



# Wilderness Upgrade for Medical Professionals

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## COVID-19 Testing Requirement

In order to participate in this NOLS Wilderness Medicine course, upon arrival you must provide proof of a negative [COVID-19 test](#) administered no more than 5 days prior to the course start date. For more details, please review the COVID-19 Testing Section of the [NOLS Wilderness Medicine COVID-19 Disclosure, Practices, and Expectations for Students](#)

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## Course Overview

The Wilderness Upgrade for Medical Professionals (WUMP) course is a nationally recognized program that trains urban caregivers to respond to medical emergencies in remote settings. This 48-hour course is ideal for Emergency Medical Technicians (EMTs), paramedics, nurses, physicians, and other medical professionals.

You'll learn to apply your urban healthcare care knowledge to the wilderness through case studies and practical scenarios with mock patients. Our seasoned instructors will guide you through five days of intense, hands-on learning to make sure you are prepared in the wilderness.

**Successful course completion will earn the following NOLS Wilderness Medicine certifications:**

- Wilderness First Responder or Wilderness EMT\*
- Epinephrine Auto-injector

*\*The course will upgrade current US State or National issued EMT certifications to a Wilderness EMT.*

## Class Format

Check-in is between 7:30 am and 7:45 am on the first day. On subsequent days, please plan on arriving by 7:45 AM. Course days run from 8:00 AM to 5:00 PM with an hour-long break for lunch at noon, with two additional evening sessions.

The class format involves lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground while playing the role of both rescuer and patient. Stage (moulage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of indoor comfy shoes. A 4-hour evening, outdoor mock rescue is part of the curriculum. Plan to dress accordingly for spending an evening outside.

## Course Logistics

For registration, travel, and logistics information specific to a course, please reference the Student Logistics document.

## Curriculum

Our curriculum has been developed and has evolved over decades by medical professionals and experts in outdoor education. Our instructors are expert educators with years of medical and wilderness leadership experience. Please see the [WUMP Course Outline](#) for an overview and schedule of topics covered during your course. You can [read more about our curriculum on the NOLS website](#) as well as view [other curriculum resources here](#).

## Testing

Along with continuous evaluation and feedback from your instructors throughout the course, each student will be required to pass both a written and practical exam on the last day of the course. The practical exam will require students to demonstrate the skills they have learned throughout the course and the written exam will be multiple choice. Your instructors can provide more info on testing procedures on the first day of your course if needed.

## What to Bring

- Notebook and pencil or pen
- A minimum of 2 face masks, these need to be changed and/or cleaned daily
- Outdoor work gloves (gardening, leather, or canvas)
- Personal bottle of hand sanitizer
- Watch with a second hand or digital second
- Sunglasses and/or protective eyewear
- Water bottle
- Light day pack
- Headlamp
- Waterproof outerwear—top and bottom
- Light hiking boots or sturdy shoes
- Clothing layers that allow you to be comfortable in a variety of weather conditions, including a hat

### Optional:

- Slippers or comfortable shoes for classroom time
- Camp chair for classroom time
- Clipboard or hard surface to write on

*\*Both texts: "NOLS Wilderness Medicine, 6th Edition" and the Wilderness First Responder handbook will be provided on day one. You **do not** need to read or purchase these ahead of time.*

## NOLS Wilderness Medicine Student Agreement

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights.

Bring this two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

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## COVID-19 Practices and Policies

In order to participate in this NOLS Wilderness Medicine course, upon arrival you must provide proof of a negative [COVID-19 test](#) administered no more than 5 days prior to the course start date. COVID-19 PCR tests are preferred, but COVID-19 Antigen tests are acceptable. The results of a COVID-19 antibody test are **not** acceptable. Students who arrive without proof of a negative test result will not be allowed to participate in the course. For more details, please review the COVID-19 Testing Section of the [NOLS Wilderness Medicine COVID-19 Disclosure, Practices, and Expectations for Students](#).

To help mitigate the spread of COVID-19 in our classrooms, NOLS has instituted a set of policies regarding the use of personal protective equipment (masks, gloves, etc) and hygiene practices that all students and staff must follow. [These policies can be read here](#). Please review this document ahead of your course. Willful failure to comply with these practices could result in dismissal from your course.

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Please follow the links below to the NOLS website for overviews of other pre-course planning resources:

[College Credit](#)

[Continuing Education](#)

**Recertification Policies**

**Alcohol, tobacco, and firearm policies**

**Scholarships and financial aid**

**Pets and service animals**

**Essential Eligibility Criteria**

**Minimum age requirements**