



**NOLS WILDERNESS MEDICINE**  
**2 WILDERNESS FIRST AID COURSES (WFA)**  
**Bushcraft Denmark, Jyderup, Denmark**  
**July 15-17, 2022**

**DATES:** July 15-17, 2022 (Friday, Saturday and Sunday).

**LANGUAGE:** The course is taught in English by Scandinavian instructors who can translate to Finnish or Swedish.

**PRICE:** See Bushcraft Denmark at [www.bushcraftdanmark.dk](http://www.bushcraftdanmark.dk)

**LOCATION:** The Barn near Bushcraft Denmark, Jyderup, Denmark.

**COVID-19:** Participants are required to be fully vaccinated against COVID-19 prior to the course start. Any COVID-19 vaccine approved by the [World Health Organization \(WHO\)](http://www.who.int) is an acceptable vaccine for the purposes of this policy. You need to be two weeks or more past receiving the final vaccine dose prior to the course. Your NOLS Wilderness Medicine instructors will review student vaccination cards at the start of the course. Exemption requests can be reviewed in the NOLS COVID-19 document below (see link). We ask all participants to review our COVID-19 policy prior to signing up.

**COVID-19 Disclosure, Practices and Expectations for Students:**

<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4a19uBEys8m0cvg/edit?usp=sharing>

Please read the **NOLS Student Agreement form** - and the COVID-19 Disclosure before signing up.

<http://www.nols.edu/en/filer/public/1481655159/906/>

**REGISTRATION:** Please contact Bushcraft Denmark at [kontakt@bushcraft.dk](mailto:kontakt@bushcraft.dk) for more information.

**MEALS / LODGING:** Contact Bushcraft Denmark at [kontakt@bushcraft.dk](mailto:kontakt@bushcraft.dk) for more information.  
[www.bushcraftdanmark.dk](http://www.bushcraftdanmark.dk)

**TICKS:** The area around Jyderup has a high tick population. Ticks carry disease like Borelia (Lyme disease) and Tick Born Encephalitis (TBE). On a NOLS Wilderness Medicine course we spend time outdoors on the ground playing “patient” and being the “rescuer”. The chances are very high that you will get ticks crawling on you and attaching themselves on you. We need you to be aware of the risk and accept the risk. Doing tick checks several times per day is important. Tucking in your pants in your sock, using thin gloves and tick repellent can minimize the risk. We also recommend vaccination against TBE. Because of the ticks we will be spending most of our times inside a large barn – both for lectures and scenarios.

**COURSE HOURS:** Each day we start the course at 08:00 and end at 18:00 – This includes Sunday. We will have a few short coffee/tea breaks and an hour lunch break each day.

The format is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place mostly inside but also 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. The fake blood will come off clothing and skin after a wash or two.

**NOLS WILDERNESS MEDICINE MISSION:** NOLS Wilderness Medicine goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies. NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings.

**COURSE DESCRIPTION:** Fast paced and hands-on, this course covers a wide range of wilderness medicine topics for people who travel or work in the great outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" You will find a list of our classes further below. No previous experience is needed.

After the course you'll have the knowledge, skills and ability to make sound decisions in Emergency situations.

50% of our time will be hands-on. We mix lectures and scenarios all three days.

NOLS Wilderness Medicine course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other US governmental agencies. NOLS Wilderness Medicine is quickly becoming a choice of education among outdoor guides in Scandinavia and in Europe. The certification you receive after the course is internationally recognized. To date we have had about 5500 Scandinavian participants and over 350,000 participants worldwide.

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

**But if ....** if you take this course as Recertification for a NOLS Wilderness First Responder (WFR) or a NOLS Wilderness Advanced First Aid (WAFA) - meaning you hold a valid and not expired WFR or WAFA card from NOLS Wilderness Medicine – then you must do a written and a practical test. Please email us at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) if you are

a WFR or WAFA grad. Check the following web page for information and resources on how to best prepare for your course: <https://www.nols.edu/en/resources/wilderness-medicine-resources/> **If you have a WFR or WAFA from another organization you must communicate with us before signing up.**

**WHAT TO BRING:** Come prepared to spend time both inside and outside – no matter what the weather is. Please bring outdoor clothing appropriate for potentially wet, muddy or snowy, cold ground playing the role of both “rescuer” and “patient”. Fake “blood” and “make-up” will be used to emphasize the reality of a scenario.

You need to bring protective eyewear like sunglasses, ski goggles, ordinary reading glasses or carpenter protective glasses) to wear in our scenarios.

Bring a backpack with gear and extra clothing you would usually bring on a day trip, a climb, a paddle trip or back country ski trip. NOLS Wilderness Medicine brings a lot of extra gear but the scenarios will be more “realistic” if you use some of your own gear. Recommended equipment list is further down.

**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 dogs or pets at class and no smoking or alcohol during class - which includes scenarios outside. Thanks!

We expect you to be fully vaccinated and show proof of this pre course. We also expect you to respect and follow NOLS Wilderness Medicine COVID-19 guidelines:

<https://docs.google.com/document/d/1jCloXEoWBarFbF76pwdynAgtGvPd4a19uBEys8m0cvg/edit>

We also expect you to have read our **ACKNOWLEDGMENT & ASSUMPTION OF RISKS RELEASE & INDEMNITY AGREEMENT:** [https://www.nols.edu/media/filer\\_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf](https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf) **and read it** very carefully as it affects your legal rights.

**REGISTRATION / POLICIES:** Registration and payment is via Bushcraft Denmark at <http://www.bushcraftdenmark.dk/> Make sure you understand their cancellation policies. NOLS Wilderness Medicine or Crossing Latitudes are not responsible for unused travel tickets, class fees, unused lodging or food.

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

**Crossing Latitudes, Inc.**

Phone USA: +1-406-585-5356 Phone Europe: +46-70-6701153

Crossing Latitudes web site: <http://crossinglatitudes.com/>

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

### **Wilderness First Aid Course Curriculum**

Communicable Disease & Infection Control

Introductions to Wilderness Medicine

Cardiopulmonary Resuscitation (CPR)

Initial Assessment A B C D E

Focused Exam (Head-to-Toe assessment)

Vital Signs (LOR, HH, RR, SCTM)

Focused History (SAMPLE)

Emergency and Evacuation Plans & Documentation

Spinal Cord Injuries

Head Injuries

Shock

Wilderness Wound Management , Burns & Infections

Athletic Injuries, Fractures & Dislocations

Heat Illness & Cold Injury

The Medical Patient, cardiac, respiratory, diabetes, epilepsy etc.

Anaphylaxis

Wilderness First Aid Kits

### **Suggested Equipment List**

Personal Face masks (Medical or Surgical) until you receive the KN95 masks from us.

Protective eye wear (Ordinary glasses, sunglasses, ski goggles are acceptable)

Day pack with extra layers (sweater, socks, long johns)

Outdoor clothing that will keep you warm and dry in all conditions

Rain jacket & pants

Outdoor boots & indoor shoes

Scarf, hat, gloves

Water bottle, Pen and paper, Sunglasses, Thermos

**Crossing Latitudes May 2022**