



## Philmont First Aid and CPR Requirements

Beginning in 2015, Philmont began requiring each crew to have a minimum of two participants trained in Wilderness First Aid and two participants have appropriate CPR training (those participants must be able to show current certification documents upon arrival). With two Wilderness First Aid trained participants on each trek, we hope that the crew will be better able to handle minor medical issues as well as emergencies and keep as many participants on the trail as possible. These requirements can be met by either youth or adult participants. We suggest that the First Aid and CPR trainings be completed several months ahead of your Philmont adventure; these classes tend to fill quickly. Check with your local council offices for information on Wilderness First Aid classes that may be offered in your area.

### **CPR Requirements:**

Philmont will accept CPR training from any recognized institution whose training contains both didactic (classroom) and hands-on training. Training should include recognition of and treatment for adult cardiac arrest, respiratory arrest, AED use, and airway obstruction. Training agencies must issue each participant a card or certificate that will be used to verify the training and the certification's expiration date upon arrival at Philmont.

### **Wilderness First Aid Requirements:**

Philmont requires a minimum of a 16-hour Wilderness first Aid training course. This training is important as it can take several hours for Philmont staff to reach a remote backcountry location after a message is delivered for help. Wilderness First Aid training allows for proper and prompt attention to be provided for injuries and/or illnesses in the short term. Participants must present current certification cards upon check-in to verify this requirement.

### **Accepted Wilderness First Aid Course Providers**

- American Red Cross - [www.redcross.org](http://www.redcross.org)
- American Safety and Health Institute (ASHI) - [www.ashinstitute.org](http://www.ashinstitute.org)
- Emergency Care and Safety Institute - [www.ECSInstitute.org](http://www.ECSInstitute.org) – Wilderness First Aid Advanced Level Course
- Longleaf Wilderness Medicine - [www.longleafmedical.com](http://www.longleafmedical.com)
- National Safety Council – [www.nsc.org](http://www.nsc.org) – NCS Advanced First Aid
- National Ski Patrol – [www.nsp.org](http://www.nsp.org) – Outdoor Emergency Care
- NOLS Wilderness Medicine Institute (WMI) - [www.nols.edu/wmi/](http://www.nols.edu/wmi/)
- Remote Medical International – [www.remotemedical.com](http://www.remotemedical.com)
- Sierra Rescue – [www.sierrarescue.com](http://www.sierrarescue.com)
- SOLO – [www.soloschools.com](http://www.soloschools.com)
- The Mountaineers – [www.mountaineers.org](http://www.mountaineers.org) – Mountaineering Oriented First Aid



- Wilderness Medical Associates (WMA) - [www.wildmed.com](http://www.wildmed.com)
- Wilderness Medicine Outfitters – [www.wildernessmedicine.com](http://www.wildernessmedicine.com) – (Distance Learning Course does not qualify)
- Wilderness Medicine Training Center – [www.wildmedcenter.com](http://www.wildmedcenter.com)
- Wilderness Safety Council – [www.wfa.net](http://www.wfa.net)
- Wilderness Safety & Emergency Response (W.I.S.E.R.) – [www.wiser-wfr.com](http://www.wiser-wfr.com)

Philmont also accepts the following advanced levels of training in lieu of WFA. Be advised that the below certifications do NOT meet the requirement for current CPR training; two current CPR certifications will still be required per crew. As with WFA and CPR, a copy of the current applicable license or certification (from any state) must be shared with Philmont during the registration process:

- Wilderness First Responder
- Outdoor Emergency Care/Ski Patrol
- EMT-Basic, EMT-Advanced, or Paramedic
- Military Corpsman, Medic, or Equivalent Medical Training
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician's Assistant
- Licensed Physician, MD or DO

**Any questions should be directed to the Philmont Infirmery at (575) 376-2281, Ext: 1150**