



University of Colorado

SECTION OF WILDERNESS AND ENVIRONMENTAL MEDICINE
DEPARTMENT OF EMERGENCY MEDICINE



Event: Wilderness Medicine Camp, 2024

Location: Windy Point Campground, Dillon

Organization: Wilderness Medicine Section, Emergency Department.

Dates: Sept 11th-13th

Faculty Lead: Martin Musi, MD

Administrator: Meagan Rivers

Intended Audience: UCH Medical ED Staff (ED Nurses, ED techs, ED therapist, ED physicians, ED Mid Level providers, guests - by invitation only-)

Educational Objectives:

1. Medical Skills in Wilderness Settings:

- Learn and practice first aid techniques specific to remote and outdoor environments.
- Understand how to prevent, identify, and handle injuries and illnesses in remote places.

2. Wilderness Risk Assessment:

- Understand how to assess risks in a wilderness setting, including identifying potential hazards and mitigating them.
- Gain knowledge of preventive measures to reduce the likelihood of emergencies.

3. Teamwork and Leadership:

- Develop skills in teamwork, communication, and decision-making under pressure.
- Practice leadership roles within a group setting and learn to collaborate effectively in challenging situations.

4. Medical Emergencies Management:

- Gain hands-on experience in managing common medical emergencies encountered in outdoor settings (e.g., fractures, hypothermia, dehydration).
- Learn to improvise medical equipment when standard resources are unavailable.

Benefits for Participants:

- 1. Confidence in Wilderness Environments:**
 - Participants gain confidence in their ability to handle emergencies and navigate outdoor environments safely.
- 2. Practical Skills Application:**
 - They acquire practical skills that can be applied in real-life wilderness situations, enhancing their self-sufficiency.
- 3. Personal Growth and Resilience:**
 - The experience fosters personal growth, resilience, and adaptability in challenging environments.
- 4. Connection with Nature:**
 - Participants develop a deeper connection with nature and an appreciation for the environment.
- 5. Community and Networking:**
 - They build relationships with like-minded individuals and professionals in wilderness medicine and outdoor education.

Program (Subject to change):

Activity
Camp Check-in 2 pm
Day 1 - 3 p.m- 7 p.m.
Introductions / Goals of Camp
Patient assessment and evacuation
Trauma Lectures. Head -Cervical spine injuries
Workshop Cervical spine motion restriction and patient movement
Extremity Trauma
Splinting workshop
Simple Trauma patient simulation improvised evacuation
Pizza Night
Campfire Chats
Day 2. 8 a.m - 5 p.m.
Circulation Bleeding Control & Airway Management
Skills workshop: Bleeding

Skills Workshop: Airway
Break
Environmental exposure. Heat/Cold
Skills workshop. Patient packaging improvised materials
Lunch on your own
Intro to Organized Mountain Rescue
Patient packaging and Rescue Systems
Patient Simulations with evacuation
Gala BBQ
State of the Section
Keynote Speaker
Day3. 8.30- 11 a.m.
Medical complaints in the Backcountry. Dyspnea/Chest Pain/Anaphylaxis
Wound Management in remote environments
Wilderness Olympics. Competition with hands-on elements including medical assessments, personal skills and team work .
Closing Remarks

Location and Camping

[Windy Point Campground](#)



Getting Here (Latitude/Longitude $39^{\circ} 36' 28.0001'' N/106^{\circ} 2' 39.9998'' W$)

Driving directions: From I-70, take the Silverthorne exit 205. Travel east on Highway approximately 4 miles to Swan Mountain Road. Proceed 2 miles to Swan Mountain Recreation Area. Take dirt road to campground. We are on the Lake Loop Campground.

Need to Know:

- No pets are allowed in the program
- Sleeping accommodations are responsibility of the participants, if you need a tent let us know in advance (subject to availability)
- Body contact with reservoir prohibited; No swimming, water skiing, jetskiing, or scuba diving in the reservoir. Water activities are not part of the program and on participants risk during personal free time.
- Please close gate at the entrance to Windy Point to keep out people who are not with reservation group

- Prevent the spread of invasive species by inspecting and cleaning packs, equipment, and tires before using lake or trails
- All food, beverages, trash and scented items must be properly stored when not attended. Bear-proof food lockers are provided at each site and bear-proof trash receptacles are provided at the campground.
- Fire Restrictions: Fire restrictions may be imposed at any time due to hot, dry weather conditions, at which time campfires and charcoal fires may not be allowed.
- Don't Move Firewood: Prevent the spread of tree-killing organisms by obtaining firewood at or near your destination and burning it on-site. For more information visit dontmovefirewood.org.
- [Click here](#) for more information about White River National Forest.
- Risk for participants includes muscle, tendon or joint injuries, heat or cold injuries, injuries from wildlife encounters or weather related injuries like lightning.
- In case of severe weather the program reserves the option to postpone or cancel the event

Check list

Documents

- Electronic waiver sign and sent**
- Review Code of [Conduct of University of Colorado](#)**

Head

- Sun hat
- Beanie hat
- Sunglasses
- Headlamp/batteries
- Buff
- Helmet (climbing helmet, bicycle helmet)

Core (check weather when selecting your layers)

- T-shirts, one of them synthetic material
- Mid- Insulating layer
- Light soft shell jacket (optional)
- Rain Jacket
- Warm Jacket

Lower Extremities

- Long underwear /tights
- Long Hiking pants
- Shorts (optional)
- Rainpants (or an extra set of dry clothes in case of rain)

Hands

- Lightweight work gloves (leather, synthetic)
- Fleece gloves/ liners

Feet

- Extra socks
- Hiking shoes/boots
- Lightweight rest shoes: closed-toe sandals or Crocs

Packs/Luggage

- Hiking pack 20 Lts

Camping and hiking

- Tent or up to mid-size-RV (Sleeping arrangements are the responsibility of the participants).
- Sleeping Bag
- Inflatable sleeping pad (if on a tent)
- Camp chair
- Lightweight small thermos or coffee mug
- Hydration system with 2 Lts capacity for drinking water
- Plate, Fork, Knife, spoon
- Snacks, energy bars

Food

- Personal pack Lunch for Sept 12th
- Breakfast for Sept 12th and 13th

Personal care

- Personal medical kit (ibuprofen, Tylenol, other OTC, wound care stuff)
- Personal hygiene: toothbrush/toothpaste

- Ear Plugs/ face mask
- Small hand sanitizer
- Lip protection
- Sunscreen
- Bug spray