
Wilderness Emergency Medical Technician / Wilderness Physician Practical Refresher

WEMSI

The **Wilderness Emergency Medical Services'** Institute is an internationally renowned academic institution based in Pittsburgh in the USA: <http://www.wemsi.org>

The training team are a highly experienced team of doctors, nurses and paramedics who have diverse skills' and experience base.

For general information, please contact: enquiries@glenmorelodge.org.uk; or, for more detailed medical information, contact - wemt@wildmedic.org.

The Course

This is a 2 day course intended to provide continuing development for people who have already completed either the WEMT or Command Physician course in the past. The course will be made up of scenario based practical sessions with seminar style debriefs to make best use of the learning points arising through the scenarios. I know you will remember the full course experience! This is more of the same but better, more doing less sitting.

Pre-requirements

- Must have previously completed either the WEMSI Wilderness Emergency Medical Technician or Wilderness Physician course(s).
- The usual enthusiasm for complete emersion in the scenarios to enable maximum learning opportunity for all.
- If you have completed a Wilderness or remote area course at EMT level or higher with an other provider please get in touch to chat to us about your suitability for this course.

Arrival & Departure Information

You may arrive at the Lodge at anytime, however rooms are not usually available until 19.00 hrs. **The course will start at 20.00 hrs.** No meal is provided on the night of arrival or departure, however our bar serves meals from 17.00 hrs to 20.50 hrs (Wed-Sun) 17.00 hrs to 18.50 (Mon-Tue).

We would ask that you vacate your rooms no later than 17.00 to allow the rooms to be made ready for the next guests.

Equipment Lists

Glenmore Lodge has a large and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment (things like ice axe, boots and crampons) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

Stores will be open 19.00 – 20.00 hrs on the arrival subject to demand.

Medical Equipment you should bring:

Your WEMT medic Kit - which should include a sphyg, stethoscope and digital thermometer.

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.

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- ✓ 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-europe.org	Wilderness Emergency Services Institute
www.wildmedic.org	Wemsi-europe's academic resource site