UNH Outdoor Adventures
Wilderness First Aid - FAQ

How much is the class? - $100 for students, $145 for all others

When is the class? – Nov. 14 & 15 – 8:00AM – 5:00PM

Where is the class? – UNH Campus. Exact location TBA and will be communicated the week prior to the class via email.

Where can I park? – On the weekend H-lot (the lot behind the rec center) is open to the public

What should I bring? – See attached equipment sheet

Is there food or lodging provided? – Food and lodging are not provided.

It is best if you bring lunch for the day. If you need, you can buy lunch nearby, but it is not ideal because of time constraints.

See the attached Google print out for some lodging options

The nearest food is the Dairy Bar, but there are lots of options in town (including the grocery store).

What is covered in the course? – See the SOLO website - (www.soloschools.com).

What if I need to obtain or recert CPR? Immediately following WFA instruction on Sat., you can stay to obtain a CPR certification (or recert). The cost is $35 – payable at the time of the instruction.

Can I recert my WFR with this course? Yes, there will be an additional fee - $15 paid at the time of recert to the instructor.

Other questions – email outdoor.adventures@unh.edu
EQUIPMENT LIST FOR
WILDERNESS FIRST AID/ WFR RECERTIFICATION*
PARTICIPANTS

You should plan to have clothing that will be appropriate to the season for where and when you will be taking the class. Weather permitting, we will be spending a significant portion of the class time out-of-doors. The following list is to SUPPLEMENT the clothing you will be wearing. If you have questions regarding the usual weather where your course will be held, please contact the sponsor.

**NECESSARY ITEMS**

- Notebook & Pen/Pencil
- Backpack or knapsack to put everything in
- Raingear (tops and bottoms)
- Layers of clothing (to keep yourself regulated by adding on or removing layers) – bring extra – they will help with practicing skills!
- Warm hat (not made of cotton, which loses its ability to hold heat if wet)
- Mittens or gloves if it will be cold out
- Water bottles (1qt or 1L) for drinking water
- Footwear for the environment  (closed-toed shoes for outdoors/sandals are OK for inside)

**HELPFUL ITEMS TO BRING**

- Ground cloth or small tarp (6X4 sheet of plastic is fine)
- Sleeping pad (ensolite, Ridgerest tm, Thermarest tm, self-inflating, etc.)
- Bandanas of any kind

*Please note:  If you are a WFR Recert, please notify the sponsoring agency ahead of time. This course will recertify current SOLO, WMA, or WMI/NOLS WFR certifications. You must bring copies of your current WFR and CPR certification cards. There is an additional $15 recertification fee.

Revised 1/06
A. Three Chimneys Inn
17 Newmarket Road, Durham, NH
(603) 893-7800
3 reviews

B. Holiday Inn Express Hotel Durham
2 Main Street, Durham, NH
(603) 893-1234
3 reviews

C. Hotel New Hampshire
2 Main Street, Durham, NH
(603) 862-1900

D. New England Center
15 Strafford Avenue, Durham, NH
(603) 862-2801
2 reviews