

Wilderness Life Support: Medical Professionals



Big Sur, CA

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

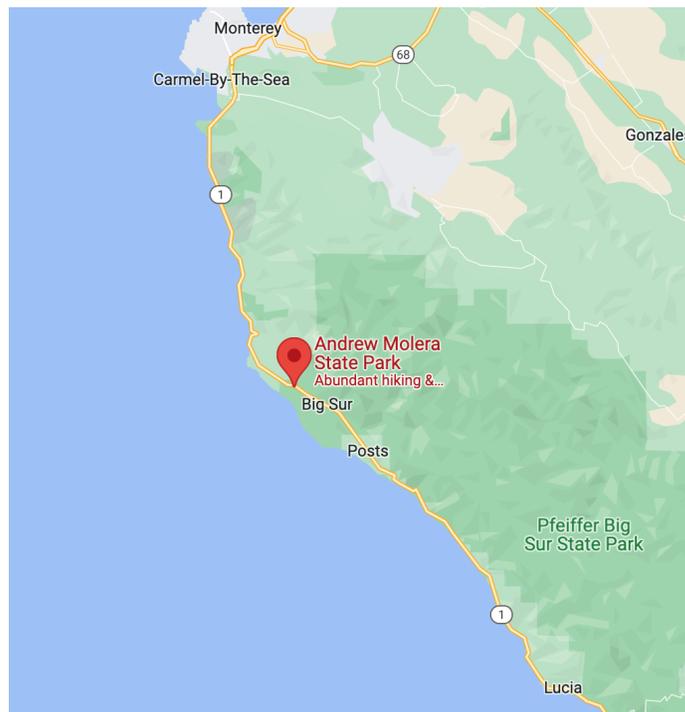
Location

This program takes place in two of California's spectacular state parks. The first park, Andrew Molera State Park, is located in the heart of Big Sur. With twenty miles of hiking trails winding around beaches, redwood groves, meadows, bluffs and overlooks, you will find ample locations for practicing skills in the wilderness. This park is still relatively undeveloped and offers participants amazing hiking with panoramic views.

Our second park, Pfeiffer Big Sur State Park, sits on the western slope of the Santa Lucia Mountains where the peaks rise up dramatically from the Big Sur River Gorge. Within this 1,000-acre preserve, participants hike among the redwoods with spectacular views of the Big Sur Valley, the Big Sur River Gorge, Pacific Ocean and shoreline abound.

This program meets at Andrew Molera State Park on the first day.

Andrew Molera State Park
45500 CA-1
Big Sur, CA 93920



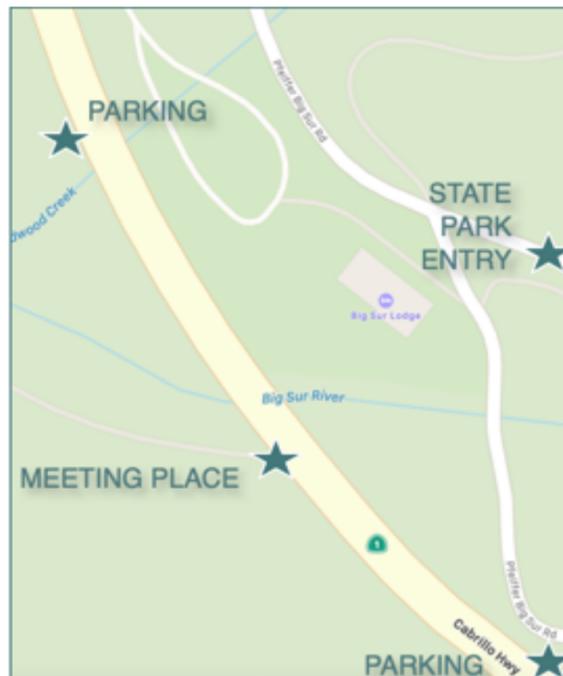
Parking Day 1: Andrew Molera State Park

There are two options for parking. You can park within the park for a daily parking fee of \$10 per car or you can park on the side of the road across from the park entrance for free. Class will meet in the parking lot inside the park. Be advised, there used to be reports of theft in the free areas. Be mindful of what you leave in the car.



Park Day 2: Pfeiffer Big Sur State Park

Day 2 is held in the redwoods at [Buzzards Roost Trail head](#) in Pfeiffer Big Sur State Park. Parking is available either along Cabrillo Hwy/RTE 1 for free (limited spaces available), or by parking within Pfeiffer Big Sur State Park and walking to the venue. The class will meet at the Buzzard's Roost trailhead along RTE 1 near the south side of the bridge as it passes over the Big Sur River.



SAMPLE Itinerary

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

10:00am	Meet at Andrew Molera State Park
10:30am	Patient Assessment (Today's Trail: Creamery Meadows Trail)
12:00pm	Break for Lunch
12:30pm	Wound Management
1:30pm	Splinting/Dislocation
2:30pm	Spinal Injuries
3:45pm	Scenarios
5:00pm	End the Day

Day 2 Overview

9:00am	Meet at Buzzards Roost Trail Head
9:30am	Hypothermia
10:00am	Packaging
11:00am	Altitude
12:00pm	Break for Lunch
12:30pm	Animal Bites and Sting
2:00pm	Infectious Disease
2:45pm	Scenarios and Testing
4:00pm	End the Day

Hiking

The class embarks on hikes over moderate terrain (trail, gravel, roots). Actual totals vary between 3-5 miles each day and about 1000 feet of vertical feet gain. Consideration should be taken to ensure you are fit enough to embark on these trails. Please contact BMG if you would like more information about hiking fitness requirements.

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

Camping is the easiest and closest accommodation option for this program. If you are interested in a group site, please contact BMG by emailing info@backcountrymedicalguides.org. Space is limited and fills up quickly so be sure to email right away to secure your spot.

Transportation

For those flying to program, Monterey (MRY) will be your closest airport option. Other options include the Bay Area which is 2+ hours north of Big Sur. Airports in the Bay Area are SJC, OAK, SFO. You will need to rent a car to get from the airport to Big Sur.

Please email info@backcountrymedicalguides.org if you are interested in sharing transportation with other participants.

Food

Please plan to bring plenty of food and water for each day. Both days we will be eating out on the trail. We recommend hearty lunches and lots of snacks.



Equipment

This program is rain or shine, so please be prepared for any precipitation, cold, or hot temperatures. Please contact BMG if you need to borrow or supplement any of the below equipment.

- Pen/Pencil (lecture notebooks will be provided)
- Hat
- Sunglasses
- Sunscreen
- Rain Jacket
- Warm/ Dry clothes for extended time outside
- Comfortable clothing for hands on sessions on the ground
- Water Bottle
- Snacks and Lunch
- Medications (If applicable)

The textbook is available as a digital download from the curriculum tab on the 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

BMG Office: (831) 471-7882

www.backcountrymedicalguides.org

Cancellation & Transfer Policy

