



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA)

HOSTED BY CROSSING LATITUDES

**KANDERSTEG INTERNATIONAL SCOUT CENTRE (KISC), KANDERSTEG,
SWITZERLAND OCTOBER 27-29, 2023**

DATES: October 27-29, 2023 (Friday, Saturday & Sunday) 08:00 to 17:30 each day.

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

PRICE: USD \$575.00 / €.550.00 per person. Included in the course fee is NOLS Wilderness Medicine Wilderness First Aid 30 page handout, First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine WFA certification and CPR certification. Lodging is included in your fee. See refund policy below.

LODGING: Lodging is included in your course fee but you are of course welcome to stay elsewhere in Kandersteg or the nearby communities as well. If you decide to stay elsewhere we can deduct \$100.00 or €95.00 from your course fee. Lodging is in shared rooms (2,4 or 6 beds).

FOOD: Your food is not included in your course fee. You can cook your own meals at KISC or do take out from the near-by restaurants. There are two grocery stores in Kandersteg with 15 minutes' walk or free bus. The KISC Dining hall will be open and if you want to book meals you do that yourself 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. Booking or cancellations of meals must take place 24 hours before.

LANGUAGE: This three day Wilderness First Aid course is taught in English.

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 (\$600.00 / €600.00) 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 hand-outs, pocket guide, bandana, equipment and WFA, CPR, Epinephrine certifications, and 4 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: info@crossinglatitudes.com Webpage: <http://www.crossinglatitudes.com>

[Phone \(USA\): 1-406-585-5356](tel:+14065855356). [Phone \(Europe\): +46-70-670 1153](tel:+46706701153).

CLASS FORMAT: We start our Wilderness First Aid course Friday October 27 at 08:00. We will have class until 17:30 with a few short breaks and an hour lunch. The same schedule – 08:00 to 17:30 goes for Saturday and Sunday as well. The format is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place both inside and 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.

This Wilderness First Aid course can be used as a WFA or WFR-Recertification course if you hold a valid WFA / WFR card from NOLS Wilderness Medicine. Contact us if you want to recertify your WFA or WFR on this course.

TRAVEL DIRECTIONS: Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, a bakery, 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, 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/>

COURSE DESCRIPTION: Fast paced and hands-on, this Wilderness First Aid course covers a wide range of wilderness medicine topics for people who travel and enjoy the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?"

On this course, you'll learn how to prepare for the unexpected. In just a few days, you'll have the knowledge, skills and ability to make sound decisions in emergency situations. The course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. NOLS Wilderness Medicine courses are pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. In Europe NOLS Wilderness Medicine Wilderness First Responder and Wilderness First Aid courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught close to 6000 participants Wilderness First Aid in Scandinavia and Europe since year 2000.

TESTS: There are **no** written or practical tests on this Wilderness First Aid course. You just have to be there, participate and do your best! But ... if you take this WFA course as Recertification for a Wilderness Advanced First Aid or Wilderness First Responder (meaning you hold a non-expired WAFA or WFR card from NOLS Wilderness Medicine or are within the “re-entry” year) you must do both a written and a practical test. Contact us to make sure you are eligible.

WHAT TO BRING: Please bring comfortable outdoor clothing. We will be doing lectures inside and scenarios outside every day. Wear clothing appropriate for the weather. We will be outside no matter what the weather is. NOLS Wilderness Medicine will bring equipment and outdoor gear for setting up realistic scenarios. After the course we sell first aid kits, books and first aid materials.

NOLS WILDERNESS MEDICINE MISSION: The 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.

For over a decade, the NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been 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, intensive and will challenge your decision-making skills.

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 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 that you will follow our COVID-19 Guidelines.

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 \$150.00

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of USD \$300.00

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 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.

Wilderness First Aid Course Curriculum

Infection Control
Cardiopulmonary Resuscitation (CPR)
Introductions Wilderness vs. Urban Medicine
Initial Assessment A B C D E
Focused Exam (Head-to-Toe assessment)
Vital Signs (LOR, HH, RR, SCTM)
Focused Medical History (SAMPLE)
Emergency, Evacuation Plans & Documentation
Spinal Cord Injuries
Head Injuries
Shock

Wilderness Wound Management
Burns & Infections
Athletic Injuries, Fractures & Dislocations
Heat Illness & Cold Injury
Altitude Illness
The Medical Patient: Diabetis, Asthma, Epilepsy, Heart related problems
Anaphylaxis
Wilderness First Aid Kits
Closure

Suggested Equipment List

Protective eye wear (glasses, sunglasses, ski goggles, carpenter glasses)
Day pack with extra layers (sweater, socks, long johns)
Outdoor clothing that will keep you warm and dry
Waterproof jacket & pants
Hiking boots or waterproof boots

Indoor shoes (sneakers or sandals)
Hat & gloves
Head lamp
Personal toiletries (KISC provides sheets, duvet, pillow, pillow case & towel)
Water bottle, Pen and paper

There is a coin laundry room at KISC. If you bring a 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.

For questions about this NOLS Wilderness Medicine WFA 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/>

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