

**Source:**

## **1 | diff between normal first aid and wilderness first aid**

**1.1 | when you are 2 hours away from a hospital**

**1.1.1 | either far or will take a while to get there**

## **2 | requires**

**2.1 | improv**

**2.2 | thinking on the fly**

**2.3 | treating without 100% diagnosis**

**2.4 | think about what body systems are being impacted**

## **3 | body systems**

**3.1 | integumentary system**

**3.2 | muscular system**

**3.3 | skeletal system**

**3.4 | cardiovascular system**

**3.5 | nervous system**

**3.6 | respiratory system**

**3.6.1 | nose, mouth, airway, lungs, diaphragm**

**3.7 | digestive system**

**3.8 | urinary system**

**3.9 | reproductive system**

**3.10 | endocrine system**

**3.11 | lymphatic/immune system**