



DO YOU SPEND  
TIME IN  
THE BUSH?



ARE YOU  
TRAINED  
FOR IT?



Come learn how to better prepare for the unexpected.  
Come train with the most experienced group  
of outdoor instructors in Tanzania.



SENTINEL  
OUTDOOR  
INSTITUTE

[SentinelOutdoor.com](http://SentinelOutdoor.com)

SOI is an accredited  
provider for:



**African Environments**  
"Your Adventure Travel Specialists"



We are not just medical professionals. We have years of extensive outdoor leadership and guiding experience.

Preparedness is the result of accumulated experience, knowledge, and skills.  
Let us help you develop yours.

Which course is right for you?

**Basic First Aid** Skills to help in an emergency and an overview of wilderness medicine **25 APRIL** USD 55

**Wilderness First Aid** Extended guidance in wilderness medicine skill development **17-19 APRIL** USD 325

**Wilderness First Responder** In-depth wilderness medicine education **14-23 APRIL** USD 670

**WFR Recertification** A review of the WFR curriculum with most current techniques **14-16 APRIL** USD 325

**Leave No Trace** International standards in responsible outdoor recreation **24 APRIL** USD 10

For course and scholarship details visit [SentinelOutdoor.com](http://SentinelOutdoor.com)





# WILDERNESS FIRST AID

Arusha, Tanzania

17-19 April 2020

African Environments HQ - Olasiti

Cost of Course: \$325

Accommodation available on request



## Do you work in the wild?

Sentinel Outdoor Institute will be offering a **3 day Wilderness First Aid** training course. This course is commonly taught around the world as an **intro to wilderness medicine**. It will be taught by a team of Kenyan, Tanzanian and American outdoor professionals and veteran instructors.

The WFA is designed to offer an **overview of wilderness medicine** and **extended guidance in technique development**.

It is ideal for camp staff, drivers and assistant guides. Course participants should be proficient in English. Approximately 60% of the course is classroom lecture and 40% practical scenarios.



### KEY COURSE COMPONENTS:

- Scene assessment
- Patient assessment
- Identifying life threatening injuries
- Caring for injuries and illnesses including
  - stopping bleeding
  - cleaning and caring for wounds
  - managing and splinting fractured bones & joints
  - snake bites

- Cardiopulmonary Resuscitation (CPR)
- Safely moving patients

### ADDITIONAL COMPONENTS (to Basic First Aid course):

- Injury and illness prevention
- Long-term injury and illness management
- Improvised litter construction
- Environmental emergencies

Students successfully passing the course will receive internationally recognised WFA and CPR certifications from SOI.

For questions and reservations please contact us:  
[training@sentineloutdoor.com](mailto:training@sentineloutdoor.com)



# WILDERNESS FIRST RESPONDER

Arusha, Tanzania

14-23 April 2020

African Environments HQ - Olasiti

Cost of Course: \$670

Accommodation available on request



**African Environments**  
*"Your Adventure Travel Specialists"*



**Do you work in remote areas? Are you prepared to handle emergencies with limited resources?**

Sentinel Outdoor Institute will be offering a 10 day WFR course. This course is the world standard for wilderness leaders. It will be led by medical and outdoor experts from the US, Tanzania and Kenya.



The WFR is designed to offer an **in-depth wilderness medicine education and thorough development of decision making and practical skills**. Course participants should be proficient in English and be willing to study hard for this challenging programme. Approximately 2/3 of the course is classroom lecture and 1/3 practical scenarios.

## KEY COURSE COMPONENTS:

- Scene assessment
- Patient assessment
- Identifying life threatening injuries
- Cardiopulmonary Resuscitation (CPR)
- Caring for injuries and illnesses including
  - stopping bleeding
  - cleaning and caring for wounds
  - managing and splinting fractured bones & joints
  - snake bites

- Safely moving patients
- Injury and illness prevention
- Long-term injury and illness management
- Improvised litter construction
- Environmental emergencies

## ADDITIONAL TIME SPENT (compared to Wilderness First Aid course):

- Honing assessment, critical thinking and decision skills**
- Practising technique**

Students successfully passing the course will receive internationally recognised WFR and CPR certifications from SOI.

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# WILDERNESS MEDICAL COURSES

Arusha, Tanzania

April 2020



## BFA

Basic First Aid and CPR certification.

For beginning professionals and families looking for the fundamentals of emergency medicine.

## WFA

Internationally recognised Wilderness First Aid and CPR certification.

Ideal for camp staff, drivers, and assistant guides.

## WFR

Internationally recognised Wilderness First Responder and CPR certification.

Ideal for lead guides, those looking to increase their experience and qualifications, and independent outdoor enthusiasts.

	BFA	WFA	WFR
HOURS	8	24	80
CLASSROOM	50%	60%	66%
PRACTICAL	50%	40%	33%
LEVEL	Introductory	Medium	Highest
Scene assessment	X	X	X
Patient assessment	Basic	In-depth	In-depth
Assessment practical scenarios			X
Identifying life threatening injuries	X	X	X
Cardiopulmonary Resuscitation (CPR)	X	X	X
Airway management	X	X	X
Stopping bleeding	X	X	X
Dressings and care for wounds	Simple	Complex	Complex
Documentation of care		X	X
Human anatomy and physiology			X
Burn assessment		X	X
Burn dressings	X	X	X
Identifying and caring for orthopaedic injuries	X	X	X
Advanced splinting technique		X	X
Reduction of dislocated joints			X
Identifying and caring for illnesses	Basic	Wide variety	Wide variety
Heat/Cold emergencies		X	X
High altitude illness			X
Drowning			X
Snake bites	X	X	X
Medication		X	X
Injury and illness prevention		X	X
Long-term injury and illness management		X	X
Safely moving patients	X	X	X
Improvised litter/stretchers construction		X	X
Spinal injury evaluation and transport			X
Evacuation criteria		X	X
Honing assessment, critical thinking and decision skills			X
Triage and mass casualty incidents			X
Helicopter evacuation			X
First aid kit contents		X	X
Extra time refining technique			X
Full course manual		X	X
<b>COST (USD)</b>	<b>55</b>	<b>325</b>	<b>670</b>



All SOI courses are taught by highly skilled and experienced medical and outdoor professionals to enhance the learning process with real life experience.

For questions and reservations please contact:  
[training@sentineloutdoor.com](mailto:training@sentineloutdoor.com)



# Leave No Trace

Arusha, Tanzania

24 April 2020

African Environments HQ - Olasiti

Cost of Course: \$10

Accommodation available on request



**Do you spend time in the outdoors or work with those who do?**

African Environments is proud to host the Sentinel Outdoor Institute, who will be offering a 1/2 day Leave No Trace course. It will be led by Shikuku Ooko, Leave No Trace Master and Veteran Guide, with Alphonse Mallya, Conservation Coordinator for TNC Africa.

This course is founded on the skills and ethics of Leave No Trace, and developed with **The Nature Conservancy** so students receive lessons on local conservation challenges and how they can help. LNT is designed for all users of the outdoors, including guides, drivers, support crews, educators, students, and recreationalists. Approximately 50% of the course is classroom lecture and 50% discussions and activities.



#### KEY COURSE COMPONENTS:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Use and Impact of Fires
- Respect Wildlife and Farm Animals
- Practice Responsible Ecotourism
- Landscape challenges in Northern Tanzania
  - development
  - protected areas
  - wildlife corridors
  - invasive species
- Responsibility as users of the landscape
- Sharing message with others

Students successfully passing the course will receive an internationally recognised certificate from LNT.

For questions and reservations please contact us:  
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