

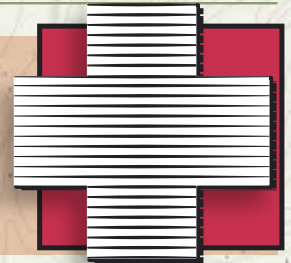


WILDERNESS SURVIVAL

PREPARE.
PRACTICE.
PREVAIL.

WILDERNESS FIRST AID

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.



FREQUENTLY ASKED QUESTIONS

What outdoor experience do I need to attend this course? This course is designed for Individuals who require or desire wilderness first aid knowledge and skills. For the outdoor enthusiasts, adventure guides, camp counselors and administrators, camp participants, park and forest rangers, and other occupations that work in a wilderness environment. Basic first aid knowledge is recommended but not required.

What is the age requirement of this course? This is a course for adults. Liability waiver is required.

What time does the course start and end? Unless otherwise scheduled, arrival time is by noon on the first day of training. Day 1: Noon -6pm Day 2: 8 am - 6 pm Day 3: 8 am - 1pm

Do I need to bring a friend? If you come alone, you are guaranteed to leave with new friends! Of course, your friends are always welcome - sign them up, too!

Is lodging available? If you prefer to travel on the day before the course starts, \$50 includes a bunk and breakfast. \$25 for each additional person in your group on the night prior to training. The cost is \$25 per person for each night during the training. Group, semi-private and private rooms are available on a first come first serve basis. You are also welcome to camp and use the shower facilities for \$10 per night.

What are my food options? Meals are available during the training. \$5 breakfast \$10 lunch \$15 dinner. You are welcome to bring your own food. Please let us know if you plan to purchase meals and if you have any special dietary needs.

What else do I need to know? Some of the practical training is taught and tested outside. Please dress weather appropriately. The zip code to watch the weather is 24070.

Required textbook:

ASHI Wilderness First Aid Student Handbook \$20

ISBN: 978-936515-05-9

Product Code: BKWFA-10N

Available at: <http://hsi.com/program-catalog/>

Requirements for Successful Completion

1. Written Exam: Achieve a score of 77% or better on written exam covering core knowledge.

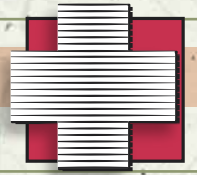
2. Performance Evaluation: Perform all core skills competently and without assistance.

After successful completion of all requirements, an ASHI Wilderness First Aid certification card will be issued for a fee of \$8.00. Certification is good for 2 years.

What should I leave at home? Hatchets, machetes, firearms, drugs and alcohol.

MOUNTAIN SHEPHERD.COM

INFO@MOUNTAIN SHEPHERD.COM • 434-238-4094



DIRECTIONS

Please keep a copy of the directions with you when you travel. Technology does not serve our area well and often sends drivers the long way, the wrong way, or to a completely different location. If your schedule allows, travel during daylight hours. The views are spectacular!

From the North: Interstate 81 South towards Roanoke, Va. Take Exit 141. Take a left at the stop light. The second 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 and a subdivision, Foxfire, on the right. Our sign is tilted a bit in the other direction. 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 and a subdivision, Foxfire, on the right. Our sign is tilted a bit in the other direction. 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 directions above from the north or south.

