



**MOUNTAIN SHEPHERD
ADVENTURE SCHOOL**

WILDERNESS FIRST AID

Safety always! This course is designed for the outdoor enthusiast, backpacker, dayhiker or wilderness survivalist who require or desire wilderness first aid knowledge and skills. Wilderness First Aid is an objectives-driven, skills-based course based on the ASHI Wilderness First Aid (WFA) program. The course utilizes didactic instructions and active participation to teach students foundational knowledge of the principles of first aid in a wilderness setting and application of that knowledge. Upon satisfactory completion of all requirements defined by ASHI for WFA certification, students will be issued documentation of certification.

Adventure Highlights

- 2 days/1 night
- Wilderness First Aid training
- All meals included
- Certification upon completion
- Hands-on learning

Travel Arrangements

Your adventure begins and ends at the Mountain Shepherd Lodge in Catawba, VA. The nearest airport is Roanoke (ROA), which is approximately a 30 minute drive time. Arrival time is by 8:00 am Saturday morning. The course concludes by 5:00 pm on Sunday.

Activity Level

Easy to Moderate

Students will be in the classroom about 50% of the time, and participating in scenarios outside the other 50% of the time. Students need to be able to bend down/rest on knees to be able to do a patient assessment. There will be opportunities to practice carrying a litter with a full-size adults in it. If you need accommodations, please let us know.

Who Chooses This Course

Outdoor and first aid experience levels do not matter. We have students with no experience, to occasional weekend hikers, to warriors of the wilderness. Everyone learns valuable information in this course. You will leave prepared to help yourself and others while on any adventure.

What's Included

Gear

The only required items are weather appropriate clothing and comfortable tennis/walking/hiking shoes or boots. You don't need to buy a thing. The equipment list includes gear you should always have with you on an outdoor adventure. Bring what you have or borrow from us. We have everything you'll need. It's best to borrow before you buy. Part of the training includes gear recommendations for your personal survival kit.

Meals

All meals and snacks are provided, with plenty of options and dietary accommodations available.

Overnight accommodations

Students can choose to overnight in a tent, hammock, or grab a bunk in our Lodge. Loaner gear such as tents, hammocks, and sleeping bags are available upon request.





WILDERNESS FIRST AID

PACKING LIST

- Seasonally appropriate clothes:
 - Good fitting and broken-in hiking boots/shoes
 - Hiking socks (wool or synthetic recommended)
 - Active T-shirt (synthetic or merino wool recommended—avoid cotton)
 - Lightweight insulating top layer (a light, long-sleeve synthetic fleece or wool shirt, sweater, or jacket)
 - Second insulating top layer (an additional synthetic, wool, or fleece shirt, jacket, or vest)
 - Consider a third, heavier insulating layer such as a puffy jacket or thicker fleece (not needed in summer)
 - Rain jacket (hood and ventilating zippers recommended)
 - Hiking pants (durable, quick drying synthetic pants are ideal)
 - Bottom base layer, e.g. midweight synthetic or merino wool long john pants (not needed in summer)
 - Warm winter hat and gloves or mittens (not needed in summer)
- Water Bottle – fresh drinking water for refills provided
- Optional Gear List:
 - Backpack
 - Sleeping Bag
 - Sleeping Pad
 - Pillow
 - Flashlight or headlamp
 - Knife – fixed and/or folding blade
 - Whistle
 - Signal Mirror
 - Cooking pot and utensils
 - Notepad/pen

DIRECTIONS

From the North: Interstate 81 South towards Roanoke, Va. Take Exit 141. Take a left at the stop light. The next light is Route 311. You'll see the Orange Market on the left. A BP and Subway on the right. Take a right. Follow Route 311 for 12 miles to a left on Route 621/Upper Craigs Creek Road. Follow Route 621 for 9.3 miles. Set your odometer, as it is a long and winding 9.3 miles to our sign on the right. Our property is lined with a brown wooden fence. Take the right on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the South: Interstate 81 North towards Christiansburg/Blacksburg, Va. Take Exit 118B US-11/US 460 towards Blacksburg. Follow US 460 approximately 15.8 miles to a right on Route 621/Craigs Creek Road. Watch for a brown Jefferson National Forest sign on the right. The right turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the West: Take 460 East to a left on Route 621. (If your GPS directs you to turn on Route 42, avoid it. You will end up on dirt road. Stay on 460 until you reach Route 621!) Watch for a brown Jefferson National Forest sign and a sign for Pandapas Pond on the right. The left turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the East: Travel to Interstate 81 and follow the directions above from the north or the south.

