8th Annual Wilderness Medicine and Survival Skills Conference

Friday September 19 to Sunday September 21, 2014

(Tentative dates for the 9th Annual Wilderness Medicine and Survival Skills Conference will be held on September 18-20, 2015. Please check back at our website for details on the 2015 course in the near future) Sponsored by WellSpan York Hospital Emergency Medicine Residency Program

Friday September 19 to Sunday September 21, 2014
360 Deagen Rd., Hanover, Pennsylvania 17331

Free meals with registration (6 meals)
Free on-site camping or $30.00 per night for a rustic cabin
Family friendly: bring your significant other and/or kids!

Conference itinerary
WellSpan York Hospital’s Emergency Medicine Residency’s
8th Annual Wilderness Medicine & Survival Skills Seminar: September 19-21, 2014
(Itinerary subject to change)

This year’s theme: Winter & Cold and Winter Survival
2015 theme: Travel & Tropical and Urban Survival
2016 theme: Summer, SCUBA & Altitude and Summer Survival

Friday September 19, 2014:
1200-1700: Kuipers Survival Workshop
1700-1800: *Dinner
1800-1830: Bowman Introduction
1830-1900: Bowman Clothing for Winter
1900-2000: Bowman Envenomation by Reptiles

Saturday September 20, 2014:
0730-0900: Breakfast
0900-1200: Workshops: pick three (1 hour each)
A: Schrading Venomous Arthropods
B: Stephens Duct Tape & Safety Pins: Medical Improvisation
C: Kuipers Introduction to Tracking
D: Coppersmith Essential Skills for Women in the Wilderness
1200-1330: *Lunch
1230-1330: Insanity Factor Magic Show
1330-1630: Workshops: pick two (1 ½ hours each)
A: Schrading Hypothermia (including field treatment)
B: Gibbons Land Navigation
C: Kuipers Primitive Fire Starting
D: Lippy & Bowman  Ropes, Knots & Climbing Gear & Gadgets

1630-1800:  *Dinner  Pig Roast (& Quesadillas)
1700-1800:  Entertainment  TBD
1800-2000:  Workshops: pick two (1 hour each)
A: Elertas  Frostbite and Trenchfoot
B: Sanders  Avalanche Awareness
C: Kuipers  Improvised Litters
D: Bowman  Survival Car Kits for Winter

Sunday September 21, 2014:
0700-0830:  Breakfast
0830-1130:  Workshops: pick three (1 hour each)
A: Weigner  Medical Emergencies in the Wild
B: Bowman  Field Water Disinfection
C: Kuipers  Improvised Winter Shelters
D: Elertas  Hunting, Fishing & Snowsports Injuries
1130-1300:  *Lunch
1200-1300:  Insanity Factor  Balloon Animals
1300-1600:  Workshops: pick two (1 1/2 hours each)
A: Schrading  Emergency Airways & Chest Wounds
B: Rollhauser  Intro to High Angle Rescue
C: Kuipers  Primitive Cordage
D: Gibbons  Emergency Bicycle Repair
1600-1700  Trierweiler/Reighart  Mini-MedWAR Competition (back by popular demand)
1600-1700  Everyone  Breakdown (many hands make light work)

•  Rappelling Platform, Climbing Wall & Zip Lines will be staffed during all Lunches and Dinners

Special Workshops:  Dates and Times TBA, limited registrants (no additional fee)
Cable Rescue  Rollhauser
Ascending a Rope  Lippy & Jacob Bowman

Pre-conference Survival Skills Workshop

Friday September 19, 2014, noon-5 pm
Cost: $75

Limited number of registrants accepted for this small group survival skills workshop. Nationally known survival expert from Santa Fe will teach participants basics of surviving the unexpected.

Topics that will be covered include:

•  How to approach a survival situation
•  How to prioritize your survival needs
•  Water - learn how to procure water from the environment
•  Shelters - learn how to construct various shelters (including igloos and other winter shelters)
• Fire - practice various fire starting techniques; yes, this includes rubbing two sticks together
• Signaling - basics on how to get yourself found
• Food- participants will construct various snares and traps
• Survival kits, tracking, primitive tools, and much more

Survival and outdoor skills course for kids
Cost: $75 (includes 6 meals)
Children under 8: $25 (includes 6 meals), “Wilderness Daycare,” see below

Occurring simultaneously to the main course, there will be a special itinerary for children. The topics and Faculty for each session will be posted at the beginning of the Conference. Our talented Faculty will take turns teaching sessions. The kids will learn many survival and outdoor skills.

• Fire starting techniques
• Ropes and knots
• Climbing basics, including some rappelling
• Much, much more!

The kids’ survival/outdoor skills course is open to all kids older than 7 yrs old. It is geared towards children age 8-16. We found that older teens prefer to sit in on the main course.

Wilderness Daycare: for kids under 8
Any kids “post-diaper stage” to age 7 are invited to attend our “Wilderness Daycare.” We have volunteers staff an outdoor program for the little tikes so the adults can enjoy the program. Some light activities will be provided. We ask that parents take over care during meal-time and during any “moody moments.” Kids still in diapers are encouraged to attend one of our programs once they graduate their potty program.

Lodging

Camping: Free on site camping. The course is held on 10 acres of private forested land- pitch a tent anywhere- no charge! Last year, there were dozens of tents. It was very exciting to see so many folks camp on site.

Cabins: $30.00 per night are available one block away at a local Church Camp; rustic, one bedroom, toilet and sink in each cabin, separate shower facility (also rustic). This is a great option if you prefer a simple lodging option without the effort of setting up a tent.
RV: electrical hook up available at the Church Camp for $20.00 per night
Cabin Reservations and payment are handled by Stacey and Becky when you register for the course (see Registration/Contact us section).
Click here for more information on the Church Camp: Fellowship Camp

Hotels:
The two closest hotels:

• Hampton Inn
• Holiday Inn Express
Meals

**Meals:** Free with registration (and they are REALLY good!!)

All meals from Friday dinner to Sunday lunch will be provided.

All meals are prepared outdoors over an open fire. Watch Kat and the Cook Crew work tirelessly all weekend keeping the cook fire going. Enjoy their cast iron and Dutch oven treats all weekend. 
On Saturday there will be three separate fires ablaze: Pig Roast fire, Kat’s Cook fire, and the Campfire!

**Saturday dinner will be a PIG ROAST! Enjoy watching the Pig Roasting process all day.**

**Ice Cream Bar Saturday Evening!!**

**Vegetarian:**
Vegetarian options are provided for each meal. Past examples include home-made Vegetable Soup (made from home-made vegetable stock), Quesadillas, etc. There will be a posted menu for each meal. There will be a “V” next to each vegetarian option.

**Picky Eaters:**
We try to provide a gourmet touch to our outdoor cooking, but are aware of those with simpler tastes. Each meal will have some additional options for our picky eaters. Examples include PB&J, fruit, muffins, etc.

**Additional Dietary categories:**
Due to the complexity of pulling off such a complicated event, we will only be providing the options mentioned above. There should be enough food variety to accommodate most situations. If your dietary restrictions are complicated, you may want to bring some of your own food.

**CME:**

This CME event is approved for **16 credit hours of Category 1 credit** toward the AMA Physicians Recognition Award and the Pennsylvania Medical Society.

“WellSpan Health is accredited by the Pennsylvania Medical Society to sponsor continuing medical education credits for physicians. WellSpan Health takes responsibility for the content, quality and scientific integrity of its CME activity. WellSpan Health designates this educational activity for a maximum of 16 AMA Category 1 Credits™. Physician should only claim credit commensurate with the extent of their participation in the educational activity.”

All faculty participating in continuing medical education programs sponsored by WellSpan Health are expected to disclose to the program audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

If you wish to attend this CME activity and have a disability which may require special accommodations, please contact the Department of Emergency Medicine at 717-851-3070. Thank you.

**Additional Educational Credits:**

**FAWM:** Fellowship of the Academy of Wilderness Medicine- credits received at this conference will count towards fulfilling the requirements of the FAWM. This also includes the optional Survival Pre-Conference.

Application has been made for **Nursing** and **Paramedic** Continuing Education Credits.
For those needing **Trauma CME**: This course has 7 hours of Trauma related topics.

**Registration/Contact Us:**

This is a non-profit course. Registration funds are used for food, supplies, rental items, and limited stipends. All of the physicians teaching at the course are volunteers.

We are pleased at the success of our unique course, but unfortunately there is a limit to our capacity. We do have to limit the number of registrants. Last year we had a waiting list of 30 folks (sorry about that, hopefully you can make it this year).

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<thead>
<tr>
<th>Category</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Physicians</td>
<td>$375</td>
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<tr>
<td>Nurses/ NP/ PA</td>
<td>$250</td>
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<tr>
<td>Paramedics/ others</td>
<td>$175</td>
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<tr>
<td>Medical Students</td>
<td>$95</td>
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<tr>
<td>York Hospital Residents</td>
<td>no charge as the course is supported by the Residency</td>
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<tr>
<td>Residents outside York Hospital</td>
<td>$125</td>
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<tr>
<td>Spouses/ Children (each)</td>
<td>$75</td>
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<tr>
<td>Children under 8</td>
<td>$25</td>
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<tr>
<td>Survival skills Pre-conference</td>
<td>$75</td>
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<td>Half price for single day attendance (in case you can’t attend the entire event)</td>
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**Remember: Meals are provided at NO additional charge!! No charge for onsite camping!!**

To register, please contact us at:

sroache@wellspan.org or call (717) 851-1392 and ask for Stacey
rbluett@wellspan.org or call (717) 851-3070 and ask for Becky
Emergency Department Administration: (717) 851-2450

For questions regarding the course content, directions, CME, FAWM, or anything else, feel free to contact the course director, Eric Bowman, at ebowman@wellspan.org

Make checks payable to: “York Hospital Emergency Medicine Education Fund”

**Mail check to:**
Emergency Department
c/o Stacey Roache
York Hospital
1001 S. George St.
York, PA 17405

**Additional Activities/ Entertainment:**

**Rappelling Platform, Climbing Wall & Ziplining:**
Learn how to rappel off of our 30-foot high rappelling platform. Throughout the weekend we will have experienced climbers manning the platform. You can even try it Commando/ Aussie style. In addition to two lanes of Rappelling, we now also have a 30 ft. high/ 16 ft. wide Climbing Wall. The Wall has three
lanes of climbing, each with more than one route. Departing the platform is a series of 5 zip lines. Future construction will include a Low Ropes Course.

**Campfires:**
Friday and Saturday evening will feature a bonfire (we like our fires BIG), complete with S’mores. Saturday evening will also include an ice cream bar.

**Outdoor movies for the kids:**
Each evening we will have an outdoor kid friendly movie. The movie will be projected onto a screen: better than a Drive-In!

**Survival store:**
During mealtime, we will open a small “store” where you will be able to purchase a few items that you will learn about during the weekend (so bring some cash or a check- just in case). We usually have survival whistles, fire steels, SAM splints, hanks of para-cord, knives, etc.

**Mealtime entertainment:**
During Lunch and Dinner on Saturday and Sunday, we try to provide some form of entertainment. This year we will have a magic show, balloon animals and music.

**Survival Tricks:**
At the beginning of each educational session, a survival “trick” will be demonstrated. Past tricks included: how to turn your wristwatch into a compass, how to remove a single strand from a section of para-cord, how to tell time using your fist, how to find the North Star, etc. Back by popular demand will be a demonstration of Bear Spray (inside joke).

**Conference Location and Directions:**
360 Deagen Rd, Hanover, PA 17331

The entire course is held outdoors: please note- this is a Rain or Shine event!!

- 10 acres of forested land
- 900 square foot lecture tent
- (3) 200 square foot food tents
- Portable restrooms and on site outdoor shower available
- Registrants are also welcome to use the Showers at the Church camp (one block away)

**Directions:**
From York, PA: Rt. 30 west to Rt 116; take 116 through Spring Grove and almost to Hanover; Rt 116 is also known as York St when you get close to Hanover; turn left onto Deagen Rd (it looks like a parking lot for trucks, but it quickly opens up to a country road); 0.7 miles on Deagen to mailbox 360 on Left. Driveway entrance will be marked with a "Wild Med" sign. Take paved drive ¼ mile to log home- park into the woods (this will be obvious when you get here).

Take these phone numbers with you for any problems finding us:

Eric Bowman- 717-887-4387 (cell) 717-630-1161 (home- but try cell first)
Kat Bowman- 717-887-4388 (cell)

360 Deagen Rd
Hanover, PA 17331
Using GPS device?? Caution: We’ve been told from several folks in the past that they experienced GPS errors using our address. Please make sure your GPS device matches the directions above and you include the city and zip code.

If you check out the directions on Google Maps first, it should be very easy to find the conference.

**Comments from past participants:**

“Really enjoyed the conference. I can see a lot of time and personal commitment was spent on it. Was much better than the usual ‘Death by PowerPoint.’ Keep up the Hands-on portions. They are GREAT!”

“Scott Kuipers is filled with excellent practical knowledge. Made the conference for me. Best field instructor in WMS to date for me.”

“Conference is the best I’ve been to for the time and cost. By far the best value in the entire Wilderness Medicine community. I can’t believe it is put on by such a small organization.”

“Thanks for providing such a high content of FAWM requirements. Many of your topics are not covered elsewhere”

“Another excellent conference. Thank you all for making this happen! A unique, hands-on, and true to its word learning opportunity, really putting you in the mindset of WILDERNESS MEDICINE.”

“Amazing organization! Only someone who cares so passionately about Wilderness Medicine could plan something so amazing, fun, and educational! The hosts made each person feel like a special guest, not just one in a bunch of attendees. True hospitality!”

“I have been inspired to plan an adventure in the next year. It’s been over 10 years since I had an adventure. I now will plan at least one adventure per year for now on.”

“The entire weekend was extremely well planned, well prepared and well presented. It gets better every year and is the BEST presentation of its type that I have ever attended. It’s EXTREMELY impressive.”

“Hands on time increased value of conference. I doubt if you will ever find a conference that gives more time to practice new techniques.”

“Great location and a very well organized conference. A Godsend to Wilderness Medicine for the East Coast!”

“Some how you were able to make this accessible for the occasional camper/ hiker and wilderness buff as well as the diehard mountaineering/trekking/ explorer!! Well done!!”
“Great job feeding the group, without repetition and without burgers and hot dogs- WOW! Who’d have thought? The selections and quality were great.”

“Keep it going! What an excellent experience for all involved. I was quite impressed with how organized the event was on all levels: content, timeliness, and variety. There was enough time for all things: fun, food, learning, living.”

**FAQ:**

*If you have any questions that have not been answered in the above sections, please email the course director, Eric at ebowman@wellspan.org and we will add your Question below. It’s likely others may have the same question. Thanks.*

**Q:** Who should attend?

**A:** Actually, anyone! The main course is designed for the medically inclined, but has been enjoyed by non-medical persons.

The pre-conference survival skills seminar would be valuable to anyone!

The kids’ survival/ outdoor skills course is open to any kids older than 7 yrs old. It is geared towards kids aged 8-16. We found that older teens prefer to sit in on the main course.

**Q:** Anything special to bring?

**A:** If you have room, bring a lawn chair.

**Q:** If I already paid, but plans change, will I be reimbursed?

**A:** Up to a predetermined date, there will be a full refund, and then half refunded and closer to the Conference date, no refund. Given that we are non-profit and invest a lot several weeks prior to the course based on number of registrants, we can’t offer a full refund once we make those investments.

**Q:** If I am on a waiting list, what are my chances that I will get into the course?

**A:** Most folks on our Waiting list in prior years have made it to the course as registered folks fail to submit payment or cancel. We did have a few folks last year that never came off the waiting
list (sorry). We have a finite capacity to this course for many reasons and can not go past a certain limit.

**Q:** Since this is an entirely outdoor course, what happens if the weather is dangerous?

**A:** We have a safe location to quickly go in the event of anything dangerous. In the event of Thunderstorms, we may have to delay or cancel a workshop time slot, but resume on the normal schedule when the storm passes.