



Thank you for registering and welcome to AlpTerra Family

We are excited to host you and learn together. This Pre-Course Packet is designed to customize your course content and accommodations. Please don't hesitate to reach out to us with any questions or concerns at info@alpterrafamily.com or (907)-360-9639 (Bill's cell phone).

Travel

You do not need a vehicle during the course. We can facilitate Manchester Airport pickup, or Concord Coach Bus Lines pickup in Concord, NH. If you are flying into Boston Logan Airport it is very easy to get the Concord Coach bus to Concord, NH. There is also parking available at our home in the event you choose to drive independently. The course runs from Friday starting at 0800 until Sunday at 1700. We encourage our participants to arrive the Thursday evening before the course and depart Monday morning following the course.

Course Location

455 Franconia Mountains Road
Franconia, New Hampshire 03580

Contact Information

info@alpterrafamily.com
(907) 360-9639 (Bill's cell phone)



Packing List

You should not need to purchase any special clothing or gear for this course. However, the course is a good opportunity to test out clothing you may want to use during your adventures. We would rather you recognize that your “rain” jacket is not waterproof a few minutes from our home, rather than in the alpine zone.

We will provide linens, bath towels, shampoo, conditioner, soap, and hair dryers.

In addition to comfortable clothing for an indoor setting (what you would pack for a typical indoor weekend away), we suggest the following non-cotton items that can get dirty to prepare for the outdoor setting and our home in northern New Hampshire:

- Warm jacket (wool, fleece, or synthetic)
- Waterproof jacket
- Long pants
- Short sleeve top
- Long sleeve top
- Boots or rugged shoes
- Personal toiletries
- Sun hat
- Sunscreen
- Bug spray
- Indoor slippers or sandals (encouraged, hard wood floors)
- Additional clothing to run, bike, or workout during leisure time

Course Schedule

Thursday: arrival suggested between 1600 and 1800. Dinner at 1800.

Friday: Day One of Training

Time	Place	Event
0600-0800	Local Area	Leisure Time
0800-0900	Kitchen	Breakfast and Course Introduction
0900-1030	Backyard	Practical Scenarios
1030-1100	Local Area	Break
1100-1150	Discussion Area	Wilderness Medicine Prevention
1200-1300	Kitchen	Lunch
1300-1400	Discussion Area	Wilderness Medicine Assessment
1400-1430	Local Area	Break
1430-1630	Backyard	Wilderness Medicine Assessment Practicals
1630-1800	Local Area	Leisure Time
1800-1900	Kitchen	Dinner
1900-1930	Firepit	Fireside Chat



Saturday: Day Two of Training

Time	Place	Event
0600-0800	Local Area	Leisure Time
0800-0900	Kitchen	Breakfast
0900-1000	Discussion Area	Wilderness Medicine Treatment
1000-1030	Local Area	Break
1030-1200	Backyard	Wilderness Medicine Treatment Practicals
1200-1300	Kitchen	Lunch
1300-1400	Discussion Area	Wilderness Medicine Transport
1400-1430	Local Area	Break
1430-1630	Backyard	Wilderness Medicine Transport Practicals
1630-1800	Local Area	Leisure Time
1800-1900	Kitchen	Dinner
1900-1930	Firepit	Fireside Chat

Sunday: Day Three of Training

Time	Place	Event
0600-0800	Local Area	Leisure Time
0800-0900	Kitchen	Breakfast
0900-1200	Local Area	Improvised Medical Equipment Acquisition
1200-1300	Kitchen	Lunch
1300-1500	Backyard	Full Spectrum Practical Scenarios
1500-1530	Local Area	Break
1530-1630	Discussion Area	Feedback and Course Debrief
1630-1700	Discussion Area	AlpTerra Mountain Opportunities
1700-1800	Local Area	Leisure Time
1800-1900	Dinner	Kitchen
1900-1930	Firepit	Fireside Chat

Monday: Departure

Breakfast will be available, and we will help coordinate departures.