



# **WILDERNESS MEDICINE**

## **- SURVIVAL SKILLS FIELD COURSE -**

***KLAMATH RIVER, CALIFORNIA***

This exciting and unique outdoor field course is designed for physicians, nurses and other health care providers who want to learn practical wilderness medicine skills and wilderness travel skills in an outdoor setting. The location of the course is in the spectacular, rugged Mt. Shasta/Marble Mountains Wilderness areas of Northern California.

### **Practical Wilderness Medical Skills:**

- Hypothermia, frostbite and altitude illness
- Improvised immobilization and splinting techniques
- Backcountry evacuation/improvised carries and litters
- Patient assessment in wilderness setting
- Basic wilderness rescue
- Field management of wounds, fractures, dislocations, sprains, and other common problems.

### **Wilderness Travel Skills:**

- Wilderness survival (half-day course)
- Orienteering (including map/compass, GPS)
- Whitewater raft skills
- Swift-water crossing techniques
- Basic climbing skills including use of crampons, ice axe (including self-arrest)
- Route-finding
- Avalanche safety and basic rescue

# Typical Trip Itinerary and Course Schedule

*(Schedule may vary)*

- Day 1**      **Raft Klamath: Ferry Point – Paradise Point**  
**Lectures:** Hypothermia (Donner); Whitewater Medicine (Allred); Useful ropes and knots (Olson)
- Day 2**      **Raft Clear Creek (if adequate flow)...or Klamath (Indian Cr. – Wingate)**  
**Lectures:** Snakebite (Allred); Altitude Illness (Donner); Navigation workshop (part I)
- Day 3**      **Raft Salmon River (Butler to Oak Bottom)**  
**Lectures:** Wilderness Infectious Diseases (Donner); Planning a Wilderness Medical Kit (Donner); Splinting of common ortho injuries (Olson); soft tissue injuries (Donner)
- Day 4**      **Survival “Olympics” – Short Hike to Clear Creek Swimming “Hole”**  
**Lectures (am):** Navigation (part II) (Olsen); Survival kit / skills (Olson / Allred); Frostbite (Donner)
- Day 5**      **Raft the Klamath, section to be determined.**  
**Lectures / skills** – shallow water crossing and zip line (Allred); Wilderness Eye / ENT problems (Donner); Lightning injuries (Olson)
- Day 6**      **Practical Skill Workshops at Paradise Point**  
**(GPS and compass navigation; practical medical skills – including “team” scenarios)**  
**Workshops in am:** Wilderness Improvisation (Donner); GPS Navigation (Olson)
- Evening – CELEBRATION DINNER! (last night with river crew)**
- Day 7**      **All-day basic mountaineering skills course** by Sierra Wilderness Seminars. Group leaves in early morning for Mt. Shasta. Meet at **10:00 AM** at **Fifth Season Mountaineering Store** - 300 N. Mt. Shasta Blvd. Mt. Shasta City - Telephone: **(530) 926-3606**
- Day 8-9**      **OPTIONAL MT. SHASTA SUMMIT CLIMB**  
Guided by Sierra Wilderness Seminars (see included info.)

## **ACCOMMODATION OVERVIEW**

- Day 1 - 6: Camp at Paradise Point
- Day 7: You will need to book your own lodging in Mt. Shasta City if you are doing the optional climb. See “Travel Tips” for suggestions.
- Day 8: Camp on Mt. Shasta
- Day 9: You will need to book your own lodging in Mt. Shasta City. You should fly out the following day.

## **FACULTY and GUIDES**

Howard Donner, MD – Telluride, Colorado; NASA Consultant; expedition physician – Kangchenjunga (28,000 feet.); Himalayan Rescue Assn. Physician; Operation Everest II; featured on several NOVA TV documentaries; coauthor of *A Field Guide to Wilderness Medicine*.

Sheryl Olson, RN – Colorado Springs; Flight Nurse; Outdoor Survival and Navigation Instructor. Avid backcountry skier and backpacker.

Gene Allred, MD – Ashland, Oregon; Emergency Physician; whitewater guide for over 20 years; swift water rescue instructor; avid backpacker, canyoneering, backcountry skier, scuba diver, sea kayaker. Trekked on six continents.

Lars Alvarez-Roos – Member of several US and World Championship Whitewater Raft teams; co-owner of Bio Bio Expeditions Worldwide – which conducts trips on some of the most challenging and exotic rivers on the planet.

Ryan Allred – (“Big Ry”) Captain of US National Championship Raft team (2000). World-class kayaker and kayak instructor. Fishing guide. Co-Owner Adventure Whitewater (raft guide service).

Kyle Allred – (nickname “Rowdy”) Professional International Guide (Africa, Europe, South America). Participant in finals of US National Whitewater Raft Championships (2003). Co – owner Adventure Whitewater (raft guide service).

## **TESTIMONIALS FOR THIS COURSE**

“Awesome, action-packed days full of all the stuff I was hoping to do and learn! I wouldn’t change a thing...World class faculty and it shows...obviously experienced with everything they are teaching...practical, ‘real-world’ approach...fun and excellent communicators. Each lecture / teaching session was great. Competent, safe, knowledgeable guides that are a lot of fun!

*Brad Aueck, MD Chillawack, B.C.*

“A wilderness adventure with top-notch staff providing excellent food, fun and facts. Beautiful scenery and outstanding faculty make this a must do for every outdoor enthusiast and medical types alike.’

*Kristen Wheeler, RN, BSN Phoenix, AZ*

“The most informative, hands-on, interesting CME I have ever attended....Instructors well-versed and entertaining...guides very safety oriented and helpful...food was amazing! This was the best CME I have attended in my 13 years of practice and I look forward to attending again...”

*Dan Weiler, MD*

“This is a Great course...I don’t know of any other course that combines so much quality wilderness medicine education with so much fun...I’d like to come back every year to be on the faculty...”

*Howard Donner, MD*

*Author of A Field Guide to Wilderness Medicine.*

*Widely recognized as one of the world’s foremost Wilderness Medicine authorities and teachers.*

# FIELD COURSE EQUIPMENT LIST

## **Clothing:**

Expect great weather (70-80 degrees in the spring) but be prepared just in case we have rare cool or rainy weather.

- Waterproof windbreaker
- Sweater and jacket, fleece jackets or windstopper fleece
- Sport sandals (Texas, Keens or similar) or Tennis shoes with wool socks
- Swimsuit (s)
- Shorts, and quick drying pants (ex officio or the likes)
- T-Shirts (for sun protection), thermal T shirts for sports, and a long sleeve. (ex officio etc.)
- Sunglasses (with strap, chums, croakies, etc.)
- Hat (for sun protection) or base ball cap
- Hiking shoes or boots, thermal socks.
- Wetsuit (strongly recommended – may be rented at your local dive shop, or through BBX)

## **Camping Gear:**

- Duffle bag (for clothing) and fanny or daypack.
- Sleeping bag and sleeping pad, a sheet, a fleece blanket, and a pillow! (why not?)
- Tent and tarp, be sure to have stakes! (with rain fly ) extra string or rope for clothes line.
- Flashlight (we recommend head lights)

## **Personal Gear:**

- Sunscreen and lip balm, Insect repellent
- Toiletry items, towel
- Personal health items: prescription medicines, contact lens kits, etc.
- Your favorite thermal travel coffee or hot beverage mug, personal water bottle

## **Optional Equipment and items:**

- Fishing gear, preferably collapsible, gold pan.
- Camera (we cannot be responsible for any damage to cameras)
- Musical instrument, personal and private music system , i.e. Mp3 player, Itouch etc.
- Books, notepads and pens, a GPS unit if you have one or want to own one!
- Sports gear (football, Frisbee, etc.)
- Cash to buy Adventure Whitewater apparel
- Gratuities for the guides / cooking crew (10% of trip cost is a general guideline)

## **We supply:**

- Whitewater safety gear (helmets and lifejackets, etc)
- Professionally guided whitewater raft trip
- Delicious food and beverages

**\*\*\*PLEASE PUT YOUR NAME ON ALL VALUABLES\*\*\***

# TRAVEL TIPS

## **AIR TRAVEL OPTIONS**

**MEDFORD, OREGON:** *The recommended arrival and departure city.*

- A beautiful 2-hour drive from our meeting place at Paradise Point.
- A 1.5-hour drive from Mt. Shasta, where our trip ends.
- Near Crater Lake National Park
- Look for information on the Ashland Shakespeare Festival. (<http://www.osfashland.org>)

**EUREKA / ARCATA:**

- About a 2-hour drive from our meeting place at Paradise Point, but about a 3.5 hour drive from Mt. Shasta.
- Nearby is beautiful Redwood National Park and the spectacular Northern California Coast.

**SACRAMENTO:**

- About 5.5 hours from our meeting place at paradise Point.
- About 3.5 hours from Mt. Shasta.

**SAN FRANCISCO:**

- About a 7.5-hour drive from our meeting place at Paradise Point.
- About 5.5 hours from Mt. Shasta.

## **RECOMMENDED FLIGHTS**

- Fly into Medford the night before the course begins.
- Fly out of Medford the morning or day after the course ends - technically Day 8.
- If you're doing the Mt. Shasta Climb, fly out of Medford the morning or day after the climb ends – technically Day 10.

*(Of course, you may choose to come in early or stay late to explore the area.)*

## **CAR RENTALS**

We recommend that you rent a car for the week. We can also help you carpool with other participants.

## **RECOMMENDED LODGING**

### ***BEFORE THE COURSE BEGINS...***

As the course starts first thing in the morning, it's best to fly in the night before. The city of Ashland is 12 miles from Medford and on the way to our meeting place. Ashland is charming with quaint shops, excellent live theatre, and almost 100 restaurants. It makes a great place to overnight.

- Bard's Inn: 541-482-0049
- Stratford Inn: 541- 488-2151

### Suggested Restaurants in Ashland

- Thai Pepper: 541-482-8058,
- Chateaulin: (541) 482-2264, <http://www.chateaulin.com/>
- Alex's: 541-482-8818

### **AT THE END OF THE COURSE – MT. SHASTA CITY**

The last day of the course (Day 7) ends in Mt. Shasta City. As the Medford airport is an hour and a half away, and the course could end in the afternoon or evening, it is recommended that you sleep in Mt. Shasta City. Mt. Shasta City is a charming little town right at the base of this giant mountain. It has several good restaurants (Lily's is our favorite!)

Best Western Tree House Motor Inn: 800-545-7164

### **FOR THE OPTIONAL MT. SHASTA SUMMIT CLIMB – MT. SHASTA CITY**

The official course ends in Mt. Shasta City and this is where your summit climb begins. You should arrange lodging for yourself on Day 7 of the trip as well as Day 9.

Best Western Tree House Motor Inn: 800-545-7164

### **DRIVING DIRECTIONS TO PARADISE POINT**

***Meeting Time: 9:00am, Day 1 (Allow 2.5 hours driving time from Medford.)***

Paradise Point is a beautiful, privately owned wilderness camp located on the edge of the Klamath River, located on California State Hwy 96 (Klamath River Hwy), 18 miles west of the small town of Happy Camp.

#### From Medford, Oregon / Sacramento, California:

Travel on Interstate 5 to its junction with California Hwy 96 (Klamath River Hwy). This junction is in Northern California about 15 miles south of the Oregon border. Turn west on Hwy 96 and follow it about 55 miles along the Klamath River Hwy until you reach the small town of "Happy Camp". Check your odometer and continue another 18 miles west on Hwy 96 and then watch for a small sign on the south side of Hwy 96 marking the entrance to Paradise Point. Coon Creek is about 1 mile before you reach Paradise Point. You will cross over Swillup Creek about 500 yards before Paradise Point

\*Additional Landmarks: Dillon Creek Campground is on Hwy 96 approximately 3 miles west of Paradise Point. If you reach Dillon Creek you have gone too far!

#### From Eureka / the Coast:

Follow US Hwy 101 to its junction with California Hwy 299. Turn east on Hwy 299 until it intersects with California Hwy 96 (Klamath River Hwy). Turn east on Hwy 96 and follow it up the Klamath River until you reach Paradise Point, approximately 3 miles east of Dillon Creek Campground (and approx. 18 miles west of "Happy Camp").

**WE LOOK FORWARD TO SEEING YOU SOON ON THIS GREAT ADVENTURE!**