



## NOLS WILDERNESS MEDICINE

# WILDERNESS FIRST RESPONDER (WFR) COURSE

HOSTED BY CROSSING LATITUDES &  
SUPPORTED BY FLÅM CAMPING & HOSTEL

**FLÅM, NORWAY APRIL 3-13, 2024**

This 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.

**Course Location:** Flåm Samfunnshus, Flåm, Norway. The community building is about 10-15 minute's walk from the Flåm Camping & Hostel.

**Course Dates:** April 3-13, 2024 (08:00 to 17:30'ish each day). On April 13<sup>th</sup> we end around noon.

**Course fee:** USD \$1650.00 per person. The course fee covers your lodging (11 nights) in a 4-bed shared room. If you want to share a room with just one other person, the extra cost is \$300.00 per person. If you want to have a solo room for 11 nights, please add \$400.00.

Included in your course fee is lodging, the NOLS Wilderness Medicine textbook, a Workbook, a bandana with the patient assessment, equipment used during the course, NOLS Wilderness Medicine CPR, epinephrine and international WFR certification. The textbook will be sent to you once you have paid the course fee. Food is not included but we provide coffee, tea, and some snacks during the course days.

If you don't want to stay at Flåm Camping and hostel you may deduct \$250.00 from the course fee. You are still welcome to hang with other participants in the commons, even if you are not staying there.

**For course specific information:** Please contact Crossing Latitudes (representative for NOLS Wilderness Medicine in Scandinavia) at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

Please read the **Student Agreement** before signing up: <http://www.nols.edu/en/filer/public/1481655159/906/>

**Signing up:** We ask for full payment to reserve a spot on the course. Payment can be done to Crossing Latitudes Swedish Bank account (PG 100 75 14-1 or BankGiro: 525-6573) or by VISA / MasterCard or check to our office in the USA. We can also invoice you. Please read our cancellation policies below before you sign up.

**International Transfer** to Crossing Latitudes Swedish bank account:

Name of account: Crossing Latitudes, Inc. 420 West Koch Street, Bozeman, MT. 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](mailto:info@crossinglatitudes.com) Webpage: <http://www.crossinglatitudes.com>

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

**Meals & Lodging:** Lodging is included in your WFR course fee from April 2, the afternoon before the course starts to our last day April 13. Flåm Camping & Hostel is supporting our WFR course by giving us a great group discount. Rooms are modern and comfortable, and you will share with three other participants unless you pay extra for 2-bed room (\$300.00 extra) or solo room (\$400.00 extra). Bedding, towel, and WiFi are included.

Food is not included in your course fee. There is a large modern kitchen available at the Hostel where you can cook your meals. Pots and pans and all utensils are there for you to use. The COOP grocery store, bakery and restaurants are within 10 minutes walking. Hanging in the commons room or cooking meals together while chatting about the curriculum with participants from all over the world adds to this unique WFR course.

The Flåm Camping & Hostel is only 10-15 minute's walk from our classroom. If you don't want to stay at the Flåm Camping & Hostel please contact us. We will discount the course fee \$250.00. You are welcome to eat your lunch in our classroom. There is a microwave oven, a fridge, all utensils but no cooking stove.

**Course Language:** English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual. The Wilderness First Responder textbook is in English and will be sent to you pre course and we highly recommend that you start reading it.

**How to get to Flåm:** <http://www.visitflam.com/about-flam/>

The community of Flåm is located at the head of the Aurlandsfjord in the county of Sogn & Fjordane and is easily accessible by car, train, bus or boat. Most participants fly into the cities of Oslo or Bergen and then take a bus or a train to Flåm. You will find more detailed travel information below.

**WFR Course Description:** A 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 Wilderness First Responder (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 scenario.

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. You'll be taught by 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 our WFR courses, 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 17:30'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. There will be one evening indoor session 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.

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.

Day 6 (April 8) is a day off, for you to enjoy the area, rest, and study.

**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. After the course we usually sell first aid kits, books and first aid materials.

**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 500,000 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, Switzerland, Mexico, Norway, Thailand, South Africa, Sri Lanka, Denmark, Sweden, Germany, Finland, Ireland, Malaysia, Bhutan, Korea, Slovenia, The Netherlands, Italy, Malaysia, Iceland, UK, Hungary, and Tanzania.

**What can you expect of us?** Expect dynamic instructors with lots of backcountry and first aid 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 do not accept any kind of harassment. We expect you to take good care of our 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. Smoking and Alcohol is not allowed on site during the course hours. Pets are not allowed at the teaching site during course hours. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility – unless it is a service dog.

**Continuing Education College credit 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 email [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) pre course.

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:

- Greater than or equal to 30 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of USD \$350.00
- Within 30 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of USD \$750.00
- If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course 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 both inside and outside. You need a medium sized backpack for your personal extra clothing and the 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
- Headlamp with extra batteries (important for the night scenarios)
- Sunglasses, Water bottle

**Also bring to the classroom:**

1 Protective eyewear (sunglasses, ski goggles, carpenter glasses – clear glasses are important for our night scenario)

Indoor shoes or sandals

Note pad, pens, or pencils.

Water bottle

Tea/coffee mug.

**Suggested Equipment List what to bring to Flåm:**

There are washing and drying machines at the Flåm Camping & Hostel. Tokens can be bought at the reception.

Underwear

2 polypro or wool tops

1-2 poly-pro 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 or waterproof winter jacket

Rain pants or waterproof winter pants

3-4 wool or synthetic socks

1-2 liner socks

2-3 ordinary socks

Outdoor boots (remember there might be some cold, snowy and maybe wet 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 if you want to take a run or work out after class

Headlamp with extra batteries (important for the night scenario)

Note pad and pens

Sunglasses, Water bottle, Mug, Toiletries

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

**COURSE SCHEDULE 08:00 – 17:30'ish****DAY 1: Wednesday April 3**

Hello & Welcome, Infection Control

Introductions: Wilderness vs. Urban

Initial Assessment ABCDE

Patient Exam Head-To-Toe

Vital Signs: LOC, HR, RR, SCTM

Focused History: SAMPLE

Documentation

**DAY 2: Thursday April 4**

Vital Signs: BP, Pupils, Core temperature

Spinal Cord Injuries & Lifting and Moving

Spinal Immobilization Litter Packaging, Carrying, and Long-Term Patient Management

Chest Injuries

**DAY 3: Friday April 5**

Shock  
Head Injuries  
Athletic Injuries  
Fracture Management  
Pain Management  
Evening: Dislocations and Splinting

**DAY 4: Saturday April 6**

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

**DAY 5: Sunday April 7**

Stress First Aid  
Altitude Illness  
Bites & Stings  
Lightning  
Submersion  
Leadership, Teamwork, Communication  
Large Scenario

**DAY 6: Monday April 8 DAY OFF****Day 7: Tuesday April 9**

Reflection from large scenario  
Cardiac Emergencies & CPR  
Respiratory Emergencies  
Altered Mental Status

**DAY 8: Wednesday April 10**

Acute Abdomen  
Allergies and Anaphylaxis  
Diabetes  
Psychological First Aid  
Principles of Search and Rescue/Evacuation  
Evening: Night scenario

**DAY 9: Thursday April 11**

Reflection after Night scenario  
Wilderness Drug and First Aid Kits  
Communicable Disease  
Poisoning  
Mental Health Concerns

**DAY 10: Friday April 12**

Common Problems such as dental, nosebleed, fishhook removal, fever, sore throat ...  
Urinary and Reproductive Issues  
Medical Legal Issues  
Practical Exams starting early afternoon.

**Day 11: Saturday April 13**

Morning Written Exam  
Closing Ceremony (End of course approx. at noon).  
Safe to buy tickets after 15:00

**Questions:** For specific questions about NOLS Wilderness Medicine or our curriculum please contact Crossing Latitudes (NOLS Wilderness Medicine representative in Scandinavia) 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 website: <https://www.nols.edu/en/about/wilderness-medicine/>

**HOW TO GET TO FLÅM:** We highly recommend that you check into bus and train departure times before you book your flight to Oslo or Bergen in Norway. 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 might have if the course gets cancelled or you cancel the course.

The course starts at 08:00 on Wednesday April 12, but you can move in Tuesday April 11. This first night is part of your course fee. Our WFR course is done on Tuesday April 22 around 12:00. You can safely book a bus or train ticket to leave Flåm after 15:00 this day.

**By car:** Flåm is a 335 km drive to Oslo (via the RV 50/R7) and is 166 km from Bergen. Make sure you have a car that drives well on winter roads. You will have to drive over some high mountain passes in order to reach Flåm. More spectacular views are hard to find but the roads can be challenging as well.

**By train:** Take the Bergen Railway between Oslo and Bergen to Myrdal station and change there for the [Flåm Railway](#). The Bergen Railway crosses the Hardangervidda (Hardanger Plateau), 1237 meters above sea level, and is one of the most spectacular main railway lines in Europe. This has repeatedly been named one of the world's finest and most exciting railway journeys.

**By bus:** There are several busses to Flåm each day from Oslo or Bergen. The bus is usually less expensive compared to the train. The "Sogn bus" has several daily departures and takes approx. 3 hours from Bergen to Flåm. You can find the correct bus route from your departure point to Flåm at [NOR-WAY express](#) bus and [Fjord1](#).

**By boat:** The [Norled Express Boat](#) departs once daily from Bergen to Flåm. Departure is from Bergen Strandkai Terminal around 08:00 and return from Flåm 15.30. The trip takes approximately five and a half hours.

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