



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER COURSE (WFR)

HOSTED BY CROSSING LATITUDES

**KANDERSTEG INTERNATIONAL SCOUT CENTRE, KANDERSTEG, SWITZERLAND
OCTOBER 11-21, 2023**

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.

COURSE DATES: October 11-21, 2023. 08:00 to 17:30 each day with day 6 off. See schedule below.

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

COURSE FEE: The course fee is USD \$1650.00 per person. In Euro the price is what the exchange rate is at the time. 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. **11 nights lodging in solo or double rooms with shared bathroom and showers is also included.** If you prefer to stay elsewhere or park your caravan or camper, please email us.

LODGING: Lodging from Tuesday October 10 after 15:00 to the morning of Saturday October 21 (we end around 12:00) is included in your course fee. We will stay in the "KanderLodge" (same building as our classroom is in) where you will either get a solo room - first come first serve - or share room with one other participant. Each two double rooms share bath and shower. KISC provides sheets, duvet, pillowcase, and towel. There is free WIFI.

We expect to end the course around 12:00 on Saturday October 21st. If you want to spend an extra nights before the 10th or after the 21st contact KISC at reception@kisc.ch

FOOD: Your food is not included in your course fee. You need to either buy and cook your own meals (there is a full kitchen with two stoves, two fridges, freezers, pots and pans, micro-ovens, water boilers etc. in the “KanderLodge”) or do take out from the near-by restaurants. There are two grocery stores in Kandersteg within 15 minutes’ walk or free bus.

You can also book meals with the KISC Dining hall by emailing KISC info@kisc.ch Breakfast is served from 07:30 so you need to be first in line as we start 08:00 each morning. Lunch is served at 12:00 and dinner at 18:00. The cost per meal is approximately CHF 8.00, CHF 13.00 and CHF 14.00. Bookings or cancellations of meals must take place at least 24 hours before.

LANGUAGE: English. Our NOLS Wilderness Medicine instructors teach all over the world and are often 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.

COVID-19: NOLS no longer require covid vaccinations. Vaccination are encouraged but not required. We focus on hygiene, and we will provide Nitril gloves and KN95 masks to be worn during some scenarios.

An important document to read before signing up is our Student Agreement:
<http://www.nols.edu/en/filer/public/1481655159/906/>

QUESTIONS & REGISTRATION: We ask for full payment (\$1650.00 / €1650.00) to get a spot on the course. Payment can be done to Crossing Latitudes in the USA with a VISA or MasterCard. You can also transfer the course fee to Crossing Latitudes Swedish bank account (Plusgiro 100 75 14-1 or Bankgiro 525-6573). We can also invoice you. See our cancellation policies below.

The tuition fee cover NOLS Wilderness Medicine textbook, a workbook, hand-outs, waterproof pocket guide, bandana, equipment and WFR, CPR, epinephrine certifications, and 11 nights of lodging.

International Transfer to Crossing Latitudes Swedish bank account:

Name of account: Crossing Latitudes, Inc. 420 West Koch Street, Bozeman, Montana 59715 USA.
IBAN: SE07 9500 0099 6034 1007 5141. BIC: NDEASESS
Bank address: Nordea Bank AB, SE-10571 Stockholm, Sweden.

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

HOW TO GET TO KANDERSTEG: Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, bakeries, two grocery stores – all within 20-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 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/>

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 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. 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/>

CLASSTIME & SCENARIOS: The Course language is English. We will start at 08:00 each day and go to 17:30'ish. 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 outdoors. Discussions about leadership, group dynamics and evacuation procedures are also 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.

NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) is one of the most recognized and respected teacher of wilderness medicine, training over 400,000 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 more than 40 countries.

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 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 FROM 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. No harassment of any kind is accepted. 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 expect you to help us minimize infections by following our COVID-19 guidelines.

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). Smoking and Alcohol is not allowed on site during the course hours. Pets are not allowed at the teaching site during course hours. We expect you will follow our COVID-19 Guidelines.

CONTINUING COLLEGE EDUCATION 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.

CROSSING LATITUDES CANCELLATION AND REFUND POLICY:

If a student cancels or withdraws from a course for any reason: Greater than or equal to 7 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of USD \$300.00

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of USD \$500.00

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course, we will help you transfer to another Crossing Latitudes hosted course within a year. If you prefer a refund, we will refund you the full course fee.

We also recommend that you protect yourself by buying travel insurance. Crossing Latitudes or NOLS Wilderness Medicine are not responsible for unused tickets, lodging or other expenses you have purchased if the course gets cancelled or you cancel the course.

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
- Head lamp with extra batteries (important for the night scenario)
- Sunglasses and a Water bottle

Also bring to the classroom:

Protective eye wear (clear glasses, ordinary glasses, carpenter glasses or ski goggles), 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:

Personal Face masks until you receive your KN95 masks from us

Protective clear eyewear (ordinary glasses, ski goggles, carpenter glasses)

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

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. Participants in the past recommend two pairs of outdoor shoes)

Indoor shoes (sandals or sneakers as our classroom floor might be chilly)

2-3 T-shirts or long sleeve casual shirts

Sunglasses

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)

Note pad and pens, Knife (optional), Sunglasses, Water bottle & Mug

Toiletries. (KISC provides towels, sheets, duvet, and pillowcase)

There is a coin laundry room at KISC.

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

APPROXIMATE SCHEDULE 08:00 – 17:30'ish**DAY 1: Wednesday October 11**

Infection Control

What is Wilderness Medicine

Patient Assessment Initial Assessment (ABCDE)

Patient Exam (Head-To-Toe)

Vital Signs: LOC, HR, RR, SCTM

Medical History

Documentation

DAY 2: Thursday October 12

Vital Signs: BP, Eyes and Core Temp.

Spinal Cord Injuries

Lifting and Moving

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

Head Injuries

DAY 3: Friday October 13

Chest Injuries

Shock
Athletic Injuries
Fracture Management
Evening: Dislocations and Splinting

DAY 4: Saturday October 14

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

DAY 5: Sunday October 15

Altitude Illness
Bites and Stings
Leadership, Teamwork & Communication
Stress First Aid
Mass Casualty Scenario

DAY 6: Monday October 16 DAY OFF

Day 7: Tuesday October 17

Cardiac Emergencies & CPR

Respiratory Emergencies
Altered Mental Status

DAY 8: Wednesday October 18

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

DAY 9: Thursday October 19

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

DAY 10: Friday October 20

Lightning
Submersion Incidents
Gender Medical Issues
Medical Legal Issues
Practical Exams

Day 11: Saturday October 21

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

For questions about this NOLS Wilderness Medicine WFR course or our curriculum please contact Crossing Latitudes at 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/>

**Copyright © 2022 NOLS. All rights reserved.
Crossing Latitudes November 2022**