

## AMBASSADOR FIRST AID BADGE

**Badge Purpose:** When you've earned this badge, you'll know more about how to provide first aid in extreme conditions.

Activity	Materials Needed
<b>Be Prepared</b> <ul style="list-style-type: none"> <li>Take a course in wilderness first aid and learn how to treat medical emergencies.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access
<b>Women in the Field</b> <ul style="list-style-type: none"> <li>Learn about women who've dedicated their careers to saving lives in extreme conditions.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access
<b>How to Survive Anything</b> <ul style="list-style-type: none"> <li>Explore real-life survival stories.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access

### Activity #1: Be Prepared

Badge Connection: Step 1 – Learn how to deal with medical emergencies in the wilderness; Step 3 – Find out how to care for a critically injured person; and Step 4 – Know how to move an injured person  
Materials Needed: Phone or computer with internet access

- There's so much fun to be had the great outdoors, but it's equally important to be safe while on your adventures. Anything can happen while you're hiking or camping, so make sure you're prepared and have the necessary skills to handle an emergency.
- Take a wilderness first aid course. Wilderness first aid courses will teach you how to assess patients, how to treat injuries and illnesses (including treatments like splinting, wound care, spinal injuries, etc.), and how to improvise solutions with limited resources.
- Find a course close to you:
  - [rei.com/events/a/wilderness-medicine](http://rei.com/events/a/wilderness-medicine)
  - [nols.edu/en/courses/courses/wilderness-first-aid-WFA/](http://nols.edu/en/courses/courses/wilderness-first-aid-WFA/)
  - [longleafmedical.com/schedule.html](http://longleafmedical.com/schedule.html)

### Activity #2: Women in the Field

Badge Connection: Step 2 – Research careers that save lives in extreme conditions  
Materials Needed: Phone or computer with internet access



1. Did the wilderness first aid course pique your interest in people whose job it is to navigate tricky situations and help people in remote settings? Read up on women who've worked or are currently working in the field as wilderness doctors, search and rescue crew, or volunteer medical personnel through Doctors Without Borders.
2. If you have a connection with someone who's a park ranger, combat medic, or someone else whose duties include emergency response during major disasters, interview them about their background and experience in the field. For example, ask them: what training and education did you need to prepare for your job? What are your day-to-day responsibilities? What's the most difficult part of your job? The most rewarding aspects?
3. If you don't personally know someone whose career involves working in extreme environments, read about, listen to, and watch some extraordinary women around the world:
  - [aborderlife.com/grit-project-blog/2016/2/15/shes-got-grit-first-woman-coast-guard-rescue-swimmer](http://aborderlife.com/grit-project-blog/2016/2/15/shes-got-grit-first-woman-coast-guard-rescue-swimmer)
  - [marieclaire.com/politics/news/a171/pakistan-female-rescue/](http://marieclaire.com/politics/news/a171/pakistan-female-rescue/)
  - [bit.ly/insidewhistlersearchandrescue](http://bit.ly/insidewhistlersearchandrescue)
  - [theadventuremedic.com/features/luanne-freer-interview/](http://theadventuremedic.com/features/luanne-freer-interview/)
  - [powder.com/stories/interviews/meet-the-woman-who-is-leading-jackson-holes-ski-patrol/](http://powder.com/stories/interviews/meet-the-woman-who-is-leading-jackson-holes-ski-patrol/)
  - [blogs.msf.org/en/staff/blogs/vloggers-without-borders/vlog-becoming-the-only-midwife-on-board-a-search-and-rescue](http://blogs.msf.org/en/staff/blogs/vloggers-without-borders/vlog-becoming-the-only-midwife-on-board-a-search-and-rescue)

## Activity #3: How to Survive Anything

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Badge Connection: Step 5 – Explore real-life examples of handling wilderness emergencies

Materials Needed: Phone or computer with internet access

1. Human beings' ability to survive accidents and emergencies in the harshest of environments is truly remarkable. Read some accounts of real-life survival stories: [backpacker.com/survival/survival-stories](http://backpacker.com/survival/survival-stories)
2. After having completed your wilderness first aid training, how do you think you would react in those situations? Do you think your first aid training would have prepared you for some of the unforeseen situations that these survivors found themselves in? In what way(s)?
3. (Optional) If you're interested in learning more about wilderness survival skills, check your local library for additional resources:
  - *A Complete Guide to Surviving in the Wilderness: Everything You Need to Know to Stay Alive and Get Rescued* by Terri Paaajanen
  - *Outdoor Survival Skills* by Larry Dean Olsen
  - *How to Stay Alive in the Woods* by Bradford Angier

