



## WILDERNESS FIRST AID (WFA)

Sponsored by Icelandic Mountain Guides & NOLS Wilderness  
Medicine

**DATES:** 31<sup>st</sup> Jan – 2<sup>nd</sup> February 2020

**COST:** 55.000 ISK

**LOCATION:** Malarhöfði 6, Reykjavík



*\*Please see **Student Logistics** below for additional information on course location*

## COURSE DESCRIPTION

Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" Prepare for the unexpected with this fun, hands-on introduction to wilderness medicine.

If you like to take short trips relatively close to medical resources, work at camps or lead wilderness trips, enjoy weekend family outdoor activities, or recreate outdoors, this course is for you.

You'll learn the Patient Assessment System, how to provide effective first aid treatments for injuries and illnesses common in the outdoors, how to manage environmental emergencies, and how to make appropriate evacuation decisions. You will spend half your time practicing skills and participating in realistic scenarios.

NOLS Wilderness Medicine's course is approved by such organizations as the American Camp Association, the United States Coast Guard, and other states as well as federal agencies.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Aid, Epinephrine Auto-injector, and on courses with the CPR module, Adult and Child CPR & Airway Management.

## CLASS FORMAT AND PERSONAL PREPAREDNESS

Check-in is 5:45 PM on the first day.  
CPR on day one runs till 10:00 PM.  
Days 2 & 3 run from 8:00 AM to 5:00 PM

The class format is classroom lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground playing the role of both rescuer and patient.

Frequently stage (moulage) blood and make-up are used to enhance the realism of

a scenario. The classroom environment generally lends itself to a pair of comfy shoes and a camp chair.

## PACKING CHECKLIST

- Notebook and pencil or pen
- Watch with a second hand or digital second
- Sunglasses and hat
- Water bottle
- Light day pack
- Waterproof outerwear top and bottom
- Light hiking boots or sturdy shoes
- Clothing layers that allow you to be comfortable in a variety of weather conditions
- Slippers or comfortable shoes for classroom time (optional)
- Camp chair for classroom time (optional)

## COURSE OUTLINE

For the full course outline, visit the [NOLS Wilderness Medicine WFA](#) course page.

The tuition fee includes instruction, handouts, a field pocket-guide, equipment use, a NOLS WMI Trucker hat and certification. A full refund will be given if we need to cancel the course for any reason.

## WAF/WFR/WEMT RECERTIFICATION REQUIREMENTS

NOLS Wilderness Medicine certification holders may take a Wilderness First Aid (WFA) course to recertify a WFA, WFR or WEMT certification. Certification holders from other wilderness medicine training organizations cannot recertify through a Wilderness First Aid course.

NOLS Wilderness Medicine certifications will be afforded a one-year period after expiration within which to recertify. You should bring your certification card to the course so the instructor can verify the expiration date. For more information please visit our recertification policy [here](#).

The Wilderness First Aid (WFA) course is an introductory course for individuals with no prior knowledge and generally, does not include CPR.

The preferred way to recertify your certification is to enroll in a Wilderness First Responder Recertification course (WFR-R), or through our Hybrid WFR Recertification course, which adds an online component in addition to traditional scenarios and skills. These courses are specifically designed for students needing recertification.

More information can be found by following the links below:

[WFR-R](#)

[Hybrid WFR-R](#)

You will be required to pass both a written and a practical test. Check the [Wilderness Medicine Resources](#) web page for information and resources on how to best prepare for your course.

## **NOLS WILDERNESS MEDICINE STUDENT AGREEMENT**

Please download the [NOLS Student Agreement](#) and read it carefully as it affects your legal rights.

Bring the two-page signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document as well. Without a signed document, you cannot participate in the course. NOLS Wilderness Medicine participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the NOLS Wilderness Medicine program and are at the sole risk of the participant.

### **Cancelations:**

The cancellation policies for Multi-Day tours by Icelandic Mountain Guides apply <https://www.mountainguides.is/terms-of-payment>

### **Pets**

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

### **Alcohol, Drugs, Tobacco & Weapons**

No alcohol, no drugs, no tobacco, and no weapons are allowed in the classroom.

## **STUDENT LOGISTICS**

### **Meals and Lodging**

*There is no meals and lodging package available for this course.*

### **Travel**

*Marlarhöfði 6, 110 Reykjavík. Housing of HSSR (Hjálparsveit Skáta Reykjavík)*

<https://goo.gl/maps/DwH7saP4AfCMEhLX7>

## **CONTACT INFORMATION**

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### **Course Host:**

*Icelandic Mountain Guides*

*Phone: [+354] 5224975*

*Email: [info@mountainguides.is](mailto:info@mountainguides.is)*

*Website: [www.mountainguides.is](http://www.mountainguides.is)*

### **NOLS Wilderness Medicine:**

*Office Hours: M-F from 8am-5pm MST*

*Phone: (866) 831-9001*

[Email](#)

[Website](#)