



SCHOOL OF WILDERNESS MEDICINE

NANTAHALA OUTDOOR CENTER

TABLE OF CONTENTS

What is SOLO?.....	3
Why Go SOLO?.....	4
Course Offerings.....	5-8
Contact Us	9





WHAT IS SOLO?

STONEHEARTH OPEN LEARNING OPPORTUNITIES (SOLO) HAS PROVIDED EXPERTISE IN WILDERNESS MEDICINE SINCE THE ORGANIZATION'S FOUNDING IN 1975. As a leader in the outdoor industry, Nantahala Outdoor Center (NOC) is proud to be the Southeastern home for this renowned training program. Situated at the intersection of the Nantahala River and the Appalachian Trail, NOC is the perfect venue to offer specialized training and industry-recognized certification opportunities for outdoor trip leaders, disaster relief workers, missionaries, military teams, EMTs, Paramedics, Physicians, and other medical professionals seeking a *premiere* experience.

Known for innovative and specialized educational techniques, SOLO's commitment to preparing people for outdoor pursuits is unmatched. Whether it's while rock climbing or backcountry skiing, paddling or hiking, SOLO instructors teach students to manage any outdoor emergency. Certifications are recognized by state EMS licensing boards, professional guiding organizations, the US Coast Guard, the American Camping Association, the Continuing Education Coordinating Board for Emergency Medical Services and many others.



As a leader in the outdoor industry, NOC is proud to be the Southeastern home for this renowned training program.



WHY GO SOLO?

IN THE BACKCOUNTRY, ANYTHING CAN HAPPEN. Even with top-of-the-line gear, years of experience and the best intentions, outdoor emergencies still occur. When you're miles from the nearest road and help is hours or even days away, a minor injury can quickly become a serious situation. Knowing how to prevent illness and injury, understanding when and how to evacuate an injured person; and staying current with medical training will ensure your own safety and that of your group.

Wilderness First Aid training is a vital part of preparation for anyone who is an outdoor recreation enthusiast.



Wilderness First Aid training is a vital part of preparation for anyone who loves to engage in outdoor recreation, and it maximizes the enjoyment of any trip.

SOLO provides a wide range of courses to fit numerous needs, and many fulfill continuing education credits for medical professionals. All courses are experiential in nature, providing hands-on practice, rescue scenarios and a student-centered environment to enhance learning.

INDUSTRY-RECOGNIZED CERTIFICATIONS INCLUDE:

- Wilderness First Aid (**WFA**)
- Wilderness First Responder (**WFR**)
- Wilderness EMT (**WEMT**)
- and more

SOLO SOUTHEAST STUDENTS RECEIVE DISCOUNTED LODGING AND MEALS.

DID YOU KNOW?

The Wilderness First Aid (WFA) certification started as SOLO's "Mountain/Woods First Aid" course in 1975. SOLO's offering was the first course of its kind in the U.S., and it is the curriculum upon which all other backcountry medicine courses are based.



COURSE OFFERINGS

*"Best CPR/FA class I've taken. SOLO Southeast Instructors obviously love what they do. They keep the class interesting, fun and extremely informative."
-Student testimonial*

WILDERNESS FIRST AID (WFA)

2 DAYS

- Provides entry-level training for outdoor enthusiasts to prepare for trips and adventures.
- Covers topics ranging from preparation and prevention to assessment and treatment.
- Results in a two-year WFA certification. CPR offered the first night for an additional fee.
- Offered at two Southeast NOC locations, along the Nantahala River in Bryson City, NC & the Chattahoochee River National Recreation Area in Atlanta, GA.

For additional fees, the WFA can re-certify a soon-to-expire WFR or AWFA certification. You can also add the CPR and AED course to be included in the first day of WFA.



WILDERNESS FIRST RESPONDER (WFR)

8-9 DAYS

- The recognized industry standard for outdoor professionals, back country trip leaders, camp counselors and students in outdoor recreational programs.
- Curriculum includes standards for urban and wilderness situations.
- Addresses environmental emergencies, survival skills, injuries, medical emergencies, decision-making and much more.
- Results in a three-year certification. CPR is included.
- Rescue scenarios are staged in wilderness settings and during the night to make this a course like none other.





COURSE OFFERINGS

*"The training scenarios rocked!
Good variety, fun and hands-on.
Instructors seem very passionate about
their work and teaching."
-Student testimonial*

WILDERNESS FIRST RESPONDER RECERTIFICATION

2 DAYS

- Designed for individuals who hold a current WFR certification and need to re-certify before it expires.
- Brings you up to date with all new wilderness protocols and refreshes your memory on standard WFR curriculum.
- Students are advised to retake the full WFR course after three recertifications to ensure that skills are maintained to a satisfactory standard.

CPR is not included but is offered on the first night of this course for an additional fee. To maintain your WFR qualification you must have current CPR certification. You must bring your current WFR card.



DID YOU KNOW?
SOLO is the oldest continuously operating school of Wilderness Medicine in the world.



COURSE OFFERINGS

*"I thought both instructors were knowledgeable, prepared and created a positive learning environment. Good balance of background, instruction and practice."
-Student testimonial*

EMT & WILDERNESS EMT INTENSIVE

Emergency Medical Technician (EMT) – 3 Week Intensive

- Latest scenario based teaching methodology – more hands-on, less lecture.
- Intensive course includes all of the required classroom hours, clinical hours, practical skills lab, Basic Life Support (BLS), CPR, and AED.
- Gives you the skills needed to take the NC State and/or the National Registry EMT exam.
- Helps prepare students for a career in Emergency Medical Services, the military or law enforcement, and is recommended for expedition and wilderness guides.
- Requirements include immunization records, a background check and proof of high school graduation.

Wilderness EMT (WEMT) – 1 Week Intensive

- A 5-day Wilderness Module can be added to the 3-week EMT course for the individuals wanting to further their skills and qualify as a Wilderness EMT.
- Recommended for outdoor professionals seeking the highest level of training SOLO Southeast provides. This training provides a better understanding of wilderness protocols and extended patient care due to distance terrain and/or environmental challenges.
- Focuses on emergency care when separated from definitive care by distance, time or circumstance.

Scenario based training methodology and hands on scenarios give the most realistic experiences possible.





COURSE OFFERINGS

"I will certainly recommend SOLO SE to friends who also need to recertify—great experience. Loved the 2-day option for a busy schedule!"
—Student testimonial

WILDERNESS MODULE FOR HEALTH CARE PROFESSIONALS

5 DAYS

- Upgrades current EMTs, AEMTs and Paramedics to the Wilderness EMT (WEMT) level and current nurses, nurse practitioners, PA's and Physicians to the Wilderness First Responder (WFR) level.
- The course is designed for medical professionals who already have advanced knowledge of patient care but want a better understanding of wilderness protocols and procedures that differ from those taught in for pre-hospital, hospital, and clinic settings.
- Focuses on emergency care when separated from definitive care by distance, time or circumstance.
- Typically counts for 40 hours of continuing education for National Registry EMTs.
- CPR is not included.

DID YOU KNOW?

SOLO was founded in 1976 by Dr Frank Hubbell in Conway, NH. Hubbell is considered to be the pioneer of Wilderness Medicine.





CONTACT US



SOLO Southeast
13077 Hwy 19 W
Bryson City, NC 28713



828.785.4995



SOLO@noc.com

Visit southeastwildernessmedicine.com for details about SOLO Southeast and for information about course offerings, schedules, FAQ and more.

NOC offers a discount to SOLO Southeast students for on-site lodging and dining. Please visit noc.com for more details.

To learn more about Nantahala Outdoor Center, visit noc.com.



DID YOU KNOW?
SOLO has trained more than 120,000 students in the U.S. and beyond.

