

## American Red Cross

The Wilderness and Remote First Aid Class is being offered by  
The Greater Tampa Bay Area Council in coordination with  
Sal Porto- Suncoast Wilderness First Aid  
An American Red Cross Authorized Provider

### **Wilderness and Remote First Aid Class**

#### **Why take it?**

- Needed for Philmont, Northern Tier, Sea Base, Summit or any high adventure adventure
- Use for Venture Ranger Award Requirement
- Do you take your Troop or Crew into the wilderness?
  - Backpacking
  - Primitive camping
  - More than 30 minutes from EMS
  - Appalachian Trail treks
  - Remote canoeing and kayaking
  - Cross country skiing
  - Remote fishing trips
  - Sailing trips
  - Flying over isolated areas

#### **Learn what to do when:**

- Your cell phone doesn't work
- You can't call 911
- EMS isn't coming
- Evacuation is 3 hours to 6 days away
- It is 50 miles to your car

# Register Now!

**Red Cross**

**Wilderness and Remote First Aid Class**

**Developed to meet BSA Guidelines**

**Cost \$125**

**NOLS does the same class for \$220**

Welcome Letter to Wilderness and Remote First Aid Course Participants

Dear Course Participant,

Thank you for enrolling in the American Red Cross Wilderness and Remote First Aid course. The dates, time, and location of the class meetings as well as directions are listed below:

Dates: various (2 day) 16 hour course

Time: 8:00 AM to 5:00 PM

Location: various Greater Tampa Bay Area Council Camps

The primary purpose of the American Red Cross Wilderness and Remote First Aid course is to provide individuals a foundation of first aid knowledge and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response, such as wilderness and remote environments. In this course you will also develop leadership skills and learn how to help prevent, plan for and respond to emergencies.

Successful course completion requires participation in all course activities and skill sessions. Some practice sessions may require strenuous physical activity, including walking uphill or on uneven terrain. Please wear layers of comfortable clothing appropriate for all weather conditions. You are encouraged to check with your health care provider before participating in the skill sessions in this course. If you need any accommodations or modifications or if you have any questions regarding your ability to participate fully in this course, please contact your course instructor or Red Cross Chapter before the course begins. Before attending the first

class, please be sure you have read the attached document, Health Precautions and Guidelines During Training.

It is suggested that you bring with you any supplies you would normally have on hand for either a day hike or a backpacking trip to best replicate equipment you may be required to use in an emergency situation. These supplies may include, but are not limited to, a day pack or backpack, a tent and ground cloth or tarp, a sleeping bag, a sleeping pad, a flashlight or headlamp, a hat, sunscreen and a **first aid kit**. Additional items include:

1. pocket knife, water bottle, hiking poles/sticks, rain gear/poncho, trash bag, bear bag and rope, signaling device
2. wear clothes that you don't mind getting dirty as we will be on the ground outside.
3. extra old clothes in your pack to use as first aid supplies

It is not intended for you to go out and purchase items for this class, but rather to pack and bring those items appropriate for the type of wilderness activities you participate in, such as backpacking/camping. As a result of this class you may identify some items to add to your wilderness first aid kit or to your pack that could be used as improvised first aid items.

Upon successful completion of the Red Cross Wilderness and Remote First Aid course, you will receive a Red Cross certificate indicating Wilderness and Remote First Aid, which is valid for 2 years. **Please bring your current CPR/AED Certification Card to the first session.**

Please pack a lunch as there will not be time to go out for lunch since we have a lot of material to cover. A folding camp chair is suggested.

**If you or your parents or guardians (for minors) have questions, please call the local Red Cross chapter or your Red Cross Instructor, Sal Porto, at 813-382-9575.**

Sincerely,

Sal Porto  
American Red Cross Instructor  
Tampa Bay Chapter  
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