

MEDIC

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Greetings, welcome, and thank you for registering for the [MEDIC SOLO Disaster + Travel + Wilderness First Aid course](#), a [Walkabout Outfitter](#)-sponsored community event.

Charitable donation: Walkabout Outfitter and MEDIC will donate to [Blacksburg Volunteer Fire Department](#), 10% of course proceeds.

Please note that ***on-time* 100% attendance is required for certification, 8:30am – 6:30pm or 7pm each day. If you tend to arrive late to things, please plan to arrive early.** Additional note: there will be a little bit of homework on Saturday eve (~10 to 30 mins).

*** Required Clothing and Equipment *** *Please bring into class first thing Saturday morning – don't leave in car*

- Wear outdoorsy clothing (or gardening clothing for those who aren't hikers etc.) which:
 1. is appropriate for the forecast weather (non-cotton if rain – we still will be outside a lot), and
 2. *you do not mind getting dirty, stained, or possibly torn. (Same goes for equipment listed below.)*
- Rain gear tops and bottoms if it might rain
- Disaster-interested folks: find and bring things from home to use as stiff elements in splint-making, something(s) around the length of a forearm and something(s) longer than a leg such as a shovel, hoe, broom, hockey stick, etc. Blankets and/or sleeping bags will be great, too, as well as an old sheet to cut up, and shears.
- Adventurers: bring stiff elements (hiking / ski poles, canoe / kayak paddles, wood branches, etc.)
 - o People recertifying W.F.Responder *must* bring rigid element at least as tall as shoulder, not trekking pole.
- Adventurers: bag with full set of your equipment. Backpackers: fully packed backpack as if you were going out on a weekend trip, to innovate & practice splint & other first aid improv using your own gear. Ditto climbers, etc.
- Extra clothes (such as what you'd bring camping) you don't mind getting dirty, for your use in padding splints
- Old clothes, an old bedsheet, or rope which you don't mind cutting up to make ties for splints, and scissors/knife
- Sleeping pad (Thermarest, etc.) or yoga mat if you have either of these
- Sunscreen, sun glasses, bug spray if desired
- Water bottle
- Lunch for each day** – for max education time, lunches (12.30pm or 12:45pm) are ~25 mins – no time to go out.
- Snacks
- Mug and spoon (for the hot water / hot chocolate / coffee / tea while it lasts)
- Digital watch, or watch which has a seconds hand
- Pen / pencil, and paper or notebook. Some people feel that note-taking room in the course textbook is limited.
- Course book(s) if you received it in advance (or if you took the course before and still have the book)
- Optional: something (used Tyvek envelope?) to keep textbook (9"x11") dry/papers not blown away while outside.
- Optional: checkbook in case you might like to buy some unique, hard-to-find first aid items available in class (first aid guidebook size of a thick credit card, proven-best bug sprays and shears, splints, cravats, care-giving steps and survival steps bandanas, dWFA patch for backpacks etc., smallest keychains with non-latex med gloves and CPR face shield inside, world's-best WFResponder textbook)

Course Location: Blacksburg Fire Station #3, 407 Hubbard Street, Blacksburg, VA

Map and Directions: Enter the address you're coming from at <http://goo.gl/maps/iQTCB>

Cancellations & refunds: as noted in the registration form, the course fee is refundable (1) if you did not request the book to be shipped in advance [in which case, course fee is not refundable in whole or part], AND (2) you cancel ten days or more in advance, AND (3) the instructor is able to find a replacement for your spot (dropping out affects the learning of other students – when it comes to scenarios, an absence causes an odd number of students, making for incomplete scenario learning experiences). If you need to cancel fewer than ten days in advance, notification as soon as possible will be most appreciated; the instructor will try to work with you and find a replacement, however it may be too late. If a charge card payment is refunded, \$6 will be retained to cover the commission the charge card company ate.