



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE

VÄRMDÖ, STOCKHOLM MARCH 23-25, 2018

DATES: March 23-25, 2018 (Friday, Saturday and Sunday).

PRICE: NOK 3750:- (VAT included). Included in the course fee is NOLS Wilderness Medicine Wilderness First Aid 30 page handout, First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine WFA certification and CPR certification. Lodging is included but food is **not** in your price.

LANGUAGE: This three day Wilderness First Aid course is taught in English. The instructor speaks Swedish and is more than happy to help out with translations if needed. You can also receive the course hand-out in Swedish if you like.

SIGNING UP: We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes Swedish Bank account (PG 100 75 14-1) or by VISA / MasterCard or check to our office in the USA. We can also invoice you. Please find more about payment information in the Reservation Form. See our cancellation policies below.

Crossing Latitudes: info@crossinglatitudes.com Webpage: <http://www.crossinglatitudes.com>
Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

COURSE LOCATION: Skatboet (the Magpie's nest) on the island of Värmdö, Stockholm, Sweden. You can reach Skatboet by bus from Stockholm (approximately 30 minutes bus ride and 10 minutes walk). [Skatboet](#) belongs to Stockholm Scouts. Their web page is only in Swedish but on this link you can see some photos of the buildings and the surroundings: <http://skatboetvarmdo.se/bildgalleri/>

CLASS FORMAT: We start our Wilderness First Aid course Friday March 23 at 08:00. We will have class until 18:00 with a few short breaks and an hour lunch. Same schedule – 08:00 to 18:00 goes for Saturday and Sunday as well. If you are traveling from far away you are welcome to arrive on Thursday evening and stay until Monday morning for the small fee of 100:- per night.

The format is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the ground playing the role of both rescuer and patient. Fake blood and make-up will be used to emphasize the reality of a scenario.

This Wilderness First Aid course can be used as a WFR-Recertification course if you hold a valid (not expired or within your "re-entry" year) WFR card from NOLS Wilderness Medicine. Contact us if you have questions in regards recertifying.

COURSE DESCRIPTION: Fast paced and hands-on, this Wilderness First Aid course covers a wide range of wilderness medicine topics for people who travel and enjoy the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?"

On this course, you'll learn how to prepare for the unexpected. In just a few days, you'll have the knowledge, skills and ability to make sound decisions in emergency situations.

This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. NOLS Wilderness Medicine courses are pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. In Europe NOLS Wilderness Medicine Wilderness First Responder and Wilderness First Aid courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 3000 participants Wilderness First Aid in Scandinavia and Europe since year 2000.

TESTS: There are **no** written or practical tests on this Wilderness First Aid course. You just have to be there, participate and do your best!

If you take this course as Recertification for a Wilderness Advanced First Aid (WAFA) or Wilderness First Responder (WFR) - meaning you hold a non-expired WAFA or WFR card from NOLS Wilderness Medicine - you must do both a written and a practical test. Please email us if you have questions about your certification status.

MEALS & LODGING: Lodging is in shared rooms and you need to bring your own bedding (sheets or sleepingbag) and towel. There is only one shower at Skatboet so be prepared to wash in the sink. Meals are **not** included in the WFA course fee but there is a large food store and several restaurants only 10-15 minutes walk away. You are welcome to use the full kitchen (stove, refrigerator and freezer) where pots, pans, all utensils are available.

TRAVEL DIRECTIONS: You can either drive to Skatboet on the island of Värmdö or you can take a bus from Stockholm. The bus from Stockholm takes about 30 minutes. Then you have a 10-12 minute walk ahead of you. The address is: Skatboet, Korpholmsvägen 18, 139 36 Värmdö, Sweden.

On this Bus page you can check the bus schedule: <http://sl.se/en/>
Your starting location is Slussen (Stockholm) and your destination is Älgstigen (Värmdö).

The bus stop is called "Älgstigen". Walk in the same direction as (there will be a side walk along the road) the bus drives off in. After about 2 minutes walk there will be a dirt road on your right side. This road is called Korpholmsvägen. Take this road and follow it for about 10 minutes. You will walk by several homes and when the road splits – follow the left road uphill (it will still be called Korpholmsvägen). Pass a road to your right (Korpstigen) and continue Korpholmsvägen road forward – walk by houses and through the woods until you arrive at Skatboet (the Magpie Nest). This is our course site.

WHAT TO BRING: Please bring comfortable outdoor clothing. We will be doing lectures inside and scenarios outside every day. Wear clothing appropriate for the weather. We will be outside no matter what the weather is. NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios. During the course we will also sell NOLS Wilderness Medicine first aid kits, T-shirts, books and first aid materials.

NOLS WILDERNESS MEDICINE MISSION: The Wilderness Medicine goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies.

For over a decade, the NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training over 185,000 students around the world.

At NOLS Wilderness Medicine, students learn treatment principles and decision-making skills, not the memorization of long lists. Our courses are rigorous and intensive. They will challenge your decision-making skills and they will get you ready. To date we have run courses internationally in USA, Australia, Canada, Nepal, Columbia, Costa Rica, Chile, India, Singapore, Malasia, Kenya, Mexico, Norway, Switzerland, Finland, Thailand, South Africa, Sri Lanka, Sweden, Germany, Denmark, England, Ireland and Tanzania.

NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings.

WHAT CAN YOU EXPECT: Expect dynamic instructors with lots of international Backcountry and Emergency experience. Expect to spend lots of time outside with realistic scenarios. There will be intense but rewarding days. We have fun on NOLS Wilderness Medicine courses while learning about very serious topics.

You can expect a curriculum that is evidence-based, not just copied out of a textbook. We teach wilderness medicine practices and protocols that are supported by a physician-based medical advisory panel and disseminated by our curriculum director. This means you're getting the latest findings and protocols in the industry.

WHAT DO WE EXPECT OF YOU: We expect you to be on time each day. We expect you to come prepared each morning. We expect you to be respectful of other participants and our staff – both in the classroom and during our scenarios outside. We expect you to take good care of our equipment. We hope you will ask us if you don't understand as our goal is that all participants will gain confidence to help others in need.

We ask that all participants' cell phones and computers will be turned off during class time. No smoking during our class time (which includes scenario time).

CROSSING LATITUDES CANCELLATION AND REFUND POLICY:

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, sponsor will retain a SEK 500:- administrative fee.
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable as per the following: WFA, WFR-R loss of full tuition.
- If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course Crossing Latitudes will either transfer you to another course – your choice – or refund you the full paid tuition.

ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & INDEMNITY AGREEMENT:

Please download this agreement from https://www.nols.edu/media/filer_public/1c/20/1c20e13a-7019-4cf8-b730-6ffa053e482b/wmi_agreement_2017_january.pdf and read it very carefully as it affects your legal rights. Bring the **two-page** signed document to the first day of the course. If you can't print – don't worry – we have extra forms at the course. If you are a minor, a parent or guardian must sign the document. Failure to provide a signed document will result in you not being able to participate in the course.

NO SMOKING IS ALLOWED ON SITE DURING THE COURSE HOURS. SKATBOET IS A ALCOHOL FREE AREA.

PETS ARE NOT ALLOWED AT THE TEACHING SITE. THIS INCLUDES LEASHING THEM OUTSIDE. NO EXCEPTIONS. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility.

Please contact us with any questions or concerns you may have.

Crossing Latitudes, Inc.

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Web site: www.crossinglatitudes.com Email: info@crossinglatitudes.com

NOLS Wilderness Medicine: <https://nols.edu/en/courses/wilderness-medicine/>

Wilderness First Aid Course Curriculum

Cardiopulmonary Resuscitation
Introductions Wilderness vs. Urban Medicine
Initial Assessment A B C D E
Focused Exam (Head-to-Toe assessment)
Vital Signs (LOR, HH, RR, SCTM)
Focused Medical History (SAMPLE)
Emergency and Evacuation Plans
Documentation
Spine- and Spinal Cord Injuries
Head Injuries
Shock
Wilderness Wound Management
Burns
Infections
Athletic Injuries
Fractures
Dislocations
Heat Illness
Cold Injury
Lightning
Altitude Illness
The Medical Patient: Diabetes, Epilepsy, Asthma, Heart Related problems
Anaphylaxis
Wilderness First Aid Kits
Closure

Suggested Equipment List

Day pack with extra layers (sweater, socks, long johns)
Outdoor clothing that will keep you warm and dry in all conditions
Rain jacket & pants
Hiking boots or waterproof boots
Indoor shoes (sneakers or sandals – the floor can be a bit cold)
Scarf, hat, gloves
Head lamp
Towel and personal toiletries
Thermos & personal mug
Water bottle
Pen and paper
Sunglasses

Crossing Latitudes July 2018