



COSTA RICA

MULTISPORT ADVENTURE

CONTINUING MEDICAL EDUCATION



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Trip Summary

Costa Rica is known as Central America 's jewel. It is without a doubt one of the most beautiful places on earth to vacation in. Our exciting itinerary combines two world class adventures in one trip! First, we travel to the Caribbean side to raft the incredibly beautiful Pacuare River, named one of the best in the world by National Geographic. Lush vegetation, a wide variety of wildlife (such as jaguars, monkeys, sloths, ocelots, and a diversity of birds), waterfalls, pools, and a pristine rainforest are found along its course. Well stay at beautiful Pacuare Jungle Lodge.

Then we fly to Corcovado National Park and the Caño Island Biological Reserve. This paradise is a combination of tropical wilderness and beaches, catalogued by the National Geographic Society as one of the most biologically intense places on Earth!

Our accommodations there will be the spectacular La Paloma Lodge. Regarded as one of the best eco-lodges in Costa Rica. La Paloma has a variety of great activities including hiking, snorkeling, scuba, natural history trips.

The second accommodation is the Pacuare Lodge. Tucked away deep in the heart of Costa Rica's most pristine rainforest environment, on the banks of the Pacuare River. Surrounded by nature in its purest and most primitive state, here you will experience that most coveted of travelers' rewards, an opportunity to savor the spirit of a place.

Trip Highlights:

Visit Corcovado National Park and Cano Island Biological Reserves

Raft the Pacuare River- one of the Worlds finest!

Multisport activities include rafting, hiking, snorkeling, scuba

Stay at fabulous Pauare Jungle Lodge and La Paloma Lodge

What's Included:

- Internal flights
- Transportation between hotels
- All meals as indicated in itinerary
- Accommodations (based on double occupancy)
- Parks fees

Itinerary Snapshot

(Meals Included: B = Breakfast, L = Lunch, D = dinner)

Day 1	Arrive to San Jose. Stay in a nice 4 star hotel.
Day 2	Exciting rafting on the Pacuare River for 1.5 hours arriving at Costa Rica's premier eco-lodge, "Pacuare Lodge". After lunch participate in an optional canopy tour (not included), waterfall hike, or relax in your private bungalow. (B+L+D)
Day 3	You'll wake up to bird songs and the soothing sound of the river nearby. Head over to the main lodge for a delicious breakfast. Choose from optional guided tours through an emerald rainforest, the Cabecar Indian tour or our Adventure Canopy tour. (B+L+D)
Day 4	In the morning you will depart by raft for an even more fun-filled day of white water rating excitement (approximately 3½ hours over class III-IV rapids). Transportation back to San Jose. (B+L)
Day 5-8	Next four days are spent at the spectacular La Paloma Lodge which nests atop a high bluff overlooking the Pacific Ocean and nearby Caño Island, in Costa Rica's isolated Drake Bay. You will have a full day guided tour to Corcovado National Park. The National Park has been cited by National Geographic as "one of the most biologically intense places on earth". Another day will be spent doing some snorkeling on a guided trip to the beautiful marine biological reserve of Cano island. The remaining days you will choose the activity you want. Some options are kayaking or horseback riding. Exploring the underwater marine life scuba diving or snorkeling. Enjoying some bird watching or taking a Bug Lady tour. (B+L+D)
Day 9	Fly back to San Jose and explore the city.
Day 10	Depart back home.

Detailed Itinerary

Day 1

Arrive to San Jose - Stay in a nice 4 star hotel.

Day 2

6:00 -7:00 am: Early morning pick-up in your hotel lobby by a Costa Rica Nature Adventures representative. Transportation service (approximately 2½ hours) to our Pacuare River put-in, including a typical Costa Rican breakfast in route. Exciting 1-1½ hour river rafting tour to the Pacuare Lodge (class II-III rapids) where you will enjoy a two night stay at Costa Rica's premier eco-lodge. Arrival at the Pacuare Lodge 12:00 – 1:00 pm. After lunch participate in an optional canopy tour (not included in package price) or waterfall hike, or simply relax in your private bungalow or suite. Dine on gourmet delicacies by candlelight and then visit our upstairs lounge for a cocktail or refreshment before retiring to a restful night's sleep. (B +L+ D)

Day 3

You'll wake up to bird songs and the soothing sound of the river nearby. Then head over to the main lodge for a delicious breakfast of home-made bread, tropical fruits, yogurt, eggs, pancakes, cereal and juice and coffee.

The lodge employs a resident naturalist guide who will provide you with unique insights into the plant and animal world. Choose from exciting optional tours that include guided hikes through an emerald rainforest, the Cabecar Indian tour - where visitors may participate in a cultural exchange with a shaman and our Adventure Canopy Tour – where visitors glide amid a tropical rainforest canopy. (B+ L+ D)

Day 4

Departure between 9:00-10:00 am. In the morning you will depart by raft for an even more fun-filled day of white water rating excitement (approximately 3½ hours over class III-IV rapids), including a delicious picnic lunch along the river. At our river take-out you will have a chance to change at our private facilities before being transferred by private minibus back to your hotel. Arrival back in San Jose between 5:30-6:30 pm. (B+ L deli-style lunch along the river)

Day 5-8

You will fly in to La Paloma where you will spend the next 4 days in La Paloma Lodge. The Lodge nests atop a high bluff overlooking the Pacific Ocean and nearby Caño Island, in Costa Rica's isolated Drake Bay.

You will have a full day guided tour to Corcovado National Park, also known as the Amazon of Costa Rica. The National Park has been cited by National Geographic as "one of the most biologically intense places on earth".

Another day will be spent on the beautiful Cano island.

Cano Island is an amazing marine biological reserve on the Pacific Coast. This is a full day guided tour where you'll get to do some snorkeling and explore the island. A picnic lunch is provided on the excursion.

There are numerous activities you can enjoy while staying at La Paloma Lodge. You can spend an afternoon sea kayaking or horseback riding. Explore the underwater marine life scuba diving or snorkeling. Do some bird watching or take a Bug Lady tour.

If you want to unwind after a day of adventure, the secluded and beautifully tiled pool and deck provide a quiet place to relax, not to mention the best sea view this side of the Pacific; so kick back to watch the sun as it drips into the Pacific beside Cano Island and let the exotic and tropical atmosphere of Paloma erase the stress of the outside world. (B+ L+ D)

Day 9

Fly back to San Jose.

Day 10

Depart. Back home.

Accommodations

La Paloma lodge and Pacuare River Lodge are luxury accommodations situated in the beautiful landscapes of Costa Rica.

Please visit their websites for more information and photo galleries.

<http://www.lapalomalodge.com/>- La Paloma Lodge.

<http://www.junglelodgcostarica.com/>- Pacuare Lodge.

Continuing Medical Education

COURSE INFORMATION

Accreditation – 16 Hours Category I

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The Wilderness Medical Society and Wilderness and Travel Medicine. The Wilderness Medical Society is accredited by ACCME to provide continuing medical education for physicians. The Wilderness Medical Society designates this activity for a maximum of 16 Category I credits towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit he / she actually spent in the educational activity.

Wilderness Medicine pertains to medical care that is often characterized by several features:

- 1) Extended patient management times
- 2) Extreme or remote environments
- 3) Limited equipment and supplies
- 4) Limited diagnostic tools

Applications for Wilderness Medicine include:

- 1) Expeditions
- 2) Search and rescue
- 3) Rural EMS work with extended patient transport times
- 4) Disaster response teams with mass casualties (e.g. floods, quakes, tsunamis)
- 5) Many military environments
- 6) Remote occupations (i.e. farming, forestry, park service)
- 7) Personal recreation in remote or extreme environments
- 8) Third world medical "mission" work in remote or primitive settings

Course Objectives

1. To educate participants in the pathophysiology, recognition, and treatment of a variety of medical problems commonly encountered in wilderness environments and settings remote from hospital or definitive care.
2. To help establish a set of treatment priorities for care of the sick or injured in wilderness settings.

3. To educate participants in basic aspects of improvised care, rescue, and evacuation.
4. To teach participants certain “field skills” which might enable a physician to be more “capable” in a setting remote from definitive care. Some of these topics include wilderness survival skills, planning an expedition medical kit, field water disinfection, and “improvisational” medical skills.
5. To educate participants about some of the psychological aspects of wilderness medical emergencies.
6. To educate participants about some of the current recommendations regarding prophylaxis and treatment for so – called “Traveler’s Illnesses”.
7. To discuss and review recent investigative studies and literature on wilderness medical topics.

Course Topics

(The sequence of topics during seminars may vary considerably.)

1 hour	ALTITUDE ILLNESS: ADVANCES IN PREVENTION AND TREATMENT Pathophysiology, diagnosis, and treatment of altitude illness.
1 hour	ARTHROPOD BITES & STINGS Pathophysiology, diagnosis and treatment of common snake envenomations.
1 hour	BACKCOUNTRY MEDICAL KITS Detailed discussion of medical supplies needed in remote environments.
30 minutes	ENVIRONMENTAL HEAT ILLNESS Pathophysiology, diagnosis and treatment of heat illness.
30 minutes	FROSTBITE AND OTHER COLD INJURIES Pathophysiology, diagnosis and treatment of cold injuries.
1 hour	HAZARDOUS MARINE LIFE Pathophysiology, diagnosis and treatment of common marine envenomations.
1 hour	HYPOTHERMIA Pathophysiology, diagnosis and treatment of hypothermia.
1 hour	IMPROVISED MEDICAL & TRAUMA CARE Improvised trauma management away from the hospital setting.

I hour	IMPROVISED SPLINTING AND EVACUATION Participants will practice utilizing improvised and specialized rescue equipment to splint, stabilize and transport trauma victims.
I hour	LIGHTNING INJURIES Pathophysiology, diagnosis and treatment. Safety and avoidance.
90 minutes	MANAGEMENT OF FRACTURES & DISLOCATIONS Diagnosis and treatment of orthopedic injuries in the backcountry.
I hour	PATIENT ASSESSMENT IN WILDERNESS SETTINGS Initial patient assessment and treatment priorities in remote settings.
I hour	SNAKE ENVENOMATION (North American) Pathophysiology, diagnosis and treatment of common snake envenomations (emphasis on U.S. species).
I hour	SURVIVAL STRATEGIES FOR THE ADVENTURE TRAVELER How to protect yourself and stay safe while traveling. Learn what precautions to take when you're away from home. (Includes discussion of immunizations and chemoprophylaxis.)
I hour	SURVIVING THE UNEXPECTED NIGHT OUT (I hour) Description of wilderness survival skills important for medical personnel in remote locations.
I hour	TRAVEL MEDICINE UPDATE: MALARIA & EMERGING INFECTIONS Pathophysiology, diagnosis, treatment, and prevention of common diseases of travelers.
I hour	TRAVELER'S DIARRHEA, GIARDIA & OTHER WATERBORNE WILDERNESS INFECTIONS Pathophysiology, diagnosis, treatment, and prevention of waterborne infections.
I hour	WHITEWATER MEDICINE & RESCUE (I hour) Common injuries related to whitewater activities. Risk avoidance / safety.
I hour	WILD ANIMAL ATTACKS Treatment and avoidance animal wounds / attacks.
I hour	WILDERNESS PEDIATRICS

Special considerations in diagnosing and treating medical problems in children in remote settings.

Discussion of maximizing safety on family wilderness trips.

30 minutes

WILDERNESS WOUND MANAGEMENT

Diagnosis and treatment of soft tissue injuries in the backcountry.

Travel Resources

Accommodations

<http://www.lapalomalodge.com/>- La Paloma Lodge.

<http://www.junglelodgcostarica.com/>- Pacuare Lodge.

Travel

<http://www.lonelyplanet.com/costa-rica>

Money

www.xe.net/ucc - This is a universal currency converter site.

www.oanda.com/ -Exchange rates and currency forecasts

www.visa.com/pd/atm/main/html - A list of ATM machines world wide

Health

www.cdc.gov/travel/index.htm - All the latest recommendations on vaccination and important information on health concerns worldwide.

www.flyana.com - Advice on how to stay healthy while flying

Passport and Embassy Information

www.travel.state.gov/passport_services.html - How to get a passport fast! - List of Embassies worldwide.

Weather

www.weather.com - Find out the weather anywhere in the world!

Travel Warnings

www.travel.state.gov/travel_warnings.htm - State department warnings for overseas travelers.