



2020 Southeastern Student Wilderness Medicine Conference Survival Guide

Hello!

Welcome to the conference! We hope you learn a lot about wilderness medicine, meet others with similar interests, and most importantly, have a great time! This packet will contain all the information you need to “survive” the conference. We look forward to meeting you, and thank you for helping make this conference happen!

Sincerely,

2020 Conference Organizers

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Session Locations

Friday - March 6th

Location: Fork in the Market (32 Market Square SE #128, Roanoke, VA 24011)

1800-2100: Meet and Greet – Registration packet pickup for student attendees, and meet and greet between students and available conference speakers. Food and alcohol are available for purchase.

Saturday – March 7th

Location: Virginia Tech Carilion School of Medicine (2 Riverside Circle, Roanoke, VA 24016).

Parking: Parking is limited to the parking garage. (identified as 'P' on map provided)

0730-1800: Didactic Sessions – The Keynote Address and conference introduction will take place in Room 203 at 0815. Breakfast and lunch will be provided. Didactics and room locations can be found on March 7th schedule provided.

11:45-13:15: LifeGuard Helicopter Landing – During lunch, the LifeGuard helicopter is scheduled to land between 11:45-1:15PM in the area shown on the map. They will be discussing aspects of medicopter transport and demonstrating the capabilities of the aircraft. **The helicopter will be in-service during this time, so this landing is dependent on availability and subject to change.**

Sunday – March 8th

Location: Fishburn Park (2304 Brambleton Ave SW, Roanoke, VA 24015)

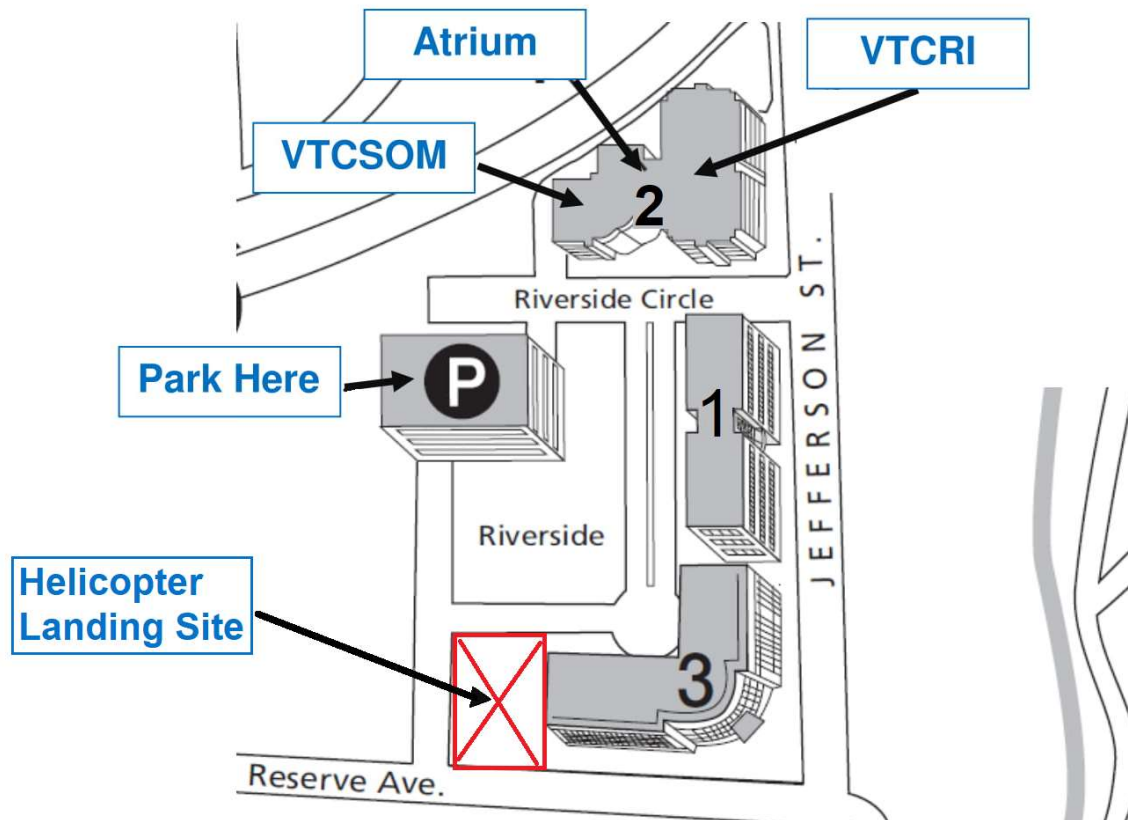
Parking: available on-site

0800-1330: Wilderness Medicine Scenarios – Student groups will rotate through 10 different wilderness medicine scenarios. Conference will conclude at 1330. Breakfast and lunch will be provided.

Campus Map



Map of Campus



School Address: 2 Riverside Circle, Roanoke, VA 24016

VTCSOM: Virginia Tech Carilion School of Medicine

VTCRI: Virginia Tech Carilion Research Institute

Parking: All Parking FREE in parking garage. DO NOT park in open lots, garage only

Conference Schedule

	Room 106	Room 211	Room 212	Room 210 (Commons)	Room 203 (Auditorium)	Dry Lab (3 rd Floor)	VTCRI Conference Room (1 st Floor)	Faculty Parking Area
730				Breakfast				
815					Introduction/Conference Overview			
					<i>Stephanie Lareau</i>			
830					Guest Speaker			
					<i>Jessie Gehner</i>			
900	Space Medicine <i>Nathaniel Mann</i>	The Things They Carried <i>John Burton</i>	Wilderness Mythbusters <i>Taylor Haston</i>	White Water Injuries <i>Sarah Beth</i>	Wilderness Toxicology <i>Christopher Holstege</i>		Avalanche Identification and Management <i>Christopher Davis</i>	
1000	SCUBA Emergencies and Dive Physiology <i>Stephen Pulley</i>	Heli Services and Altitude Emergencies <i>Robert O'Connor</i>	Medical Kit Consideration <i>Jessie Gehner</i>	Arctic Emergencies <i>David Toro</i>	Ground Search and Rescue <i>Vanessa Pinter</i>		General Rope Rescue <i>Eric Stanley</i>	
1100	Hypercoagulability in Athletes <i>Claire Wilsey</i>	Winter Over at the South Pole - A Doctor's Perspective <i>Wortley</i>	In-Flight Emergencies <i>Amit Padaki</i>	Snake Identification and Management <i>Paul Stromberg</i>	Anaphylaxis and Epipens <i>Christopher Holstege</i>		Tick borne Illnesses <i>Christopher Davis</i>	
1200				Lunch				
	LifeGuard landing (availability allowing) location on map							
1300	Hypothermia <i>Stephen Pulley</i>	Careers in Remote Medicine <i>Jason Drevenak</i>	Long Distance Backpacking <i>Jessie Gehner</i>	Wound Care <i>Benjamin Davis</i>	Cave Rescue <i>Brian Ekey</i>	Splinting and C- Spine <i>CJ Waasdorp</i>		
1400	Diabetes in the Wild <i>Stephanie Lareau</i> <i>Daniel Culpepper</i>	Concepts of Survival <i>Daniel Black</i>	Drowning Management <i>Randy Howell</i>	Airway Management <i>David Fifer</i>	Avalanche Identification and Rescue <i>John Lafleur</i>	Waterborne Illnesses and Purification Methods <i>Andrew Leamon</i>		
1500	Fever in Returning Travelers <i>Laura Brudecki</i>		Joint Dislocation Diagnosis w/ US and Relation Techniques <i>Jonathan Noguera</i>	Dentistry for Doctors <i>Benjamin Davis</i>	TBD <i>Stephanie Lareau</i>	Navigation and Orienteering <i>CJ Waasdorp</i>		Triage Shelter Construction <i>Jason Drevenak</i>
1600	TBD <i>Henderson McGinnis</i>	Lightning Injuries <i>Holly Bryant</i>	Wilderness Trauma <i>Randy Howell</i>	New Pioneering Model of EMS in KY <i>David Fifer</i>	Ballistic Injuries <i>Mark Hamill</i>	Obstetrical Emergencies <i>Sarah McClure</i>		
1700	Ocular Injuries <i>Laura Brudecki</i>	TBD <i>Henderson McGinnis</i>	Head Injuries <i>Sarah Eves</i>	Low-Tech High- Yield Interventions <i>Benjamin Davis</i>	Heat Related Illnesses <i>Holly Bryant</i>	Snake Envenomation and Toxicology <i>Jason Drevenak</i>		

Don't miss out on our small-group sessions! These limited registration events (located in "PBL rooms", 7 participants) require advance sign-up. See below for schedule and registration link

Small-group Sessions (PBL rooms)

Limited to 7 participants. Enroll at:

<https://www.signupgenius.com/go/904094ba8ac2fa4fe3-2020>

Schedule for small-groups:

	3rd Floor PBL Room #1	3rd Floor PBL Room #2	3rd Floor PBL Room #3
730			
815			
830			
900	Knot Tying Workshop	Litters and Carries	
	<i>Jeremy Kessler</i>	<i>Matt Sotelo, Emma Duff</i>	
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	<i>Jeremy Kessler</i>	<i>Matt Sotelo, Emma Duff</i>	
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1200	-		
	-		
1300	Knot Tying Workshop	Suturing Workshop	Self Rescue Climbing
	<i>Jeremy Kessler</i>	<i>David Toro</i>	<i>Jeff Sanders</i>
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1600	Knot Tying Workshop		
	<i>Jeremy Kessler</i>		

Places to Eat in Roanoke



\$- 32 Market Square SE #128



\$- 409 Salem Ave SW



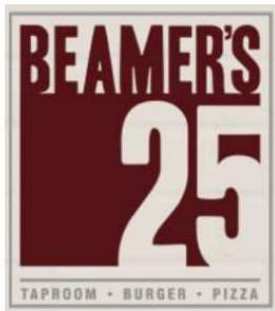
\$- 1820 Memorial Ave SW



\$\$- 806 Wasena Ave SW



\$- 127 Campbell Ave SE



\$\$-357 Salem Ave SW



\$\$- 802 Wiley Dr SW



\$- 210 Market St SE



\$- 120 Campbell Ave SE



\$- 114 Campbell Ave SE



\$\$- 112 Campbell Ave SE



\$\$- 416 Salem Ave SW



\$\$- 2229 Colonial Ave



\$\$- 214 Market St SE

Things to Do in Roanoke



Carvin's Cove: 12,700 acres for hiking, biking, fishing, and boat rentals. 40 miles of multi-use trails

Address: 9644 Reservoir Road, Roanoke, VA

Read Mountain: 243-acre park with 3.8-mile roundtrip hike to Buzzard Rock

Address: 6101 Crumpacker Dr, Roanoke, VA

Dragon's Tooth: Named for monolith of Tuscarora quartzite. 4.5 mi roundtrip hike with nearby bouldering area

Address: VA311 Catawba Valley Dr, Catawba, VA

McAfee's Knob: One of the most photographed sites on the AT. 270-degree panorama view of the Catawba Valley. 8.8 roundtrip hike

Address: VA311 McAfee's Knob Trail, Troutville, VA

Mill Mountain Park: 9 miles of mountain biking, 3.4 mi roundtrip hike with summit at the Roanoke Star (largest man-made illuminated star in the world!)

Address: 1208 Riverland Rd SE, Roanoke, VA (approximate trailhead)

Tinker Cliffs: 6.6 roundtrip hike on the Andy Layne Trail with incredible bluff views, wobbly bridges, "Scorched Earth Gap", and "The Murder Hole".

Address: Parking area off US779 (Catawba Rd)



Dody Ridge: 2.8 mi 1500-foot climb, 12 mi roundtrip

Address: 460 E to Montvale. Take Camp Jaycee Rd on left. Signs say Day Creek Recreation. Take it.

Montvale Park: 6.5 mi entirely wooded single-track trails

Address: 1092 Marketplace Dr. Montvale, Va.

Falling Creek Park: 8.5 mi trail for hiking, mountain biking, and trail running. Also 18-hole disc golf course.

Address: 1257 County Farm Rd, Bedford, VA

North Mountain Trail – Dragon's Back: sister trail to Dragon's Tooth. Very technical spiny ridge trail. 11-mi single track.

Address: Wildlife Rd (FS Road 224), New Castle, VA



The River Rock: Roanoke's premier climbing gym. 8,500 sq ft roped climbing and bouldering. 90+ lead and top-rope routes and 160 boulder problems.

Address: 806 Wasena Ave SW #100, Roanoke, VA

Barney's Wall: 5.8 – 5.12 range. Blocky sandstone. Accessed via Cascade Falls Trail. No sign. Hike to upper trail until reach overhanging rock on left. Follow base of rock to climbing area.

Address: 2068 Cascade Dr, Pembroke, VA

Hanging Rock: Located behind Orange Market gas station. Access rock by parking in Hanging Rock Civil War site parking lot. Follow trail under the highway.

Address: 1823 Thompson Memorial Dr, Roanoke, VA

Iron Gate: 30+ routes with many Gunks-like horizontal cracks and roof formations.

Goshen Pass: 25-100 ft climbs, mainly sandstone. Many routes for top-roping and bouldering.

Address: I-64 to Route 39. Drive for 17 miles. 37.94742, -79.46068



James River: Boating, canoeing, paddling, and kayaking. Class I to III+ rapids. Winds through Allegheny and Blue Ridge Mountains.

Address: 104 Green Hill Drive, Gladstone, VA

Pigg River Blueway: Relaxing float, Class I water. 500-acre Waide Recreation Area. 8-mi float.

Address: 701 Waide Park Road Rocky Mount, VA

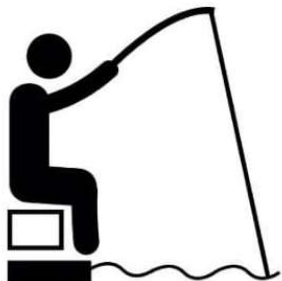


Roanoke River: Canoeing, kayaking, fishing, tubing, wading, and wildlife viewing

Address: 1119 Wiley Dr SW, Roanoke, VA

Upper Blackwater River Blueway: 35-mi section with many paddling possibilities. Starts in headwaters of Cahas Mountain.

Address: 37.028321 -79.921074



Catawba Creek: Class II-III at high water. 12 mi paddling between Fincastle (Route 616) and James River (Route 726)

Address: 37.50719 -79.9034

Smith Mountain Lake: Virginia's most popular lake. 500 miles of shoreline. Best known for Striped Bass fishery.

Address: 1235 State Park Road, Huddleston, VA

A BIG Thank You to our Sponsors!



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