

August 2016

University of Colorado Pre-Med

Program Details

1. **Start** – We will start the program on August 7, 2016 at 5 pm at Cherry Creek State Park in Aurora (South Denver) with a barbecue, introductions, and orientation to the class. For those staying at the Radisson (see below), the barbecue will be in walking distance.
2. **Flights** – For those flying in please plan on **Denver arrivals by 2 pm on the 7th**. We will get you back to the airport in time to make flights departing starting at 12:00 noon or after on the last day of the program, the **19th**.
3. **Accommodations** – We recommend that participants stay at the Radisson, close to our Anschutz Medical Campus (AMC), where most first week programming will take place. The Radisson provides free airport shuttle and a free shuttle to AMC. They are also on the light rail line. Cost is \$86 per night per room, or only \$43 per participant for a shared room, plus tax. **Participants are responsible for booking their own rooms**. To book the special \$86 rate that has been negotiated for program participants, call 720-857-9000 and mention you are with Colorado Wilderness Medicine. You will want hotel rooms for the nights of **August 7th through the 13th (check out on the 14th)**. More about the hotel can be found at <http://www.radisson.com/aurora-hotel-co-80014/usadsc>.
4. **Roommates** – For students looking to save money or who simply want to make a new best friend, we recommend seeking a roommate. **To find a roommate**, please go to <https://www.facebook.com/groups/1579438425631089/>.
5. **Transportation** – For those staying at the Radisson there is a free shuttle to and from the airport and the Anschutz Medical Campus (AMC). If coming from driving distance, participants are encouraged to bring their own cars. Parking is free at the Radisson and limited free parking is available at AMC. Participants are responsible for getting to and from the nearby fire stations where they are doing their evening EMS ride-along. For this they will need their own transportation, arrange carpooling with a fellow participant, or arrange for a taxi ride. **It is recommended that participants bring \$50-100 for local transportation costs** (taxi, gas money, and/or light rail). Transportation is provided from the Radisson to the camp and from the camp to the Denver Airport and back to the Radisson.

6. **Food** – Morning coffee, snacks, and lunches are provided. A barbecue dinner is provided the first night in Denver. Participants are responsible for all other dinners the first week. There is a restaurant at the Radisson, or students can eat near campus or take the light rail downtown. All meals are provided during the second week at camp. While we cannot meet every individual dietary preference or need, we will work with you to do our best.
7. **Dress** – Dress for the in-town portion of the program is business casual: button down shirts or blouse, slacks, skirts, or dresses, comfortable closed-toed shoes. Jeans are not allowed for Emergency Room shadowing and EMS ride alongs. You will be a hands-on learner (bending, lifting, being a “patient,” etc.) during the week; bring clothing that allows for active movement. Participants will also need a watch, pen or pencil, and small notebook at all times. Please see below for the second week’s clothing list.
8. **Luggage** – Please limit the amount of luggage, as there will be limited room for it on the bus to and from the Camp.
9. **Curriculum and Schedule** – The curriculum is rich and diverse, with expert medical school faculty delivering the majority of lectures and workshops. Because they are top doctors, and emergency care providers, finalizing their schedules is very difficult and always results in last minute changes. **Thus, we do not publish a “final” schedule until Day One of the program**, and even then it is very subject to modification. In the big picture, most days—both in town and at Camp—will go 8 or 9 am to 5 pm with a mixture of lectures and hands-on workshops. **This is a very intense program (similar to med school!) so please be ready to learn for a solid 8 hours a day, and then some.** You will get your money’s worth! Each participant will have a chance to shadow for one two-hour block in the Emergency Department (in the evening) and to do one approximately five-hour long EMS ride-along with a local fire department.
10. **CPR Certification** - There will be optional CPR certification class one of the evenings of the program. This is already included in the cost.
11. **Social and Recreational Activities** –On the first week of the class, we elect a social committee who helps plan activities in the evening. If you are a local Colorado resident or have lots of ideas, consider volunteering! Also for our budding photographers, we are always looking for a course photographer/videographer. Additionally the Radisson is adjacent to the cherry creek reservoir start park with running trails, a lake and extensive open space.
12. **Emergency Contacts** – Please hang on to and share the following *emergency* contact info with family and/or friends. As always, in case of an immediate emergency, call 911.
Radisson: 720-857-9000
AO Camp: 720-249-2997 (best while at camp as cell phone coverage is very spotty)
Anschutz Medical Campus Police: 303-724-4444

At any time: 607-592-5224 (Todd Miner) or 202-423-3861 (Amanda Bond) or 917-861-0272 (Dr. Jay Lemery)

- 13. Optional WFR** – For those who are interested there is the opportunity to earn optional Wilderness First Responder (WFR) certification. To earn the certification hands-on skills demonstration and a written final are required.
- 14. Camp** – The second week of the program will take place at Camp Granite Lake overnight facility at 9000 feet in the Rocky Mountains, just west of Boulder. **We will provide transportation there on August 14th and back (to the airport or Radisson) on August 19th.** The camp is a typical summer camp with male and female dorm rooms in the main lodge where we will be staying. Linens are provided and showers are available. Clothing for camp is informal (jeans, shorts, sweatshirts, tennis shoes, etc.). At the camp we will continue with lectures but mostly we'll be doing hands-on skill development, practice, and scenarios. The camp has limited cell phone coverage and wireless. For more information visit <http://campgranitelake.com/our-programs/>
- 15.**
- 16. Backpacking** – For all or parts of three days we will be backpacking on the Camp property. Distance covered will be minimal (< 2 miles each way); the goal is not to provide a survival experience but rather a pleasant, but authentic backcountry experience in which to teach wilderness medicine. No experience is needed. A clothing and gear list is below. August in the Rockies is normally hot (70 to 80 degrees F.) during the day and cold to cool (40-60 degrees F.) during the night.

17. Clothing List for Camp/Backpacking Portion of Program

Underwear
 Socks, 3 pair, wool or synthetic (sports or hiking socks, not dress socks)
 Hiking shoes - sturdy walking shoes, heavy duty tennis shoes, or hiking boots
 Tennis shoes or other lightweight comfortable shoes with closed toes (not sandals)
 Sandals (optional)
 Shorts, 2 pairs
 Long pants, synthetic or wool (not cotton, not jeans)
 T-shirts (optional)
 long underwear top (synthetic or wool)
 Long sleeve shirt, synthetic or wool
 Short sleeve shirt
 Light jacket or heavy sweater
 Raincoat (waterproof), with hood; must fit over jacket or sweater
 Sun hat (baseball hat or other large brimmed hat to protect from sun)
 Ski hat or other warm hat to keep head warm

18. Camping Gear and Other Incidentals for Camp/Backpacking Portion of Program

Eating utensils (spoon, fork, knife)
 Cup, plate (optional), and bowl, lightweight, unbreakable plastic or metal
 Water bottle, at least one quart (liter) capacity
 *Backpack, at least 5000 cubic inches (available to rent)
 *Sleeping bag; must fit in backpack, rated to 20 degrees or warmer (available to rent)
 *Sleeping pad (available to rent)
 *Headlamp; flashlight will do, but headlamp much better (available to rent)
 * Crazy Creek type camp chair (optional and available to rent)
 Pocket knife (folding, blade should not be longer than 3-4 inches)
 Lighter (can be checked in luggage)
 Watch
 Small notebook and writing instrument
 Sun block (~30 SPF)
 Chapstick (at least 12 SPF)
 Sunglasses
 Personal prescriptions
 Extra glasses (if vision correction is needed) and extra contacts (if worn)
 Toiletries (in small quantities as will have to be carried and fit in pack)

19. Gear Rental – The gear listed below is available for rental, and at the minimum, you will need a 5,000 cubic inch backpack and a sleeping bag rated 20 degrees F. If you didn't rent gear at the time of registration, **please contact Amanda Bond at Amanda.e.bond@ucdenver.edu with what you'd like to rent.** The credit card on file will be charged. **Gear reserved after August 1st will result in a \$5 per item surcharge** and we can make no guarantee it will be available.

Backpack – \$20
 Sleeping Bag – \$20
 Sleeping Pad – \$10
 Headlamp – \$10
 Crazy Creek type camp chair - \$10 (optional)

Thank you very much for reading through this information. If there are any questions, please reach out to us at todd.miner@ucdenver.edu. We are really looking forward to meeting and teaching you in the upcoming months!