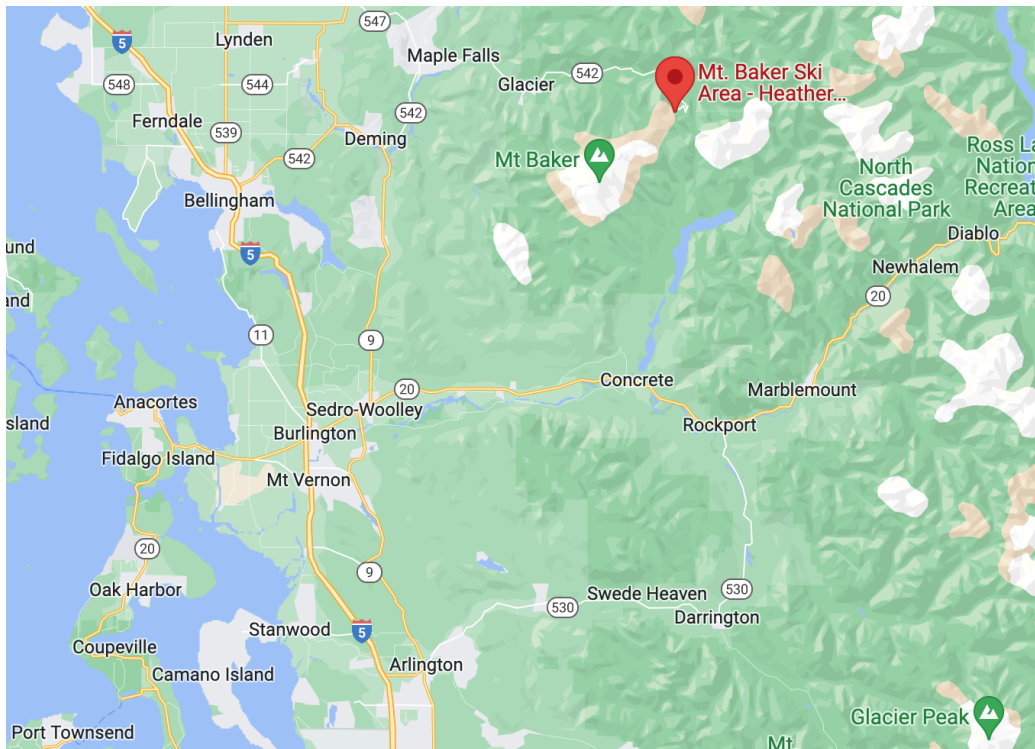
Thank you for enrolling in our upcoming Wilderness Life Support: Medical Professionals (WLS:MP) program. We are excited to have you join us in Mt. Baker, WA. To help you prepare for your program, we have laid out the logistics below.

### Location

This program takes place in and around the Heather Meadows Day Lodge, located at the Heather Meadows Base Area of the Mt. Baker Ski Resort. The base area is located at mile marker 55 on WA 542. This ski resort holds the world record for most snowfall in a season, over 1100 inches during the 98'-99' season. Bring your equipment and prepare for some powder turns.

#### Heather Meadows Base Area

48°51'42.0"N 121°40'44"W (48.861667, -121.678889)



### Parking

There is free parking available at the Heather Meadows Base Area.

## SAMPLE Itinerary

Class will start each day at 1:00pm to allow participants the ability to ski from 9:00am-12:30pm, if they wish. You can ski to our meeting place at Heather Meadows Day Lodge.

Participants can apply a half day lift ticket rate discount at the ticket office each morning with proof of registration.

The following itinerary is fluid and is subject to change for safety and weather/environmental factors including wind, rain/snow, Air Quality Index, etc..

### Day 1 Overview

1:00pm	Meet at Heather Meadows Day Lodge
1:30pm	Patient Assessment
3:00pm	Wound Management
4:00pm	Splinting/Dislocation
5:00pm	Scenarios
6:00pm	End the Day

### Day 2 Overview

1:00pm	Meet at Heather Meadow Day Lodge
1:15pm	Spinal Injuries
2:30pm	Packaging
3:30pm	Altitude
4:30pm	Scenarios
6:00pm	End the Day



## Day 3 Overview

1:00pm	Meet at Heather Meadow Day Lodge
1:30pm	Animal Bites and Sting
3:00pm	Infectious Disease
4:00pm	Scenarios and Testing
6:00pm	End the Day

## Hiking

We will be hiking up to 2 miles each day within the resort grounds to practice skills and scenarios. You will need snow boots and snow gear for these excursions.

## Program Description

- Learn the skills to prevent medical problems; reduce suffering and save lives in non-traditional medical settings.
- Earn your Wilderness Life Support: Medical Professionals certification
- Learn the latest practical hands-on wilderness medicine skills for patient assessment, treatment and evacuation protocols
- Practice your skills in live scenarios with our expert instructors
- Obtain up to 24.5 hours of category 1 CME\*
- Receive Wilderness Medical Society Fellowship credits

## Program Objectives

- To provide a practical foundation in Wilderness Medicine for medical professionals.
- To teach patient assessment and treatment guidelines for life support until definitive care or evacuation is available.
- To train the provider in methods for managing medical and trauma emergencies and urgencies in the wilderness when evacuation is unavailable or unnecessary.

## Required Online Curriculum

The online curriculum content is provided by AdventureMed. You will receive an email from them (info@adventuremed.com) with access to an online version of the text along with an email from Amplifire with access to the online modules. All of the online content needs to be completed to receive your CME.



## Continued Medical Education (CME)

**You will receive your CME certificate from the Wilderness Medical Society via email approximately 4-6 weeks after the completion of the course.**

The Wilderness Medical Society designates this hybrid activity for a maximum of 24.5 AMA PRA Category 1 Credits. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

**Physician Assistants:** The American Association of Physician Assistants accepts Category 1 CME approval from organizations accredited by the ACCME.

**Other Professionals:** Check with your governing entity to determine usefulness of AMA PRA Category 1 Credits™.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Wilderness Medical Society and AdventureMed. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

All MLS:MP faculty have signed disclosure statements that they have no relevant financial relationships with any course sponsors.

## Trip Accommodations

There is no lodging directly at the ski area- although RV camping is available and permitted in the parking lots. Heather Meadows' camping permits are directly adjacent to the program site, and quite convenient. If you're interested in the overnight camping, reservations are required. More information on this can be found [here](#).

There are a lot of Airbnbs and cabin rentals located about 25 minutes down the hill in Glacier and Maple Falls. Please visit [this link](#) for more accommodation options. We would recommend that you book accommodations as soon as possible as they tend to fill quickly.

## Transportation

The nearest airport is located right in Bellingham (BLI), although Seattle International Airport (SEA) is about 1.5 hours to the south. If you do fly into Seattle, hop on I-5 northbound for 90 miles and you've made it to Bellingham. Take exit 255 and turn right onto 542 East. Drive about an hour to the Mt. Baker Ski Area. Detailed travel instructions can be found [here](#).

Please email [info@backcountrymedicalguides.org](mailto:info@backcountrymedicalguides.org) if you are interested in sharing a room or transportation with other participants.

## Food

Please plan to bring food, water, or any snacks to keep you comfortable for each afternoon.

## Equipment

The average temperatures for this area in March range from 42°F to a low of 27°F. This program is rain/snow or shine, so please be prepared for any and all precipitation, cold, and windy conditions. Please contact BMG if you need to borrow or supplement any of the below equipment.

- ☐ Winter hat
- ☐ Gloves
- ☐ Neck gaiter (optional)
- ☐ Winter Jacket (A Gore-Tex or similar waterproof shell if best for Mt Bakers conditions)
- ☐ Snow Pants (A Gore-Tex or similar waterproof shell if best for Mt Bakers conditions)
- ☐ Warm layers
- ☐ Snow boots
- ☐ Day Pack
- ☐ Sunscreen
- ☐ Water bottle
- ☐ Snacks
- ☐ Medications (If applicable)
- ☐ Pen

The textbook is available as a digital download from the curriculum tab on the [adventuremed.com](http://adventuremed.com) website. You will be emailed a registration confirmation with the password to access the download. You will receive a hard copy of the MLS:MP textbook at the time you sign in for the course. The printed and e-reader version of the textbook is also available for purchase from our publisher, Amazon.com, if you would like a copy of the text shipped to you in advance of the course.

## Communication

Prior to the program, each participant will be asked to complete our participant profile, liability form and to send in their Covid-19 vaccination cards.

After each program, BMG creates a photo sharing folder and invites every participant to complete a post-trip survey/evaluation. We welcome your feedback and hope that you will take the time to provide insight so that we can better serve you in the future.

## Covid-19

Backcountry Medical Guides and our Medical Advisory Board continue to monitor and discuss covid-19 protocols. You can find our current policies around covid-19 [here](#).

## Contact

If you need anything day-of, please call BMG.

Office: (831) 471-7882

Text: (206) 412-1613

We are very excited for you to join us! If you have any questions feel free to contact us through the methods provided below. Again, thank you for choosing Backcountry Medical Guides as your medical training provider, and we look forward to training with you.

Cheers,

BMG and Partners

[info@backcountrymedicalguides.org](mailto:info@backcountrymedicalguides.org)

BMG Office: (831) 471-7882

[www.backcountrymedicalguides.org](http://www.backcountrymedicalguides.org)

**Cancellation & Transfer Policy**

