



Essential Eligibility Criteria For Wilderness Medicine Students

AdventureMed seeks to provide students with the highest quality of wilderness medicine education through a mixture of in class lectures and demonstrations, as well as hands-on practical workshops and scenarios. These hands-on workshops are often performed while on small hikes as a class to get more realistic practice. Most of our practice scenarios are based on real-life incidents that our instructors have managed as professional rescuers or encountered in their own backcountry adventures.

All students must be able to meet the Essential Eligibility Criteria (EEC) for the course, while also having a positive attitude, a sense of personal responsibility and the willingness to apply themselves.

The Wilderness Medicine student must meet the Essential Eligibility Criteria as follows:

Be Safe

- Must be able to contribute to a safe working environment for all persons involved (no inappropriate behavior, bullying, harassing etc.)
- Must be able to think critically and avoid environmental hazards, and alert others of said hazards
- Ensure you have the appropriate food, hydration, gear, clothing, etc. Please keep in mind that portions of courses are held outdoors
- If you have any allergies or medical needs/history that require additional considerations or accommodations, please communicate ahead of time with your instructor(s)

Be Respectful

- Must be able to work in a group, both as a leader and as a team member

Be Prepared

- Must be at least 16 years old
- Must be able to comprehend instructions and listen appropriately, and follow simple directions
- Must be able to focus 10-12 hour days as required by the course schedule
- Must be able to maintain their personal safety and well-being in changing environments (heat, cold, wind, snow etc.)
- Must be able to stay hydrated and energized to appropriate levels in various, changing environments (heat, cold, wind, snow etc.)
- Must be able to carry heavy loads over rough and changing terrain
- Must be able to operate with limited visibility, such as at night
- Must be able to manage stress appropriately during mock rescue scenarios



- Must be able to perform tasks related to patient treatment and rescue while on rough, uneven, wet, or rocky terrain.

Be Timely

- Arrive to all sessions of course on time and ready to begin
- Must attend all sections of the course
- Have the ability to learn various concepts related to Wilderness Medicine within a constrained timeline

Be Inclusive

- Be prepared to work with people you are not familiar with