



**Are you an avid day hiker, biker, or weekend warrior? Do you spend lots of time outdoors or in the backcountry? Wilderness first aid training should be an essential part of your toolkit.**

Each spring, [Holiday River Expeditions](#) offers wilderness first aid courses that teach you how to navigate medical problems — especially when help is several hours, miles,

or days away! You'll join [Katie Woods](#), lead instructor for [Wilderness Medical Associates \(WMA\)](#), for plenty of group discussion, hands-on time, and real-life case scenarios to practice critical thinking and gain crucial medical skills.

### **[2024 Wilderness First Aid Courses:](#)**

<b>2024</b>	<b>Course</b>	<b>Rate</b>
April 26-27	<a href="#">WFR Re-cert (2-days)</a>	\$370
April 30 - May 3	<a href="#">Wilderness Advanced First Aid</a>	\$515
May 5 - 8	<a href="#">WAFA -WFR Bridge</a>	\$515
April 30 - May 8	<a href="#">WFR - full class</a>	\$795

Please click on the link above or visit [www.bikeraft.com/wilderness-first-aid-courses/](http://www.bikeraft.com/wilderness-first-aid-courses/) to read full descriptions of each course offering & register!

Discounts are available for members of UGO, CPRG, & GCRG! Discounted prices offered at registration.

Class size is limited in each course, so get your payment in early. **Course payment is non-refundable.** After you reserve your spot, you will receive a confirmation email from your course instructor with all the pre-course information you'll need to come prepared. For additional information or registration help, please contact us at the email or phone number below. You can also visit Wilderness Medical Associates website to get more information: [WAFA](#) , [Bridge](#) , [WFR](#) , [Recertification](#) (or [Hybrid Recertification](#)) or their [Home Page](#).

**To Register please visit: <https://www.bikeraft.com/wilderness-first-aid-courses/>, select your desired course, and complete the registration steps online.**

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**Contact our office via email or the number below**  
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