

These FAQs are relevant only to the programs taking place in Colorado in January, May-June, & August.

1. **Registration** - The classes fill quickly so early registration is strongly recommended. Payment, either in full or with just a deposit, is required at the time of registration. The program is open to all undergrads and recent grads, including out of state and international participants. There is a small administrative fee for drops that occur more than 60 days prior to the start of a session, and more significant fees for drops after that, so please read the refund policy carefully.
2. **Setting** - The first week of the program is held at the University of Colorado School of Medicine's Anschutz Medical Campus (AMC) in Aurora, a suburb of Denver. The second week is held Camp Granite Lake, at 9,000 feet in the Rockies, a bit west and halfway between Golden and Boulder. Transportation is provided to and from the Camp.
3. **Arrivals** – Participants need to be at the orientation location for the start of the program no later than 4:00pm MT on Day One. A light dinner will be provided that evening.
4. **Flights** – For those flying in please plan on Denver arrivals by 2pm MT on Day One. At the conclusion of the program, we will get you back to the airport in time to make flights departing after 12 noon MT on the last day of the program.
5. **Miscellaneous Expenses during Week One** – During the first week of the program, you will be provided daily continental breakfast and lunch. You are responsible for your accommodation and your dinner. All room and board are covered during the second week of the program. Please budget approximately \$400 for these out-of-pocket costs.
6. **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 free shuttle to the AMC. They are also on the light rail line. Cost is \$90 per night per room, or only \$45 per participant for a shared room, plus tax. Participants are responsible for booking their own rooms. To book the special \$90 rate which has been negotiated for program participants call 720-857-9000 and mention you are with Colorado Wilderness Medicine. More about the hotel can be found at <http://www.radisson.com/aurora-hotel-co-80014/usadco>.
7. **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 join our Pre-Med Facebook group: <https://www.facebook.com/groups/1579438425631089/>
8. **Denver 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 EMS ride-along. For this they will need their own transportation, arrange carpooling with a fellow participant, or arrange for a taxi/Uber/Lyft 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.

9. **Food** – Morning coffee/tea, snacks, and lunches are provided. 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. Please contact Marisa Burton at marisa.burton@ucdenver.edu if you have special dietary issues (including if you are pescatarian/vegetarian/vegan) or if you need any type of medical accommodation.
10. **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. You may be going outside on the grass and/or walking some distance so heels are not recommended. Jeans are not allowed for Emergency Room shadowing nor for EMS ride-alongs and are frowned upon for classes. You will be a hands-on learner (bending, lifting, being a “patient,” etc.) during the week; bring clothing that allows for active movement. If you would like examples of what you will be doing during class and at camp and how other students have dressed please review the gallery of photos at our Flickr webpage (<https://www.flickr.com/photos/133284509@N07/sets/72157654610747225>). Participants will also need a watch, pen or pencil, and small notebook at all times. See below for the second week’s clothing list.
11. **Luggage** – Please limit the amount of luggage as there will be limited room for it on the bus to and from the Camp.
12. **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, 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 will go 8 am to 5 pm with a mixture of lectures and hands-on workshops. Because we want to provide for you a rich and robust introduction to emergency and wilderness medicine the schedule is intense (a great introduction to medical school!). Please be ready for long days and rigorous learning.
13. **Outside of Class Learning** – In addition to the 8-5 classroom learning you will have the opportunity to shadow in the Emergency Department and to do an EMS ride-along. The shadowing will be with an attending physician for a two-hour block in the Emergency Department, in the evening after class. The EMS ride-along will be with a local fire department and be for a four hour block, most likely during class time.
14. **CPR Certification** - There will be optional CPR certification class one of the evenings of the program. Certification is through the American Heart Association. More about this will be shared at the Day One orientation.
15. **Evening Social and Recreational Activities** – Participants are responsible for their own social and recreational activities on in-town evenings when not participating in outside of class learning experiences. Light rail connects the Radisson to downtown where there are numerous restaurants, movie theaters, etc. In the past, participants have caught a ball game, rented bikes, explored the trails of nearby Cherry Creek Reservoir Park, or explored downtown Denver.
16. **Optional WFR** – For those who are interested there is the opportunity to earn optional Wilderness First Responder (WFR) certification. To do so we may have several evening lectures/practices to ensure total coverage of the WFR curriculum. Also, to earn the certification hands-on skills demonstration and a passing (70%) grade on a written final are required.
17. **Camp** – The second week of the program will take place at Camp Granite Lake’s overnight facility at 9,000 feet in the Rocky Mountains, just west of Boulder. We will provide transportation there and back to the airport or Radisson on the final day. 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. Bringing one's own musical instrument is encouraged; canned music and ear buds are discouraged. Ear buds and/or canned music are not permitted while backpacking. The camp has limited to no cell phone coverage and wireless. For more information about the camp visit <http://campgranitelake.com/>.

18. **Backpacking** – For 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 an authentic backcountry experience in which to teach wilderness medicine. No experience is needed, just a positive attitude about learning and experiencing. Because we seek to provide a true wilderness experience in which authentic wilderness medicine learning can take place, **conditions can vary from very pleasant to downright windy, wet, and cold.** A clothing and gear list is below. Summer in the Rockies is normally warm to hot (60-80 degrees F.) during the day and cool to warm (40-60 degrees F.) during the night.

12. **Clothing List for Camp/Backpacking Portion of Program** – Cotton is not recommended for the backpacking portion of the program as if one gets wet cotton dries very slowly and provides very little warmth. Instead wool or synthetics (Under Armour, polyester, or fleece for instance) are best. A good raincoat with hood is indispensable.

- 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)
- Shorts, 2 pairs (for May-June & August programs)
- Long pants, synthetic or wool (not cotton, not jeans)
- T-shirt (optional)
- long underwear top (synthetic or wool)
- Long sleeve shirt, synthetic or wool
- Short sleeve shirt, ideally wool or synthetic
- 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
- Waterproof Gloves (for January program)
- Winter Jacket (for January program)
- Ski pants (for January program)

13. **Camping Gear and Other Incidentals for Camp/Backpacking Portion of Program** - We will provide all group equipment including tents, tarps, stoves, cooking gear, first aid kits, etc. Participants are responsible for their own personal gear, listed below. Critical personal backpacking equipment is available to rent. Participants are welcome to bring their own tents, stoves, or other group equipment if they would like.

- Eating utensils (spoon, fork, knife)
- Cup, plate (optional), and bowl
- Lightweight, unbreakable plastic or metal water bottle, at least one quart/liter capacity
- Small day pack (book bag, drawstring bag, or large fanny pack)
- ***Backpack, at least 5000 cubic inches**
- ***Sleeping bag; must fit in backpack, rated 20 degrees or warmer**
- ***Sleeping pad**

- **Headlamp; flashlight will do, but headlamp much better*
- **Crazy Creek type camp chair (optional)*
- Pocket knife or small sheath knife (blade should not be longer than 3-4 inches)
- Lighter
- Watch
- Small notebook and writing instrument
- Sun block (30 SPF or higher)
- Lip Balm (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)
**available to rent*

19. **Gear Rental** – The personal gear listed below is available for rental on the registration page. Gear will be issued at camp the day before the backpacking portion of the program. Please do not contact the camp for gear rental. **Gear reserved after the deadline will result in a \$5 per item surcharge and we can make no guarantee it will be available.** Gear available for rent is listed below.

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