



# **WILDERNESS FIRST AID**

Info Packet



with  
**GUARDIAN MEDICINES**  
Sponsored by the Mojave Center

# **WILDERNESS FIRST AID CERTIFICATION**

## **INFO PACKET CONTENTS:**

Objective

Packing List

Arrival Instructions

Student Responsibilities

Facilities + Lodging

Staff Members

Surrounding Area





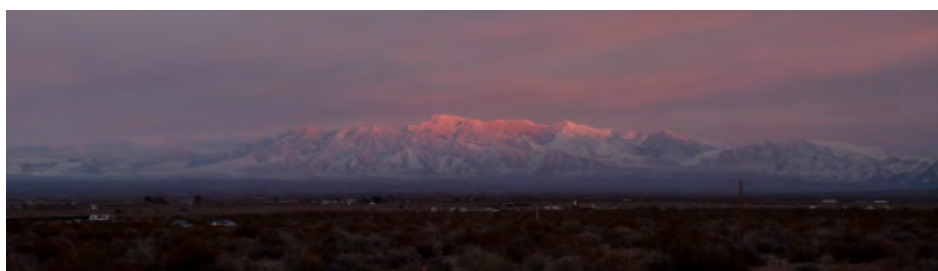
# OBJECTIVE

WMTC's standard Wilderness First Aid workshops are designed to introduce participants to the concepts of medical care in a wilderness setting. This course may be the best choice for dealing with incidents in remote settings but within cell phone coverage. This course focuses mostly on trauma related problems, but also covers select environmental and medical topics. The majority of the course is hands-on skills practice and simulations, and there is no formal testing. The course includes Wilderness CPR Adult/Child and AED certification.

WMTC's WFA course meets the Boy Scouts of America and the American Camping Association trip leader requirements.

Standard courses are taught completely on-site; there are no prerequisites. Lectures, skill labs, simulations, and case study reviews are scheduled throughout the course and, as a result, are standard courses are longer than the practical session of our hybrid courses.

The Standard WFA is three days long and may be used to recertify current WAFA, WFR, and WEMT certifications. To recertify, graduates must complete our online Recertification exam within two months of finishing the in-person course; there is a \$25 fee for the online exam.





# SUPPLY LIST

Proper attire is key.

- Two 3-ply cotton or cotton/polyester cloth face covers or a 2-ply cover with a re-placeable filter. Face coverings (masks) made of stretchy or lightweight material and those with a built-in exhalation valves are not permitted

- A watch or smartphone capable of measuring seconds (for taking patient vital signs during simulations)

- Cutable simulation clothing:

- 2 T-shirts

- 2 long-sleeved shirts

- 2 pair of long pants, and a pair of heavy socks

(DO NOT short this list! ALL the listed clothing IS REQUIRED for effective practice during simulations and labs. Clothing can usually be purchased cheaply through Goodwill, Salvation Army, local thrift store, church, yard sale or secondhand stores. Ask clerk for rejects and throw-aways)

- Notebook or paper (for taking notes)

- Colored pens or pencils (your instructors will use different colored markers during lectures, case study reviews, and discussions to help organize the material on a white board or SOAP poster; some students find it EXTREMELY helpful to do the same in their notes)

- Two pencils and a pocket sharpener (for writing in the rain on weatherproof patient SOAP notes during simulations)

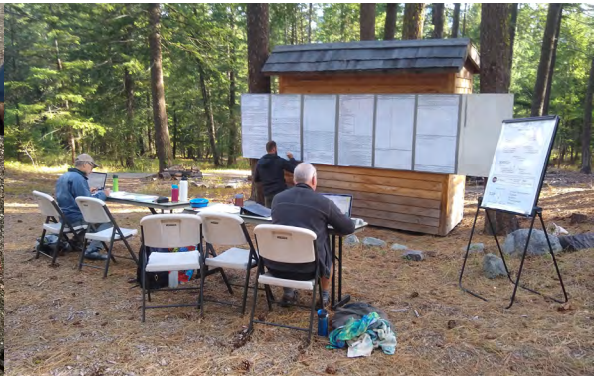
- Old clothing (to wear during skill labs; you WILL get dirty and may NOT want to wear your expensive outdoor gear)

- A small backpack (to wear during simulations)

- A wide-mouth water bottle (for use during simulations and some labs)

- A headlamp (for night simulations; this is especially important during late fall and winter courses)





# PERSONAL PACKING LIST

- Old clothing (to wear during skill labs; you WILL get dirty and may NOT want to wear your expensive outdoor gear)
- A small backpack (to wear during simulations)
- A wide-mouth water bottle (for use during simulations and some -labs)
- A headlamp (for night simulations; this is especially important during late fall and winter courses)
- Warm clothes (layers!!!)
- Sun Protection (hat & glasses)
- Personal eating utensils (silverware, bowl, plate, cup)
- A tent or shelter set up
- Zero Waste Feminine products (ex. diva cup, this is important. We don't have a place to discard feminine products. We have composting toilets on the property.)
- Showering toiletries (preferably natural with limited chemicals. Our water runoff from shower feeds our trees. What you put on your body goes onto our plants.)



**\*\*BE SURE TO CHECK THE LOCAL WEATHER PRIOR TO ARRIVING! PACK ACCORDINGLY!**

# SUPPLY LIST CONTINUED

Make sure you have all the required materials for your course. While not included in the cost of your course, all students who own a smartphone or tablet are encouraged to purchase a digital handbook (app) from the WMTC webstore. The digital handbook contains significantly more information than the print handbook and includes free up-dates for life.

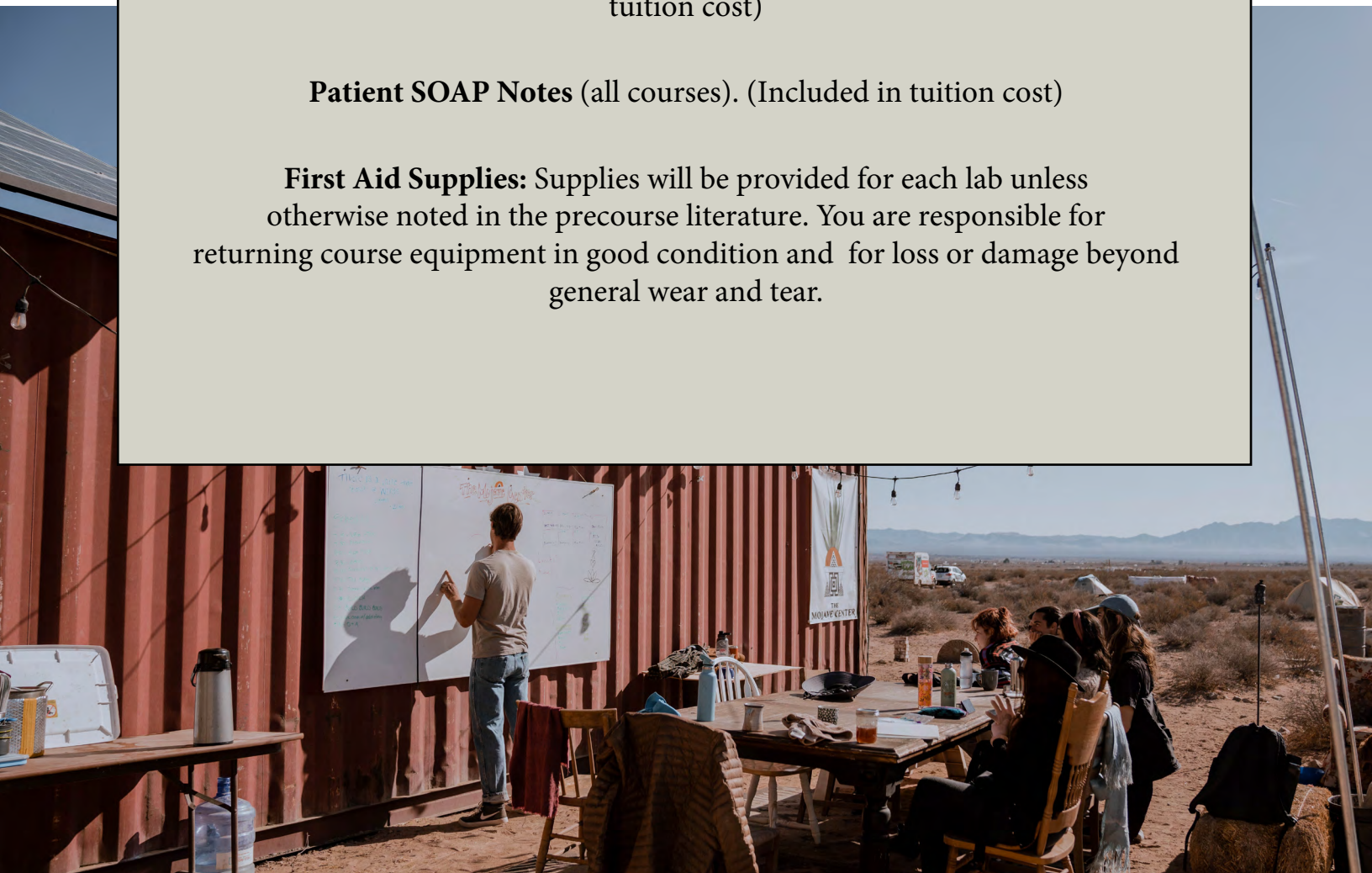
The syllabus is a guideline and subject to change based on student needs during the course. As you make your travel plans etc., please keep in mind that you must be present and engaged during the entire course in order to be eligible for certification; if for any reason what-so-ever you miss a portion of and in- person course, you will not receive a full 3-year certification. Depending on the time and content of the missed session(s) and your demonstrated skill level, your instructor may award you a shorter or lower level certification, or no certification. Plan accordingly. We cannot be and are not responsible for you missing part of a course.

## **MATERIALS PROVIDED DURING COURSE:**

**Wilderness Medicine Handbook** (Included in tuition cost)

**Patient SOAP Notes** (all courses). (Included in tuition cost)

**First Aid Supplies:** Supplies will be provided for each lab unless otherwise noted in the precourse literature. You are responsible for returning course equipment in good condition and for loss or damage beyond general wear and tear.



# INSTRUCTOR



## IAN ZATARAIN

Executive Director

Originally from the San Francisco Bay Area, Ian discovered a love for travel and cultural anthropology while studying at Foothill College. At the age of 18, he participated in an archaeology field study in Belize where students were immersed in the local culture and buried ruins of the ancient Maya civilization. After the trip, Ian had further interests to pursue a life of authentic experience and adventure which led him to Oregon State University in Bend, Oregon. During his time in university, he studied how to be a professional trip leader in the U.S. and abroad. While living in Central Oregon, he continued to develop a passion for backcountry backpacking, rock climbing, trail-running, and ski mountaineering/snowboarding.

Currently, Ian works as an Outdoor Educator in California and Korea, teaches Wilderness Medicine, instructs Natural Building workshops, and advocates for a more sustainable world. He has worked extensively with eco-friendly climbing resorts, Permaculture farms, and seed-saving centers in Thailand and Colombia to spread sustainable agriculture and ecotourism.

In 2021, The Mojave Center launched after 6 years of research, planning, and educational experiences. Ian strives to offer transformative workshops and courses on sustainability to promote a future world with tangible solutions to real-world problems. His personal need for an efficient and eco-friendly home inspired him to create an environmentally-focused educational non-profit for the general public.



**YOUR COURSE SPONSOR  
THE MOJAVE CENTER**





# INFRASTRUCTURE



**COMMUNITY KITCHEN :** Fully stocked with cutlery, cookware & propane stoves. Fresh water available.

**THE HUB:** The hub is our storage container. It also doubles as our solar electricity hub. In our hub we have our battery bank, fridge + charging station for your cell phones and other devises.



**COMPOSTING TOILET :** We use a composting toilet batch system. There is one bathroom onsite. On our land we collect and use the compost from human waste on all our non-fruit bearing trees.

**OUTDOOR SHOWER :** Enjoy a hot or cold shower after your work day with us!



**FIREPIT & GATHERING SPACE :** Our gathering space consists of a shade structure over our outdoor dining table, space for dancing and a wonderful superadobe firepit that stimulates many laughs and conversations.

**STUDY DOME :** Our study dome is the 3 roomed dome on the property. This dome is halfway finished; we will finish the interior plaster this season. For now, the structure provides as a great in-door classroom or escape from the wind.



**5 LITTLE DOMES :** The little domes are 8ft domes that are finished in the structural phase but still needs the interior plaster. We hope to finish the plastering and complete this dome this fall. For now, the dome can be used as an emergency sleeping dwelling in case a tent is forgotten.

# LODGING OPTIONS

## **TENT CAMPING**

Please bring your own tent, sleeping bag + pad. Know that we experience high winds frequently, therefore please bring deep stakes if you have them. Do not bring a Coleman or similar tent and expect it to stand. Tents need to be low profile and quality brand.

**SHIFTPOD** : Rent our shift pod for \$30 for the entire course. The shift pod creates a great shelter for someone who does not own a tent. These pods withstand the wind and provide a nice private space for a single person or couple.

- Tent - \$30
- Pad - \$10
- Sleeping Bag - \$20



**CAR CAMPING:** We have plenty of land for camping and space for parking. For RV's we do not have hook ups but enough space to park one.

**AIR BNB'S** : Click the link to book Pahrump (30 mins from property) :  
[KC Edge of Death Valley](#)

Charleston View (in the neighborhood) :  
[Cherry Cloud Oasis](#) - Contact through instagram.

# ADDITIONAL DETAILS



## FOOD & WATER

- Please bring your own food to prepare. (Breakfast, Lunch, Dinner & Snacks)
- Cooking facilities available with propane gas stoves and one fridge available for use.
- Community Kitchen is stocked with cutlery & cookware
- Water is available onsite

## LOCATION

THE MOJAVE CENTER located in a quiet area on the Nevada & California Border in the heart of the Mojave Desert. We are just 1 hour away from Las Vegas, NV.

We live right on THE OLD SPANISH TRAIL, a time capsule of the westward expansion in 1776.

The location of our center is at the following coordinates.

35°57'39.0"N 115°56'05.8"W

## FUEL

\* Please be mindful to arrive with at least a quarter tank of gas to our land otherwise you might get stuck when you go to leave.

\* The closest gas station is 30 minutes away towards Pahrump, NV or in Shoshone, CA and is VERY expensive.

## COVID 19

Covid Protocols : As vaccines become more available to the general public, we are adjusting our Covid protocols accordingly. Vaccines or wearing a mask is not mandatory upon arrival, but is encouraged if it makes you feel safer when entering our educational center. We will be completely outdoors the entire workshop UNLESS the weather acts up, then we will move our classroom indoors. If we need to move indoors masks will be worn if we are closer than 6ft in distance to allow everyone to feel comfortable and safe. For our simulations when it is impossible to stay 6ft apart, we will highly recommend and demonstrate the use of masks as a body substance isolation tool.

# SURROUNDING AREA

To many, the desert might be a desolate, empty space that seems intimidating & vast. To us... this isn't the case at all. It is no coincidence that we have landed here for our educational center. The land holds a magic that is almost indescribable until you experience it first hand. This abundant land grants us with much more than meets the eye.



A natural hot spring  
25 mins from the property



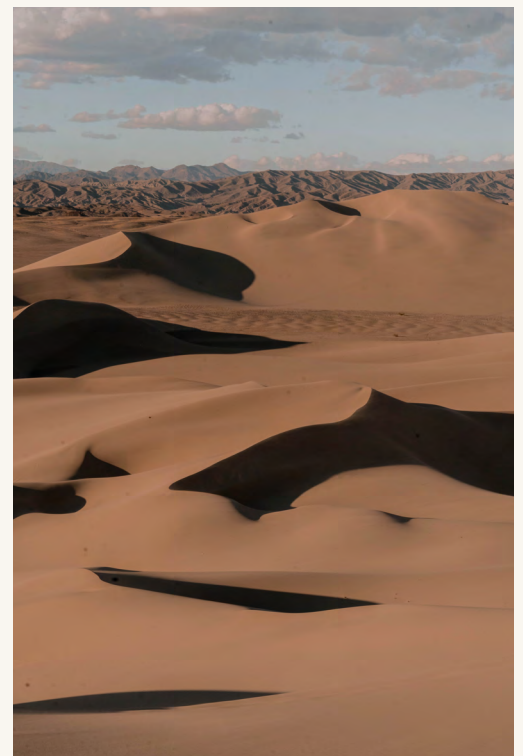
China Ranch Date Farm  
25 mins from property



Red Rock Canyon  
1 hour from property

**PLEASE ALLOW FOR  
TIME BEFORE &  
AFTER YOUR TRAVELS  
TO THE MC TO CHECK  
OUT THESE  
BEAUTIFUL SPACES.**

We will try our best to explore these places during the course, weather & schedule depending.



Dumont Dunes  
45 mins from property

# THANK YOU!

The Mojave Center is a manifestation of a dream for a future world that works harmoniously with nature and fosters the development of strong people. We full-heartedly believe that the world we leave for the next generations should have simple solutions to real-world problems. As members of a global community, The Mojave Center seeks to work with all individuals of all backgrounds and ethnicities. In order to build avenues to communicate amongst each other, we need to find common tasks that benefit everyone. Much like sustainable energy, housing that is affordable works with the natural elements and reduces the detrimental impact on the Earth will create a common goal that all people can support.

## THANK YOU FOR SUPPORTING THE MOJAVE CENTER



We are called to be architects of the future, not its victims. - Buckminster Fuller

**MOJAVECENTER.ORG**  
**@MOJAVECENTER**  
**775 301 2378**

**GUARDIANMEDICINES.COM**  
**@GUARDIANMEDICINES**  
**775 301 2378**