

Follow this study guide to prepare to take the Backpacking Medicine certification exam. The approximate time requirement is 6-8 hours.

1. Watch the **Primary Survey** practical skills video.
2. Study: First Aid Kits
3. Watch the **Bleeding Control** practical skills video.
4. Study: Foot Problems
5. Study: Stream Crossing
6. Study: Water Treatment
7. Study: Flash Floods
8. Study: Lightning
9. Study: Clothing for the Wilderness
10. Study: Backpacks and Back pain
11. Study: Sunscreens.
12. Study: Dental problems On the Trail
13. Study: Children in the Wilderness
14. Study: Altitude
15. Study: Eating Right Before the Hike