

BASP Advanced First Aid – 2-day

The Course

This course is intended to give as much practical experience as possible. The course is aimed at mountain rescue team members and full-time outdoor instructors. It will involve specifically some discussion of pain relief management.

The course is flexible depending on the previous experience of candidates who should already have a high standard of basic life support skills. The course will all aspects of pre-hospital care in a remote environment, including airway management, oxygen therapy, analgesia and casualty management.

A certificate valid for 2 years will be issued. Acceptable for qualifications such as: MLTB, BASI, SNSC, ESC, RYA, BCU and other sports' governing bodies as a pre-requisite for instructor training and as a course applicable to the outdoor environment.

What Equipment Will I Need?

Glenmore Lodge has a comprehensive range of the latest equipment available for you to use from stores. We can supply waterproofs, boots, gaiters and all technical equipment from tents and cookers to wetsuits, helmets and all climbing gear, ice axes and crampons. We do not provide basic outdoor clothing such as socks, walking trousers, fleeces, hats and gloves. If you have your own kit do bring it along, you may feel more comfortable with it. We advise that you do not rush out and buy kit specifically for the course, you can use ours to find out what best suits your needs.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Helmets
- ✓ Day & Expedition Sacs

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Waterproof overtrousers
- ✓ Hat & gloves***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked *** are available in our shop subject to availability.

Useful Websites

www.wemsi.org	Wilderness Emergency Services Institute
www.mrcofs.org	Mountain Rescue Committee of Scotland
www.basp.org.uk	British Association of Ski Patrollers – First Aid