

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

*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

**Day Two - 5/12: Sunday – Wilderness/Emergency Medicine Basics**

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)



**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  
5:30-6:30pm 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