

**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 | respiratory system**

#### **3.1.1 | nose, mouth, airway, lungs, diaphragm**

#### **3.1.2 | things that could go wrong**

1. liquid in the lungs
2. puncture to the lungs (rib or external)
3. choking on something or anything that blocks your airway
4. allergies and asthma - anaphalaxis

### 3.2 | **cardiovascular system**

#### 3.2.1 | **heart, vessels**

### 3.3 | **integumentary system**

### 3.4 | **muscular system**

### 3.5 | **skeletal system**

### 3.6 | **nervous system**

### 3.7 | **digestive system**

### 3.8 | **urinary system**

### 3.9 | **reproductive system**

### 3.10 | **endocrine system**

### 3.11 | **lymphatic/immune system**