NARRAGANSETT CHAPTER AMC
BASIC WILDERNESS FIRST AID WORKSHOP 2020

WHEN: Saturday and Sunday, April 4 & 5, 2020
WHERE: The Barn at Caratunk Wildlife Refuge
         301 Brown Ave
         Seekonk, MA
TIME: Classes start promptly at 8:30 am and will end at 5:00 pm both days.
CONTACT: Elise Hedglen NarLeadership@gmail.com
INSTRUCTORS: Stonehearth Outdoor Learning Opportunities (SOLO)

ACTIVITIES: The course is classroom style, with practice sessions held outdoors. There will be a morning and afternoon break as well as a 30 minute lunch break. If there is sufficient interest, there will be an optional CPR certification class on Saturday evening after the regular WFA class. If you plan to re-certify your WFR (responder) or WEMT, please notify Elise Hedglen immediately and bring a check with you to class as there is a nominal extra charge.

REQUIRED EQUIPMENT: While the bulk of the instruction will be indoors, we will be outdoors for extended periods of time. Dress as you would for a day hike, including appropriate footwear. Bring the following in a day pack: Raingear, layers of clothing, warm hat, mittens and/or gloves, bandannas, quart water bottles, hiking shoes. If you have them, please bring hiking poles, a sleeping pad or backpacking chair, and a ground cloth or small tarp (4’ X 6’ sheet of plastic is fine). Also, bring a pen or pencil and a notebook.

MEALS & ACCOMMODATIONS: Hot beverages and a morning snack will be provided. Bring your own lunch, water bottle and snacks. We have made no provisions for lodging.

COST: Cost for AMC Narragansett Chapter trip leaders is $25. Cost for Narragansett Chapter members is $95 and $170 for non-chapter members. Cost for the optional CPR certification is $40.00 and will be paid directly to the SOLO instructor Saturday evening. The fee covers all instruction and materials and morning snacks, but does not include lodging. Class size is limited to 30 students. Participation in the class is not confirmed until we receive your payment. Register and pay online at outdoors.org/narragansett/wfa. If paying by check, contact Elise Hedglen for mailing instructions.

CANCELLATIONS: You will get a refund if doing so does not raise the cost to others or the Chapter. "No Shows" will not receive a refund.

DIRECTIONS TO Caratunk Wildlife Refuge: located at 301 Brown Ave, Seekonk, MA

From Providence and points south, take Route 195 east to Route 44 east (exit 4). Follow Route 44 east to Arcade Ave intersection in Seekonk – about 3 miles (Second signal light in Seekonk, Shell station on left). Take left on Arcade Ave to Newman Ave (1.3 miles) then right on Newman Ave to Brown Ave (1.7 miles). Bear right on Brown Ave, then 0.7 miles to Caratunk on your right.

From points north of Providence, take exit 2 from Rt 95 (Route 1A south). Follow Route 1A Newport Ave south 0.5 miles to Benefit St. Take a left on Benefit St 0.6 miles to Central Ave, bear left and follow Central Ave 0.5 miles to a signal light at Newman Ave. Take a left at the light, then a right in about 200 ft to Pine St (Webster Bank on right). Follow Pine St 1.1 miles, then right on Brown Ave. 0.6 miles to Caratunk, on left.

TRANSPORTATION: Please co-ordinate to share rides and contribute to the driver for gas and tolls. A participant list will be assembled and sent to you nearer to the event.