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

Day One – 5/11: Saturday - Student Arrival and Travel to Hacienda Baru

9-11 am  Get snacks for bus ride, last minute supplies
11 am -1 pm  Arrive San Jose International Airport
1-5 pm  Drive to Hacienda Baru
5-6 pm  Get Settled in Cabins
6 pm  Dinner
7-8 pm  Program Orientation, Overview, Paperwork, Introductions
8-9 pm  Emergency Medicine
9-10  Optional Night Hike


7-8 am  Breakfast
8-9 am  Wilderness Medicine
9-11 am  Assessment (Scene, Primary, Secondary)
11-12 noon  Drowning
12 noon  Lunch
3-4:30 pm  Leadership and Patient Movement
4:30-6 pm  Bites & Stings
6 pm  Dinner
7-10 pm  CPR (optional)

Day Three – 5/13: Monday - Traumatic Disease

6-9 am  Natural History Tour (1/2 the class)
6-9 am  Flight of the Toucan Tree Top Canopy Tour (1/2 the class)
9 am  Breakfast
10-11:30 am  Trauma: Orthopedics & Splinting
11:30-1 pm  Wounds and Burns
1 pm  Lunch
3-4:30 pm  Trauma: Head and C spine Injuries
4:30-5:30  Jack – The Hacienda Baru Story
5:30-6:30  Respiration, Chest Trauma, and Cardiac Issues
6:30 pm  Dinner
7:30 pm  Suture Lab (optional)

Day Four-5/14 Tuesday – Medical & Environmental Issues

6-9 am  Natural History Tour (1/2 the class)
6-9 am  Flight of the Toucan Tree Top Canopy Tour (1/2 the class)
9 am Breakfast
10-11:30 am Tropical, Travel, Infectious Medicine
11:30-12:30 Water Treatment
1 pm Lunch
3-4:30 pm Abdominal Illnesses and Injuries
4:30-5 pm Lightning
5-6 pm Altitude
6:30 pm Dinner
7:30-9 pm Optional Night Hike

Day Five; 5/15: Wednesday – Health Careers and Environmental Issues (cont.)
7 am Breakfast
8-10 am Health Profession Careers
   Admissions Looking Beyond the MD
   Personal Statement Resumes and Gaining Experience
10-11 am Heat and Heat Related Injuries
11-12 noon Cold Injuries
12 noon Lunch
3:30-6 pm Intro Scenarios and Scenarios
6 pm Dinner
7-10 pm CPR (in necessary, optional)

Day Six, 5/16: Thursday – Survival, SAR, & Scenarios
Morning Free – Arranged Optional Activities (cost on one’s own)
   Tour of Manuel Antonio National Park (about $40)
   Surfing or surfing lessons ($40)
   Hang out on one’s own at HB (no cost) or go into Dominical
1 pm Lunch (optional)
3-5 pm Scenarios
5-6:30 pm Survival
6:30 pm Dinner
7:30-8:30 pm SAR & Helicopters
8:30 pm Optional Night Hike

Day Seven; 5/17: Friday – Scenarios
7 am Breakfast
8-9:30 am Litters & Carries
9:30-12 noon Scenarios
12 noon Lunch
3:30-6 pm Scenarios
6 pm Dinner
7 pm Optional Night Hike
Day Eight; 5/18: Saturday – Whitewater Safety & Rafting
7-8 am Breakfast
8-9 am Drive to Put-In
9-10 am Whitewater Safety and Rescue
10-3 pm Whitewater Rafting, Scenarios, & Lunch
3-4 pm Drive Back to Hacienda Baru
7 pm Dinner
8 pm Optional Night Hike

Day Nine; 5/19: Sunday – Health Careers (cont.), Final Scenarios, Final Exam
8 am Breakfast
9-11 am Health Careers (cont.)
11-12:30 pm Scenarios
12:30 Lunch
3-5 pm Final Scenario
5-5:30 pm Final Preview
5:30-6:30 pm Final - TM
6:30-7 pm Final Review
7 pm Dinner
8 pm Graduation
9 pm Optional Night Hike

Day Ten – 5/20 Monday - Return Home
7 am Breakfast
8-12 noon Bus Back to San Jose International Airport
2 pm & onward Flights back home