

SOLO WFA & CPR

AMC Knubble Bay Camp, May 5 - 7, 2023



Welcome to a weekend made possible by the AMC Beal Island/Knubble Bay Camp volunteer committee, affiliated with the Appalachian Mountain Club. This course is being taught by the official SOLO organization of Conway, NH.

COST: \$260 (AMC members)
\$280 (non-members)
\$45 Optional CPR

LODGING: Friday² night and Saturday night. Inside bunk space on first-come, first served basis. The first 12 registrants can bunk inside Knubble Bay Camp. Outdoor tenting space is also available for late registrants or those who wish to sleep under the stars.

MEALS¹: Friday supper on your own. Eat out or cook in.
Saturday breakfast, lunch & dinner, Sunday breakfast & lunch

COURSE: This 16-hour (2-day) course results in a 2-year certification. The focus: response/assessment, musculoskeletal injuries, environmental emergencies, survival skills, soft tissue injuries, medical emergencies. A qualifying test is given at the end of the course. An optional CPR training is available.

SCHEDULE:

- Friday²- Arrive between 4:00 PM - 9:00 PM (or come Saturday AM)
- Saturday- Breakfast at 7:00. Course runs 8:00 - 5:00 with a break for lunch. Indoor course work and some outdoors course work. Bring drinks (for you) and snacks to share at Happy Hour before dinner.
- Sunday- Breakfast at 7:00. Course runs 8:00 - 5:00 with a break for lunch. Indoor course work and some outdoors course work.
Optional CPR will start at 5:00 or when the WFA material is completed.

Items to Bring:

Knubble Bay Camp is an "off the grid experience." The cabin has a full kitchen, wood stove, composting toilet, solar lights and outside pumped water (no electricity & no wi-fi). The common sleep room has platforms and mattresses. On the amckbc.org webpage, you will find more information about the cabin.

You should plan to wear or have with you clothing that will be appropriate for being both indoors and outdoors during your course. Weather permitting, we will be spending a significant portion of the class time outdoors. The following list, in addition to the clothing you will be wearing and is to be considered a minimum. Feel free to supplement it with anything else you would normally carry on a wilderness adventure. You will be using your equipment to provide care, build splints, and to keep yourself and OTHERS warm during scenarios.

Required:

Raingear tops and Bottoms (no ponchos)	Warm Hats (synthetic* or wool)	Long Underwear Tops and Bottoms (synthetic* or wool)
Warm Layers (synthetic* or wool)	2 Pair Warm socks (synthetic* or wool)	Backpack (2500 cu in or larger) or duffle bag
Water Bottles (1liter/quart or larger)	Hiking boots or Sturdy Hiking Shoes	Notebook with Pen/Pencil.
Flashlight and/or headlamp	Sleeping bag	

Recommended:

Pillow	Sunglasses and Sunscreen	Insect Repellent (in season)
40 feet Small Diameter Cord (parachute cord is fine)	Sleeping Pad (Ensolite, Thermarest, Ridgerest, etc.)	10' X 10' 4-6 mil Plastic Tarp (for shelter building)
Trekking Poles	Snacks & beverages	Towel
Pocket Knife	³ Cooler & ice	⁴ (optional) Solar shower water bag

¹Some accommodation may be made for food preferences. Please check with the registrar well in advance.

²The program begins 8:00 am Saturday morning. Most participants spend the night Friday.

³Please bring a cooler for your snacks and beverages; there is not enough room in the fridge.

⁴There is an enclosed outdoor shower stall where you can take a "solar shower."

*Polyester or Polypropylene (Capilenetm, Bergelenetm, Dri-Climetm, etc.) We DO NOT recommend cotton.

Additional Information:

- The KBC Volunteer Committee would greatly appreciate it if you would please volunteer to assist with meal preparation/clean-up for at least one of the three meals we will be providing and also for cabin clean-up at the end of the weekend.
- Please contact registrar Gail Fensom (gailrond@comcast.net) BEFORE completing and sending the registration, or if you have any questions.
- **No refunds can be made after April 21.**

Directions:

The address is 144 Jewett Road, Georgetown, Maine.

From Bath, take US Rt. 1 north across the Kennebec River Bridge.

• Keep in the right-hand lane, and turn RIGHT immediately after the bridge onto Rt. 127, toward Reid State Park (Dairy Queen at the intersection)

• LEFT onto Rt. 127

• Travel 5.8 m. and turn LEFT onto ROBINHOOD RD. (Look for antlers on a garage)

• Travel 1 m. and take a sharp LEFT onto WEBBER RD. at the meetinghouse (It sneaks up on you)

• Travel 1.2 m. and take first RIGHT turn onto JEWETT RD. (AMC sign)

• Travel until you're sure you're lost, taking a RIGHT at each fork. The last fork is at the sign indicating the end of the town road

• Turn LEFT at the AMC sign to KNUBBLE BAY CAMP (#144)