



## **Wilderness First Aid**

**July 25-26, 2026**

### **About this Event**

This Wilderness First Aid (WFA) course, through SOLO Wilderness and Emergency Medicine Schools, is hosted by the Greater Cincinnati Grotto and the Great Saltpetre Cave Preserve at a greatly discounted price of \$180/student. The hosting organizations are doing this to help enable local cavers and outdoors enthusiasts gain these critical skills.

This class is 2 days (16 hours) of classroom instruction with hands-on mock scenarios to practice skills learned in the class. Successful completion of this course provides a 2 year certification.

Topics include working through crisis response, patient assessment, physical trauma, environmental issues, bleeding control, and how to handle medical emergencies.

Course book will be included with registration.

- Saturday: 8:30AM – 5:00PM (includes 30 minute lunch break)
- Sunday 8:00AM – 4:30PM (includes 30 minute lunch break)

Students aged 15-17 may register with accompanying parent/guardian.

### **What to Bring**

Items for note-taking

Bring whatever gear you typically have on your typical cave trip or day hike (this will allow for some creative use of each other's gear to improvise what you need.

Foam sleeping pad if you have one

Sleeping bag or blanket (note, may get dirty)

Your typical First Aid kit

### **Gear:**

- Class gear - Bring what you would normally bring for your typical excursions. You will learn to use what you normally have with you AND you will learn a few things that you might want to add to your pack to make life easier in the event of a trauma or medical emergency.
- Check out the attached equipment document for ideas on what to bring.
- Food – we will break for lunch mid-day. Due to scheduling, it's preferable to have a packed lunch as we won't have time to go out. If you need snacks during the class, please plan to be self sufficient.

### **What to Expect:**

- We will have textbooks for you – you can write in if you like to take notes directly in the book or please bring a notebook if you wish.

- There is a breakdown of what we will be reviewing in the attached document. This is not all encompassing and we can add on anything that you might have a specific question about. Email me those questions to ensure we cover what you want to hear!
- We will be doing lectures, hands on-practice, scenarios throughout the day. Plan on getting dirty. We do use stage makeup and fake blood – they will wash out (eventually) so don't wear your nice clothes! Have drinks/snacks available with you to eat as you need to.
- If you have a medical condition that may affect your participation in class or scenarios in any way, please email/text/call so we can discuss ahead of time.
- Everyone learns in different ways and we get it! You will have a book to reference/read at your convenience, we will have hands on practice, and we will have verbal and slide show lectures. Hopefully one of those modalities works for you – if you have any questions or concerns, let me know at any time!
- Yes, the days are LONG, but we are here to learn and have fun at the same time. We appreciate the time commitment you are giving to this! You never know when you are going to need it. Thank you for taking the time to learn these skills!

**About the facility:** The class will be held at under the shelter pavilion at the Great Saltpetre Cave Preserve (237 Saltpeter Cave Road, Livingston, KY 40445) with exercises and scenarios worked in the field. Come prepared for being outdoors.

Please pack your lunch as there are no places to buy lunch in this local area. Camping for Saturday July 25, 2026 is included in the course fee. The Great Saltpetre Cave Preserve is a fully volunteer based organization and we appreciate the preserve for hosting this course.

**Register Here:** <https://www.zeffy.com/en-US/ticketing/wilderness-first-aid-course-at-gsp-solo>



**For Questions or Concerns:**

Please contact Stephanie Suen [sksuen@gmail.com](mailto:sksuen@gmail.com)



## **Stonehearth Open Learning Opportunities**

*Wilderness and Emergency Medicine Schools*

**P.O. Box 3150, Conway, NH 03818**

1-603-447-6711 ~ Fax: 1-603-447-2310 ~ [www.soloschools.com](http://www.soloschools.com)

### **Wilderness First Aid- 16 hour course**

#### **Response and Assessment**

- Anatomy of a Wilderness Crisis
- Universal Precautions
- Patient Assessment System
- Rescue Plan
- Patient Lifting and Moving Techniques

#### **Trauma – Musculoskeletal Injuries**

- Anatomy of the Musculoskeletal System
- Sprains and Strains
- Principles of Fracture Care
- Spinal Cord Injury Management

#### **Environmental Emergencies and Survival Skills**

- The Human Animal
- Cold Related Injuries
- Heat Related Injuries
- Backcountry Essentials

#### **Soft Tissue Injuries and Medical Emergencies**

- Trauma – Soft Tissue Injuries
- Medical Emergencies and Critical Care

## Meet your Instructor:

SOLO Instructor, Stephanie Suen, has her Wilderness First Responder certification through SOLO Wilderness Medicine

Stephanie is an instructor, on the Education Committee and is the Training Secretary for the National Cave Rescue Commission and a trainer, and on the Training Qualification Committee for the Vertical Training Commission. She has been part of multiple cave rescues including her own. Stephanie has also hosted several NCRC courses in her local region including Orientation to Cave Rescue (OCR) and Small Party Assisted Rescue (SPAR) for which she passed the lead exam in March 2025.

An in-cave accident in 2022 jump started Stephanie's passion for adding wilderness medicine into her knowledge base and she has a deep passion for sharing the knowledge learned with others and look forward to our upcoming course.

