

**University of Colorado School of Medicine**  
**Pre-Med Wilderness & Emergency Medicine**  
**Costa Rica**  
**July 2019**

*Subject to change due to academic progress, weather, and/or conditions*

**Day One – 7/26: Friday - Participant Arrival and Travel to Hacienda Baru**

11 am -1 pm Arrive San Jose International Airport  
1-5 pm Drive to Hacienda Baru  
5-6 pm Get Settled in Cabins  
6-7 pm Dinner  
7-8 pm Program Orientation, Overview, Paperwork, Introductions  
8 pm Optional Night Hike

**Day Two – 7/27: Saturday**

8-9 am Breakfast  
9-10 am Wilderness Medicine  
10-11 am Assessment  
11-12 noon Drowning  
12 pm Lunch  
4-5 pm Patient Movement  
5-6 pm Wounds and Burns  
6 pm Dinner  
7-8 pm Emergency Medicine  
8 pm Optional Night Hike

**Day Three – 7/28: Sunday**

6-9 am Natural History Tour  
10-11 Infectious Diseases  
11-12 noon Leadership  
12 noon Lunch  
4-6 pm Orthopedics: Sprains, Dislocations, Strains  
6 pm Dinner  
7-8 pm Respiratory System  
8 pm Optional Night Hike

**Day Four – 7/29: Monday**

6-9 am Tree Top Canopy Tour and Zip Line  
10-11 am Cardiac and Chest Issues  
11-12 noon Scenarios  
12 noon Lunch  
4-6 pm Wounds,, Burns, & Wound Care  
6 pm Dinner  
7-8 pm Head Injuries  
8 pm Optional Night Hike

**Day Five – 7/30: Tuesday**

9-10 am Spine Assessment and Improvised Stabilization  
10-11 am Abdominal Issues  
11-12 am Scenarios  
12 noon Lunch  
4-5 pm Heat Injuries  
5-6 pm Bites & Stings  
6-7 pm Dinner  
7-8 pm Lightning Cold Injuries  
8 pm Optional Night Hike

**Day Six – 7/31: Wednesday**

9-10 am Water Treatment  
10-11 am Head Injuries and Altered Mental Status  
11-12 noon Spine Injuries  
12 noon Lunch  
4-6 pm Scenarios  
6 pm Dinner  
7-8 pm Cold Injuries

**Day Six – 8/1: Thursday - Classes**

9-10 am Survival  
10-12 Litters and Carries  
12 noon Lunch  
4-6 pm Scenarios  
6 pm Dinner  
8 pm Optional Night Hike

**Day Seven – 8/2: Friday**

8-9 am Drive to Put-In  
9-10 am Whitewater Safety and Rescue  
10-2 pm Whitewater Rafting, Lunch, & Scenarios  
3-4 pm Drive Back to Hacienda Baru  
6 pm Dinner  
7-8 pm Altitude  
8 pm Optional Night Hike

**Day Eight – 8/3: Saturday**

2-4 pm Scenarios  
4-4:45 pm Final Preview  
4:45-5:30 Final  
5:30-6 pm Final Review  
6 pm Dinner  
7 pm Graduation  
8 pm Optional Night Hike

**Day Nine – 8/4: Sunday**

8-12 noon Bus Back to San Jose International Airport

2 pm

(And onward) Flights back home