



Wilderness First Aid

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

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

This training is a 16 hour class provided by Bobbie Foster of Foster Calm. It does not include CPR. 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.