

MEDIC

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Thank you for registering for the [MEDIC SOLO Disaster + Travel + Wilderness First Aid](#) course, a [Great Outdoor Provision Co.](#)-sponsored community event.

Charitable donation: GOPC and MEDIC will donate 10% of the course proceeds to [Lynnhaven River NOW](#), a 501(c)(3) nonprofit organization.

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 their W.F.Responder *must* bring a rigid element that's at least as tall as your shoulder.
- 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
- 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.
- 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: checkbook in case you might like to buy some unique, hard-to-find first aid items available in class.

Course Location and Map: **Auditorium** at [Brock Environmental Center](#) (*one of the world's greenest buildings!*)
3663 Marlin Bay Drive, Virginia Beach, VA 23455. SEE CRITICAL PARKING & WALKING INFO BELOW.

Directions: *Option A:* see <http://www.cbf.org/about-cbf/offices-operations/brock-center/directions>
Option B: enter the address you're coming from, on this web page: <https://goo.gl/maps/d3q1nCd3y6K2>

Parking: PLEASE BUDGET +5 MINUTES TO WALK TO CLASS WITH ALL OF YOUR EQUIPMENT / SUPPLIES. SEE THE "PARKING" DESCRIPTION AND MAP AT THE BOTTOM OF THIS WEB PAGE. TAKE NOTE OF THE PATH ON WHICH TO WALK TO CLASS as mentioned in the "Parking" section of that web page.

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.