

## MEDIC

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Greetings, welcome, and thank you for registering for the [MEDIC SOLO Disaster + Travel + Wilderness First Aid course](#).

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: seat cushion (prior participants recommend this as the chairs are hard)
- 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.

**Course Location:** HI Richmond Hostel / Hostelling International (HI) Richmond: 7 North Second Street, Richmond, VA

**Bike** to class! HI Richmond Hostel has a nice inside bike rack.

**PARKING / Map / Directions / WALKING TO CLASS (4 BLOCKS) / Finding our Classroom:**

Drivers: **PLEASE LEAVE AT LEAST 15 MINUTES TO HUNT AROUND FOR A SPOT, PARK, AND WALK TO CLASS.**

NOTE that while some of Second Street is 2-way, north of Cary Street IT'S 1-WAY (NORTH-DIRECTION ONLY).

*Option A:* Find a street spot which doesn't say "No Parking," and which doesn't have a weekend restriction for parking. A sign which for example says "3 hour limit" without specifying which days of the week, is unlimited free weekend parking. [Reference](#).

*Option B:* There are zero parking restrictions in the following area (though check for any new street signs to be sure): park about 4 blocks South of the course location, on the East side of 2<sup>nd</sup> street, between Spring Street and Brown's Island Way, location shown as the bottom point of the walking directions shown on this map: <https://goo.gl/maps/22sacWkNUTo>. Follow the map's walking directions, 4 small blocks (10 minutes) north on Second Street to HI Richmond Hostel on the right.

**DISCOUNTED LODGING:** On-site, there are nice, clean & neat new dorms with lockers, and **nice spacious private rooms with en-suite bathrooms** one can stay in if available; all include breakfast. [Consider treating yourself to a fun and relaxing stay there](#) instead of having to drive 30+ minutes to sleep for the night (especially Saturday night, since our course days are long). Perhaps you and some of your classmates will like to cook dinner together, or go to a nearby restaurant together, or walk 20 minutes to [Bottoms Up Pizza](#) for incredibly delicious pizzas, awesome salads, a wide variety of craft beers on tap, and more.

**Lodging Discount Deal:** dorm beds just \$25/night, or private en-suite rooms just \$75/night, only if you ask for the deal by emailing Manager Ethan at [GM.Richmond@hiusa.org](mailto:GM.Richmond@hiusa.org)

**Meals and Kitchen:**

The hostel has a nice, full kitchen which you're welcome to use; in fact the manager specifically warmly welcomes us to use it and the lounge in part because he wants to encourage fun interaction between traveling hostel guests and our classmates.

Breakfasts food is served to (and included for) hostel lodging guests only – not for us if we're not lodging there.

Note that our lunches are short (~25 minutes) and if everyone brings microwaveable lunches, there won't be enough time for everyone to heat up their lunch.

**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.