

# CDMC

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## Changes

- today
- yesterday
- < 7 days
- < 30 days

# Trip Report

**Wilderness First Aid** (other) [return to Reports list](#)

Sat Oct 17 to Sun Oct 18, 2015

Leader: **Amber Gargus**

Co-Leader:

Wilderness First Aid 20 Hour Course

During this past weekend there were 13 club members out learning how to "first aid" from their backpack. The course is from Ridge Wilderness Adventures and our instructor was Dave.

The course is very hands on, informational and a lot of fun. Everyone received a handbook that is packable and a wealth of knowledge by the end of the 2 days.

If you have any interest in doing this course watch the website next year for the WFA 20 hr course.

Thank you to Ridge Wilderness, Dave and all the participants that came out.



*Learning our ABC's*  
[Amber Gargus photo]



*CPR*  
[Amber Gargus photo]



*Bone, Muscle and Joint Injuries*  
[Amber Gargus photo]



*Scenarios...*  
[Amber Gargus photo]



*Hypothermia burrito wrap!*  
[Amber Gargus photo]



*Lessons, more lessons*  
[Petra Strougal photo]



*Some more scenarios*  
[Petra Strougal photo]



*More practice!*  
[Petra Strougal photo]



*Practice makes the master!*  
[Petra Strougal photo]

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**Report contributors:** Amber G, Petra S,

**Participant list (13 of 13):** Leslie D, Amber G, John G, Michele H, Maybeth H, Susan H, Jeanine M, Marie M, Debra M, Robert M, Michelle S, Petra S, Tammy S,

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