



# IWLS

International Wilderness Leadership School

## Course Itinerary

*This is a flexible trip itinerary that shows the general progression of the trip. Our exact schedule will depend highly on the weather, strength of the group, and time of year.*

**Day 1:** Class will go from 8:00am to 5:00pm daily. Introduction/Registration; Infection control, CPR; Case studies.

**Day 2:** Anatomy & physiology; General concepts; ALS/BLS I; Patient assessment system; Case studies.

**Day 3:** Circulatory, respiratory systems; Fractures, dislocations; Stable injuries; Splints I - extremities; Case studies

**Day 4:** Nervous system, Spine injuries, Wounds, Burns, Principles of trauma, Splints II - spine, Emergency childbirth; Lifting, moving, extrication; Case studies.

**Day 5:** Quiz/Case studies; Toxins, bites & stings; Medical emergencies; Altitude or diving; Litter packaging and carries; Patient carries; Small group simulations.

**Day 6:** Hypothermia, frostbite & cold injury; Hyperthermia & heat illness; ALS/BLS II; Near drowning; Search and rescue; Simulation; Case studies.

**Day 7:** Lightning; Allergies & anaphylaxis; Backcountry medicine; Improvised litters; Simulation; Case studies.

**Day 8-9:** Overnight backpacking trip into the wilderness of southeastern Alaska. Night time scenarios, backcountry scenarios, and emergency management.

**Day 10:** Medical & legal issues; Personal preparedness; Final case studies; Final simulation; Final exam. We will depart for Haines in the afternoon. Students should plan on spending the night in Haines, and travelling the next day.

