



Greetings VARO Clubs -

With lots of interest from Clubs and volunteers for another discounted WFA & CPR course taught by Landmark Learning, we're moving forward. The course is on the books and registration is open. Please share with your Club volunteers, especially those folks who are certified sawyers, work trip leaders, etc.

For those of you who are new to WFA courses, here's the lowdown:

- The 16- to 20-hour Wilderness First Aid course is designed to introduce outdoor enthusiasts and individuals working in remote locations to wilderness medicine principles.
- Learn how to improvise equipment, deal with challenging environments, and act with confidence.
- Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will help you integrate your learning.

Course Details

Cost: A.T. Volunteers: WFA & CPR - \$50; WFA - \$38, CPR - \$12 (Course is deeply discounted for A.T. & Club volunteers)

Non-A.T. Volunteers: WFA & CPR - \$221; WFA - \$166, CPR - \$55

Space is limited in this course - there are 30 open spots. Registration will be open to only A.T./Club volunteers until early Feb 2019 – I want to maximize the number of Club participants. If spots are open at the end of January, this course will be opened up to the public to try and fill the class.

Date & Time:

CPR: Friday, April 12, 6-9pm

WFA: Saturday, April 13, 8am-5pm (WFA Day One)

Sunday, April 14, 8am-5pm (WFA Day Two)

Course Address: Volunteer Trail Camp, MRNRA Work Center
609 Flat Ridge Rd, Sugar Grove, VA 24375

Course Logistics:

Food: All participants will be responsible for their own food and meals. Participants will have full access to the camp kitchen – fridges, utensils, pots&pans, stoves, etc will be available for your meal prep. With up to 30 participants, the kitchen might get busy so be flexible and plan to bring a backpacking stove and a cooler with ice in case there isn't enough fridge space.

For folks looking to dine out for dinner, there are several restaurants in Marion, VA – a 20 minute one-way drive away.

Lodging: Participants are invited to use the Camp Pods – uninsulated, and unheated rustic structures that have electricity and light. Participants who use the Pods may have to share the space with another participant. Participants also may bring their tent and set up anywhere on the lawn.

For folks not wanting to camp or stay at Camp, there are several hotels/motels in Marion, VA – a 20 minute one-way drive away.

Participants may arrive anytime on Friday, April 12.

Other Camp Details

Bathhouses: Two bathhouses are at Camp – one male, one female – that will be available for use. They each have laundry, toilets, and showers.

Pavilion: The pavilion will be used as classroom space during the CPR and WFA courses, but during off hours the pavilion will be available. Pavilion has a pool table, ping-pong table, wifi, comfy hangout space, woodstove, and tv with DVD's.

*****All Participants Are Responsible for Cleaning Up After Themselves in the Pods, Kitchen, Bathhouses, and Pavilion*****

How To Register if Interested:

- Contact Josh Kloehn – jkloehn@appalachiantrail.org or 540-904-4391
- Once you contact me, I'll send you the course paperwork and forms for you to complete and return to me.
- Participants will mail a check for payment (make it out to ATC) to:
 - - ATC-VARO
Attn: Josh Kloehn
416 Campbell Ave SW, Suite 101
Roanoke, VA 24016

If you've got any questions, let me know!

Josh Kloehn
Resource Manager
Appalachian Trail Conservancy

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The Appalachian Trail Conservancy's mission is to preserve and manage the Appalachian Trail – ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come. To become a member, volunteer, or learn more, visit www.appalachiantrail.org .