

## Overview of IPNA courses with descriptions

### Basic Bushcraft -

This course is an introduction to the four basic principles of survival: shelter, water, food, and fire.

### Advanced Bushcraft -

This bushcraft course leads you beyond basic bushcraft skills and introduces a deeper connection to the natural world. Advanced topics include: Traps & snares, Primitive Hunting, Fire by Friction, Tactical archery and Map & compass training.

### Remote Emergency Care level 2 -

This introductory course covers a wide range of wilderness medicine topics for people who travel and work in the outdoors.

### Wilderness First Responder-

The WFR is the industry standard for outdoor group leaders, guides and for anyone spending extended time in outdoors or in remote settings.

### Remote & Expedition Emergency Medical Technician-

The REMT provides training and experience for adventurous people traveling to where there is no doctor available. This course teaches you how to provide your own medical care for the majority of illness and injuries you might face.

### Remote Medicine Challenge-

This one day event is offered for people with medical training to come out and put their medical skills to the test. The day will be spent going through scenarios designed to push your medical knowledge to new levels.

### Ranger Scout -

This course introduces skills that enhance personal awareness, tactical movement, stalking games, basic self defense techniques, tactical tracking, survival weapons, and advanced bushcraft skills.

### Grow Your Own Food -

The emphasis in this class is on organic gardening methods

### Practical Permaculture -

This course is an overview of the Permaculture Design principles within the context of finding real-life solutions for a lifestyle that aims to be sustainable.

More information can be found at [www.ipna.ie](http://www.ipna.ie)



**Institute for Permaculture and Nature Awareness**

Bushcraft & Outdoor First Aid Courses in County Kerry, Ireland