



## **NOLS WILDERNESS MEDICINE WILDERNESS FIRST RESPONDER COURSE**

**HOSTED BY CROSSING LATITUDES  
&  
SLOVENIAN CANYONING FEDERATION**

**KAMP KOREN IN KOBARID, SLOVENIA  
SEPTEMBER 28 – OCTOBER 8, 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:** September 28 to October 8, 2019. See schedule below.

**COURSE FEE:** The course fee is €900.00 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. Food & Lodging is not included in the course fee.

**COURSE LOCATION:** Kamp Koren, Kobarid, Slovenia. <https://www.campingslovenia.com/>  
We highly recommend that you book your lodging (tent site, caravan, an Eco chalet or glamping) at Kamp Koren - situated by the Soca River only 500 meters from the town of Kobarid.

When you book your lodging at Kamp Koren mention that you are taking the NOLS Wilderness Medicine course. Phone: +386 (0)5 389 13 11 Email: [info@kamp-koren.si](mailto:info@kamp-koren.si)

How about arriving a day or two before or stay after the first aid course and enjoy kayaking, fishing, mountain cycling, climbing, paragliding, walking ... Check out Kamp Koren's activities at: <https://www.campingslovenia.com/sport-activities>

**SIGNING UP & PAYMENT:** Full payment of €900.00 is needed in order to get a spot on the WFR course. Payment should be done to the Slovenian Canyoning Federation. Information below.

**Name:** Kanjoning Zveza Slovenije **IBAN:** SI56 0475 3000 2126 920 **Swift/BIC:** KBMASI2X

For questions please contact Miha Mihelic at [mihaa23@gmail.com](mailto:mihaa23@gmail.com)

**MEALS & LODGING:** Meals and lodging is not included in the WFR course fee.

**LANGUAGE:** This Wilderness First Responder course is taught in 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.

**TRAVEL DIRECTIONS:** <https://www.campingslovenia.com/where-are-we>

**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 indoors and one night exercise where you might encounter "patients" you never met before (special invited folks). Discussions about leadership, group dynamics and evacuation procedures are part of this course.

Day 6 is a day off. No classes.

**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, Bhutan, Korea, Malaysia, Iceland,

**WHAT CAN YOU EXPECT FROM 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 & 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 POLICIES:**

If a student cancels or withdraws from a course:

- Greater than or equal to 35 days prior to the course starting date, sponsor will retain a €250.00 administrative fee.
- Within 34 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 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 THE CLASSROOM. NO EXCEPTIONS.** Any student bringing pets to class will be asked to leave class until the pet is safely situated in your cabin, car, 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, 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

Tent, sleeping-bag, sleeping-pad, sheets, towels etc. – depending where you are staying during the course.

If you bring a phone, radio, iPod, laptop or other electronics you need a special adaptor for Europe.

**COURSE SCHEDULE 08:00 – 17:00****DAY 1: Saturday September 28**

Introductions: Wilderness vs. Urban

Initial Assessment

Patient Exam

Vital Signs: LOC, HR, RR, SCTM

Vital Signs: BP, Pupils

Focused History

Documentation

**DAY 2: Sunday September 29**

Spinal Cord Injuries

Lifting and Moving

Spinal Protection, Litter Packaging, Carrying, and Long-Term Care

Chest Injuries

Shock

**DAY 3: Monday September 30**

Focused Spinal Assessment

Head Injuries

Athletic Injuries

Fracture Management

Evening: Dislocations and Splinting

**DAY 4: Tuesday October 1**

Wilderness Wound Management, Burns &

Infections

Hypothermia

Frostbite and Non-Freezing Cold Injury

Heat and Hydration

**DAY 5: Wednesday October 2**

Altitude Illness

Bites and Stings

Leadership, Teamwork & Communication

Stress First Aid

MCI Practical Scenario

**DAY 6: Thursday October 3 DAY OFF****Day 7: Friday October 4**

Cardiac Emergencies

CPR

Respiratory Emergencies

Altered Mental Status

**DAY 8: Saturday October 5**

Acute Abdomen

Allergies and Anaphylaxis

Diabetes

Principles of Search and Rescue/Evacuation

**DAY 9: Sunday October 6**

Debrief  
Wilderness Drug and First Aid Kits  
Mental Health Concerns  
Poisoning  
Communicable Disease

Submersion Incidents  
Gender Medical Issues  
Medical Legal Issues  
Practical Exams

**Day 11: Tuesday October 8**

Written Exam. Closing Ceremony  
End around 13:00

**DAY 10: Monday October 7**

Evening: Mock Rescue

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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