



Wilderness First Aid

Date of Trip: _____ (date) Meeting Place: _____

Meeting Time: 8AM Approx. Finish Time: 5PM

This training is provided by Bobbie Foster of Foster Calm. For more information on her program and other trainings, visit her website at www.fostercalm.com

Before You Arrive

- Make sure you have received a Wilderness First Aid info packet.
- Review the contents and label them clearly with your name.
- There are two sets of paperwork you must fill out for this class: one for Peak Adventures and one for Foster Calm. If you have not filled these out in advance, please arrive ten minutes early to finish this paperwork.

What to Bring

- Wilderness First Aid info packet and anything that Foster Calm requires (refer to list in your packet)
- Notepad & pen
- Lunch
- Drinking water

What to Wear

- Dress for the weather.
- For Day 1 regular, comfortable clothing is appropriate.
- For Day 2, wear clothing that can get dirty or stained.

Alcohol and illegal drugs are prohibited on all Peak Adventures trips.

Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.