

August 2017

University of Colorado Pre-Med Program

Program Details

1. **Start** – We will start the program on August 6 at 4:30 pm on the Anschutz Medical Campus, in building **Education 2 South, Room 2201, located at 13121 E. 17th Ave, Aurora, CO 80045** with introductions, orientation to the class, and light dinner. For those staying at the Doubletree (see below), there will be a shuttle departing the hotel at 4:00 pm.
2. **Flights** – For those flying in please plan on Denver arrivals by 2 pm on August 6th. We will get you back to the airport in time to make flights departing after 12 noon on the last day of the program, August 18th.
3. **Accommodations** – We recommend that participants stay at the Aurora/Denver Doubletree by Hilton, close to our Anschutz Medical Campus (AMC), where most first week programming will take place. The Doubletree provides free airport shuttle and a free shuttle to AMC. They are also close to the light rail line. **Participants are responsible for booking their own rooms.** To book the special rate which has been negotiated for program participants call 303-337-2800 and mention you are with Colorado Wilderness Medicine. You will want hotel rooms for the nights of August 6th through August 12th (check out on August 13th). More about the hotel can be found at <http://doubletree3.hilton.com/en/hotels/colorado/doubletree-by-hilton-hotel-denver-aurora-DENITDT/index.html>.
4. **Roommates** – For students looking to save money or who simply want to make a new best friend, we recommend seeking a roommate. While we cannot make guarantees, we will try to help you find a roommate. To connect with other students and to find a roommate, please visit our Facebook page at the following link: <https://www.facebook.com/groups/1579438425631089/>
5. **Transportation** – For those staying at the Doubletree 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 Doubletree 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/Uber 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 Doubletree on the afternoon of August 13th, up to the camp, and from the camp on August 18th, to the Denver Airport and back to the Doubletree.

6. **Food** – Morning coffee, snacks, and lunches are provided. A light dinner is provided the first night in Denver. Participants are responsible for other dinners the first week. There is a restaurant at the Doubletree, 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 Breanna McKercher at Breanna.mckercher@ucdenver.edu if you have special dietary issues.** There will always be a vegetarian option (assuming we have any vegetarians in the program).
7. **Dress** – Dress for the in-town portion of the program is business casual: button down shirts or bloused, slacks, skirts, or dresses, comfortable closed-toed shoes. Jeans are not allowed for Emergency Room shadowing 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. Participants will also need a watch, pen or pencil, and small notebook at all times. Please refer to the packing list 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, 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 covered in the cost of tuition. More about this will be shared at Day One orientation.
11. **Social and Recreational Activities** – Participants are responsible for their own social and recreational activities on in-town evenings when not shadowing or doing EMS ride-alongs. The light rail connects the campus to downtown where there are numerous restaurants, movie theaters, etc. In the past, participants have also done bike riding and/or caught a ball game.
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.
Doubletree 303-337-2800
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 765-210-5664 (Breanna McKercher), or only if absolutely necessary you can contact Dr. Jay Lemery at 917-861-0272.

13. Optional WFR – For those who are interested there is the opportunity to earn optional Wilderness First Responder (WFR) certification. This is covered in the cost of tuition. To do so we will have several evening lectures/practices to ensure total coverage of the WFR curriculum; required for WFR certification. Also, 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 at 9000 feet in the Rocky Mountains, just west of Boulder. We will provide transportation there on August 13th and back (to the airport, then to the Doubletree) on August 18th. 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, please visit <http://campgranitelake.com>.

15. 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. Please refer to the packing list for details on required clothing and gear. August in the Rockies is normally warm to hot (60-90 degrees F.) during the day and cold to cool (40-60 degrees F.) during the night.

16. 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

17. 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 for \$15)

*Sleeping bag; must fit in backpack, rated to 30 degrees or warmer (available to rent for \$20)

*Sleeping pad (available to rent for \$10)

*Headlamp; flashlight will do, but headlamp much better (available to rent for \$10)

* Crazy Creek type camp chair (optional and available to rent for \$10)

Pocket knife (folding, blade should not be longer than 3-4 inches; either bring in checked luggage or buy in Denver)

Lighter

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). Camp can be windy and dusty so glasses are an important back-up to contact wearers!

Toiletries (in small quantities as will have to be carried and fit in pack)

18. Gear Rental – The gear listed below is available for rental. Gear will be issued at camp the day before the backpacking portion of the program. We recommend that you rent gear by August 1st in order to guarantee that gear will be available.

Backpack – \$20

Sleeping Bag – \$20

Sleeping Pad – \$10

Headlamp – \$10

Crazy Creek type camp chair - \$10 (optional)

All four of the required items can be rented for \$45

To make a gear rental reservation, please visit our gear rental webpage at the following link:

<https://coloradomn.regfox.com/gear-rental-and-merchandise>