



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST RESPONDER COURSE

HOSTED BY KANDERSTEG INTERNATIONAL SCOUT CENTRE &  
CROSSING LATITUDES

**KANDERSTEG, SWITZERLAND OCTOBER 14-24, 2019**

This [NOLS Wilderness Medicine](#) Wilderness First Responder course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills, case studies and scenarios designed to challenge your decision-making abilities. Adult CPR is included in this course. We do encourage you to browse the textbook before the course.

**Course Dates:** October 14-24, 2019.

**Location:** Kandersteg International Scout Centre ([KISC](#)), Kandersteg, Switzerland.

**Course fee:** The course fee is USD \$1350.00 per person. The tuition covers the NOLS Wilderness Medicine Medical Handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient-assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR certification. The textbook will be sent to you once you have paid the course fee. Lodging in double rooms with shared bathroom and showers is also included.

**Lodging:** Lodging from Sunday October 13 after 15:00 to the morning of Thursday October 24<sup>th</sup> is included in your course fee. We will stay in "KanderLodge" where you will share room with one other participant. Two of these double rooms share bath and shower. KISC provides sheet, duvet and pillowcase. Free WiFi.

We expect to end the course around 13:00 on Thursday October 24<sup>th</sup>. If you want to spend an extra nights after our course contact KISC at [reception@kisc.ch](mailto:reception@kisc.ch)

**Food:** Your food is **not** included in your course fee. You can either choose to buy and cook your own meals (there is a full kitchen with two stoves, several fridges, freezers, pots and pans etc. in the "KanderLodge") or you can contact KISC ([reception@kisc.ch](mailto:reception@kisc.ch) or by phoning +41-33-675-8282) and book and pay for meals. Breakfast CHF7.00 / Lunch CHF13.00 / Dinner CHF13.00 (CHF33.00 per day X 11 days = CHF363.00 = approximate USD \$375.00).

If you book meals make sure to share that you are taking the NOLS WFR course.

In the past several participants have booked meals for the first 3-4 days and then decide if they want to cook their own meals or book more meals at KISC.

**How to get to Kandersteg:** Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, a bakery, two grocery stores – all within 15 minute walk from KISC. Kandersteg is centrally located in Europe – 65 km from Bern, the capital of Switzerland in the heart of the Bernese Alps. It is easy to reach Kandersteg by road, air or using the Swiss rail network.

On this link you can read about how to travel to Kandersteg by train, bus, car or plane: <http://www.kisc.ch/stay-at-kisc/travel-to-kisc/>

**Questions & Registration:** We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes, USA by VISA/MasterCard. You can also transfer the course fee to Crossing Latitudes Swedish bank account. 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](mailto:info@crossinglatitudes.com) Web: <http://www.crossinglatitudes.com>  
Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

**International Transfer** to Crossing Latitudes Swedish bank account: Name of account: Crossing Latitudes, Inc. IBAN: SE07 9500 0099 6034 1007 5141. BIC: NDEASESS  
Bank address: Nordea Bank AB, SE-10571 Stockholm, Sweden.

**Course Language:** English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual. The NOLS Wilderness Medicine textbook is in English and will be sent to you pre course and we highly recommend that you start reading it.

**Course Description:** A Wilderness First Responder (WFR) is an essential wilderness first aid education for anyone who spends significant time in remote places or who has a professional career in the outdoors. The WFR course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue.

NOLS Wilderness Medicine curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days.

The intensive 80-hour curriculum is internationally recognized and supported by the Wilderness Medical Society. Your instructors are dynamic educators who have practiced both wilderness and urban medicine. This 80-hour course is ideal for all professionals operating in remote environments. Adult CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS (see more info below).

**For more information about NOLS Wilderness Medicine and the WFR course, please visit:** <https://nols.edu/en/courses/courses/wilderness-first-responder-WFR/>

**Class time & Scenarios:** The Course language is English. We will start at 08:00 each day and go to 17:00. Many hours will be spent indoors learning in-depth about different topics. 50% of the time will be spent outdoors with practical sessions and scenarios.

All participants will be playing both "patients" and "rescuers" each day. We use fake blood to make the scenarios more realistic. The fake blood will come off clothing but you might have to wash twice. There will be one evening session and one night exercise

Discussions about leadership, group dynamics and evacuation procedures are part of this course.

**What to bring:** Please see the suggested personal clothing and equipment list below. NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios.

**NOLS Wilderness Medicine Mission:** The Wilderness Medicine's goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies.

For over a decade, NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training over 200,000 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. NOLS Wilderness Medicine trains participants to respond to emergencies in remote settings.

To date we have run courses internationally in USA, Australia, Canada, Nepal, Columbia, Costa Rica, Chile, India, Kenya, Mexico, Norway, Thailand, South Africa, Sri Lanka, Denmark, Sweden, Argentina, Brazil, Germany, England, Finland, Ireland, Malaysia, Buthan, Korea, Malaysia, Iceland, Italy, Switzerland and Tanzania. It is not unusual to have participants from the whole world on our WFR courses in Europe.

**What can you expect of us?** Expect dynamic instructors with lots of backcountry experience. Expect to spend lots of time outside with realistic scenarios. Expect daily feedback from us instructors. Expect intense but rewarding days. There will be a written and a practical exam at the end of the course and we will do everything we can to help you get the skills to perform well. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

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 the equipment. We hope you will ask us if you don't understand. We expect you to study and do extra practice in the evenings.

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

**Continuing Education College credit and EMT CEUS:** The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please check with the instructors on the first day of class for the necessary information.

NOLS Wilderness Medicine is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

**Cancellation & Refund policy:**

If a student cancels or withdraws from a course:

retain a USD\$250.00 administrative fee.

- Within 30 days of the course start date and once the course has begun, tuition is non-refundable. We will help you transfer to another Crossing Latitudes sponsored NOLS Wilderness Medicine course within a year or two if possible.
- A full refund will be given if we are forced to cancel the course for any reason.

**PETS / DOGS ARE NOT ALLOWED AT THE COURSE. 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.

**No alcohol or smoking is allowed on site during class hours.**

### **EQUIPMENT LIST:**

Expect the best but be prepared for the worst! We will be outside each day even if it rains, snows or storms. Having quality clothing and equipment is important. Come to class each morning prepared to be outside. You need a medium sized Backpack for personal extra clothing and First Aid gear that we will provide each day. Your Backpack will be used every day in the scenarios.

### **In your backpack:**

1 extra sweater or a fleece jacket  
1 pair of long johns  
Rain jacket or winter waterproof jacket  
Rain pants or waterproof winter pants  
1 pair of extra wool or synthetic socks  
Hat, gloves, mittens, neck warmer, buff or scarf  
Flash light or Head lamp with extra batteries (important for the night scenarios)  
Sunglasses  
Water bottle

### **Also bring to the classroom:**

Indoor shoes or sandals (the floor is cold), note pad, pens or pencils, water bottle and personal mug (if you like to drink coffee or tea during class).

### **Other suggested gear:**

Underwear  
1-2 polypro or wool tops  
1-2 polypro or wool bottoms (long johns)  
1-2 warm sweaters or fleece jackets  
1-2 quick drying outdoors pants  
1-2 sweats or casual pants for evenings  
Rain jacket & Rain pants  
3-4 wool or synthetic socks  
1-2 liner socks  
2-3 ordinary socks  
Outdoor boots (remember there might be some cold and wet days and evenings)  
Indoor shoes (sandals or sneakers as our classroom floor might be chilly)  
2-3 T-shirts or long sleeve casual shirts  
Hat, gloves, mittens, neck warmer/scarf  
Exercise clothing (running shoes etc.) if you want to take a run on the nearby trails.  
Headlamp with extra batteries (important for the night scenario)  
Camera (optional)  
Note pad and pens  
Knife (optional)  
Sunglasses  
Water bottle & Mug  
Towel & toiletries. KISC provides sheets, duvet and pillowcase.

Plugs and electrical sockets are different in Switzerland than in the European Union. Contrary to the rest of Europe, Switzerland uses the IEC 60906-1 norm. 230 V AC.

## **COURSE SCHEDULE 08:00 – 17:00**

### **DAY 1: Monday Oct. 14**

Introductions: Wilderness vs. Urban  
Initial Assessment  
Patient Exam  
Vital Signs: LOC, HR, RR, SCTM  
Vital Signs: BP, Pupils  
Focused History  
Documentation

### **DAY 2: Tuesday Oct. 15**

Review  
Spinal Cord Injuries  
Lifting and Moving  
Spinal Protection, Litter Packaging,  
Carrying, and Long-Term Care  
Chest Injuries  
Shock

### **DAY 3: Wednesday Oct. 16**

Review  
Focused Spinal Assessment  
Head Injuries  
Athletic Injuries  
Fracture Management  
Evening: Dislocations and Splinting

### **DAY 4: Thursday Oct. 17**

Review  
Wilderness Wound Management, Burns &  
Infections  
Hypothermia  
Frostbite and Non-Freezing Cold Injury  
Heat and Hydration

### **DAY 5: Friday Oct. 18**

Review  
Altitude Illness  
Bites and Stings

Leadership, Teamwork & Communication  
Stress First Aid  
MCI Practical Scenario

### **DAY 6: Saturday Oct. 19 DAY OFF**

### **Day 7: Sunday Oct. 20**

Review  
Cardiac Emergencies  
CPR  
Respiratory Emergencies  
Altered Mental Status

### **DAY 8: Monday Oct. 21**

Review  
Acute Abdomen  
Allergies and Anaphylaxis  
Diabetes  
Principles of Search and  
Rescue/Evacuation  
Evening: Mock Rescue

### **DAY 9: Tuesday Oct. 22**

Morning: Mock Rescue Debrief  
Wilderness Drug and First Aid Kits  
Mental Health Concerns  
Poisoning  
Communicable Disease

### **DAY 10: Wednesday Oct. 23**

Review Lightning  
Submersion Incidents  
Gender Medical Issues  
Medical Legal Issues  
Practical Exams

### **Day 11: Thursday Oct. 24**

Move out of bedrooms.  
Written Exam. Closing Ceremony  
End around 12:00 or 13:00

For questions about this NOLS Wilderness Medicine WFR course or our curriculum please contact Crossing Latitudes at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Phone in Europe: +46-70-670 1153 Phone in USA: +1-406-585-5356.

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

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