

### **Wilderness ER Scenario #1**

After hiking all afternoon, you were very excited for a snack. You took out your knife to cut an apple, but got distracted by an eagle flying overhead. Now you have a small cut on your finger. It has already stopped bleeding, but you are worried that it might get infected. You need to find part of a plant that can help to seal your cut and keep infection out.

### **Wilderness ER Scenario #2**

The weather has been hot and dry for a few days now and your skin is getting dry and sensitive. Today, you got a bloody nose and you don't have any gauze or tissue. You need to find something to hold under your nose that will soak up the blood so it doesn't make a big mess.

### **Wilderness ER Scenario #3**

You went swimming in a shallow pond. Now there is a leech on your leg! You get the leech off, but your leg keeps bleeding. Leeches create a special chemical to thin your blood and prevent it from quickly forming a scab. To stop the bleeding, you need to use a styptic that will help your blood to coagulate. Find a plant with styptic properties that will help to stop the bleeding.

### **Wilderness ER Scenario #4**

You woke up in the middle of the night and decided to check out the stars. When you got out of your tent, though, you tripped over one of the stakes. Now your ankle is starting to swell and hurts a lot. You need a plant that is like aspirin to stop the swelling and relieve the pain. Find it.

### **Wilderness ER Scenario #5**

Oops! You forgot to pack any vegetables or fruit for your backpacking trip. After a week of bagels and oatmeal, you are feeling very “blah” and lethargic. You can tell that your body needs some vitamins and minerals. Your taste buds would appreciate a change as well! Find an edible plant that is high in vitamins and minerals.

### **Wilderness ER Scenario #6**

You’ve been dehydrated for days. You finally came across a good water source to rehydrate yesterday. You are feeling better now that you’ve had water, but still haven’t been able to go to the bathroom. The constipation is getting painful, so you need to find a plant that will serve as a laxative and loosen things up.

### **Wilderness ER Scenario #7**

Uh-oh! You drank some untreated water on your last hiking trip and now you are feeling pretty bad. You hope that you didn’t contract giardia from the bad water, but you are definitely showing the most common symptom of diarrhea. You need to relieve this problem so you can stay hydrated and hike more comfortably. Find a plant that will help.

### **Wilderness ER Scenario #8**

After spending a week out in the woods, the mosquitoes are driving you crazy. Your scalp is also getting very itchy and you think you’ve developed a lice infestation somewhere along the way. You need a plant that can be made into a tincture that can both prevent the mosquitoes and kill the lice. Find it.

### **Wilderness ER Scenario #9**

You've been eating bigger meals less often so you have more time to hike. Before meals you feel a bit dizzy and lack energy. After eating, you develop headaches and can't concentrate. You think that your blood sugar may be spiking up and down because of your unusual eating habits. You plan to eat smaller meals throughout the day, but you also should find a plant that will help to stabilize your blood sugar.

### **Wilderness ER Scenario #10**

You have woken up in the morning and had a pain when trying to pee. You think you must have developed a urinary tract infection at some point in your camping trip. You will need a plant that will help reduce these symptoms.  
Find it.

### **Wilderness ER Scenario #11**

You are a wildlife biologist that is working in a remote area of Alaska. You haven't been able to sleep for the past several nights. You begin to feel clumsy and distracted during the day, and you know your research will suffer if you don't get some rest. You need something mild to help you relax and get to sleep. What plant could you use?

### **Wilderness ER Scenario #12**

You've been hiking for several days. It seems you can't shake a horrible headache. You thought maybe you were just dehydrated, but you drank several liters of water and it didn't help. You need to find a plant that contains salicin, the key ingredient in aspirin. Find it.

### Wilderness ER Scenario #13

You were walking when the wind began to pick up. Suddenly, you heard a loud cracking noise. Before you could get out of the way, a dead spruce bough fell on top of your foot. You are now sitting on the ground with a large amount of blood coming from the cut on your ankle. You think you are able to walk. Your first goal is to find something to use as a bandage to help soak up the blood. You must find something that can absorb several times its weight. Find the plant you can use.

### Wilderness ER Scenario #14

You were running through the woods when you slipped on a muddy patch. After picking yourself up, you realize that you have a long, thin scrape on your arm. It isn't deep, but you can't get it to stop bleeding. You need to find a styptic (something to help stop the bleeding). What plant has antiseptic and blood clotting abilities? Find it. What could you use to protect and cover the scrape after the bleeding has stopped—something similar to a band-aid? Find it.

### Labrador Tea

Labrador tea leaves can be made into a tea that is high in vitamin C. This tea can also be used to treat skin problems.

An ointment made from the dried leaves can be used to treat burns. The leaves can be used to make a strong tincture that is an insecticide to kill mosquitoes, lice, and fleas. Labrador tea is a small plant that can be found in boggy areas. Its needle-like leaves are orange and fuzzy underneath.

### Dandelion

Dandelion leaves have high levels of vitamins A, B and C, along with copper, phosphorus, potassium, iron, calcium and magnesium. They're like a multi-vitamin! Eating both leaves and roots fresh, dried, cooked, or in teas can help liver, kidney and bladder problems. Dandelions have yellow flowers in the spring which turn white fluffy seeds later in the season. The leaves are long and toothed.

### Blueberry

The berries contain sugars that help reduce glucoquinones. The berries can be used as a supplement to aid in the treatment of diabetes and stabilize blood sugar. A tea made from the leaves also has antiseptic and diuretic properties, making it useful for urinary tract ailments. Blueberry bushes can be found throughout the area, identified by red stems that are thin but woody and small oval leaves.

### Alder

The cones and inner bark of alder can be boiled to make a tea. This tea is used to relieve both diarrhea and gas. Alder is a common small tree found throughout the area. Alders have large, serrated oval leaves that grow in an alternating pattern. The bark is fairly smooth and gray.

### Valerian

A tea made from leaves, stems and roots of valerian has relaxing properties. This can help relieve cramps and headaches as well as be useful for treating nervousness, anxiety and insomnia. Valerian has small white flowers, a straight stem, and long triangular leaves that are opposite each other.

### Fireweed

The leaves of fireweed can be brewed into a tea and used as a laxative to treat constipation. Fireweed can be identified by its showy purple flowers and large lance shaped leaves that are arranged around a tall, main stalk.

**Labrador Tea**

**Dandelion**

**Blueberry**

**Alder**

**Valerian**

### **Willow**

The inner bark and leaves of willow can be used fresh or in teas to treat stomach problems, headaches and to prevent swelling. It may taste bitter, but chewing on willow can help ease the pain of toothaches as well. It contains salicin, the key ingredient in aspirin used to ease pain and swelling. Willow is a shrub growing 5 to 15 feet tall and is found in dense thickets.

### **Moss**

Almost all kinds of moss were used by people around the world to help soak up blood, like gauze pads are used today. In fact, sphagnum moss can soak up to two to three times its weight in liquid! This type of moss also has antiseptic properties which help prevent infection. Moss is often found growing low to the ground in forests and wet areas because it needs moisture to survive.

### **Spruce**

The soft, whitish pitch on the outside of spruce bark can be used like a band-aid. Spruce pitch can be spread on cuts and minor wounds to stop bleeding and keep dirt out of the wound. The young shoots can be eaten raw for a source of vitamin C. Spruce trees are the most common evergreen trees in the area, characterized by sharp, stiff, medium-length needles.

### **Yarrow**

The leaves of yarrow can be crushed to make a paste and used to treat cuts and help blood clot. Yarrow leaves and flowers have styptic (coagulating) and antiseptic (cleaning) properties. Yarrow has tiny white flowers, a strong pleasant smell, and small light green wispy leaves.

**Willow**

**Moss**

**Spruce**

**Yarrow**