



2025 CAROLINA WILDERNESS EMS EXTERNS



MD-77: Al Hussein Soliman, MSIV [equivalent]

New Giza University, Cairo, Egypt

Al Hussein grew up in a small town in Ash Sharqia, Egypt, where he was surrounded by a community rooted in resilience and simplicity. After moving through various cities with his family, he was exposed to the rich cultural diversity within Egypt—an experience that shaped his adaptability and curiosity. His passion for medicine began at an early age, driven by a deep desire to help others. At just 15, Al solo traveled to the UK to participate in a winter camp, exploring the landscapes from Yorkshire to Cambridgeshire an adventure that sparked his lifelong love for nature, travel, and the outdoors. Al is a lifelong athlete with a hybrid training background including CrossFit, weightlifting, calisthenics, long-distance running, boxing, tennis, and paddle. He's also completed four solo parachuting jumps, a testament to his adventurous nature and determination. His experiences in nature and sports solidified his belief that his ideal career lies not behind a desk, but in the field where the boundaries between medicine and the wild blur. As a senior medical student at New Giza University, Al trained extensively at Cairo University Hospitals (Al-Qasr Al-Aini), considered the biggest and busiest hospitals in Africa. There, he worked in a variety of emergency settings, sharpening his clinical acumen under intense conditions. He also volunteered in mobile medical campaigns across rural Egypt, helping deliver care and health education in underserved communities. These experiences deepened his resolve to pursue emergency medicine, especially in pre-hospital and wilderness contexts. In addition to clinical work, Al has a growing interest in research particularly in areas of emergency care, out-of-hospital systems, and wilderness medicine. He plans to develop his clinical training further through residency, with the goal of bringing advanced emergency and wilderness medicine systems back to Egypt, where the specialty remains largely underdeveloped. Al believes that purpose lies in service, and his aim is to leave a positive mark on every person he meets.



MD-78: Nate Barott, MSIV

State University of New York (SUNY) Upstate, Syracuse, NY

Nate was born and raised in Canandaigua, NY, a small town in the Finger Lakes region of Upstate New York. He attended college at Cornell University, where he spent most of his time running, skiing, and teaching outdoor education classes. During college, he also developed an interest in EMS through his experiences as a volunteer firefighter. After discovering the field of wilderness medicine as a merging of his interests, Nate obtained his WEMT and set out to gain more life experience. He traveled to Yellowstone National Park to work as an ice cream scooper, then to Nepal for a semester abroad where he studied the occupational health of porters in the region. A year after that, he followed a friend to Lesvos, Greece, where he assisted an NGO provide medical care to the inhabitants of a refugee camp. After graduating college, Nate moved into his car for a time and worked as a ski patroller in Utah. When not skiing the best powder on earth he worked in various seasonal roles as an outdoor guide, EMT, and tractor driver. He eventually returned to Nepal to contribute to a research study on altitude sickness. As a medical student, Nate continued to pursue his interests in wilderness medicine and EMS as a volunteer member of ski patrol and SAR teams around Syracuse, NY. After his MS1 year, he worked briefly as a park ranger in Acadia National Park, and after taking Step 1, he celebrated with a bike tour down the Pacific Coast. When he's not in the hospital, Nate enjoys walking his girlfriend's dog, training for his next marathon and nearly any other activity that involves skiing, running, biking, or climbing up and down mountains.