



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID COURSE (WFA)

(this WFA has a few spots open for WAFA or WFR recertification)

**HOSTED BY CROSSING LATITUDES
& WATER RESCUE ASSOCIATION of SLOVENIA**

KAMP KOREN IN KOBARID, SLOVENIA, SEPTEMBER 20 - 22, 2024

NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings. 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?"

DATES: September 20 - 22, 2024 (Friday, Saturday & Sunday) 08:00 to 18:00 each day.

COURSE LOCATION: Kamp Koren, Kobarid, Slovenia. <https://www.campingslovenia.com/>

COURSE FEE: The course fee is €525.00 per person. The tuition covers the 30 page NOLS Wilderness Medicine Medical Handout, a bandana with the patient-assessment, a waterproof Pocket Guide, CPR certification and NOLS Wilderness Medicine international WFA certification. Food & Lodging is not included.

COURSE LOCATION: Kamp Koren, Kobarid, Slovenia. <https://www.campingslovenia.com/>

QUESTIONS & REGISTRATION: We ask for full payment in order to reserve a spot on the course. The tuition fee cover hand-outs, pocket guide, bandana, equipment and WFA, CPR and Epinephrine certifications.

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). International transfer info below. We can also invoice you. See our cancellation policies further below.

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 Web: <http://www.crossinglatitudes.com>

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

COVID-19: NOLS no longer require covid vaccinations. 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/>. There is no need to print this document and email us. We have forms at the course start you can sign.

MEALS & LODGING: Meals and lodging are not included in the WFA course fee. We highly recommend that you book your lodging (tent site, caravan, an Eco chalet or Glamping) at Kamp Koren, where our course is held. Kamp Koren is situated by the Soca River only 1,5 km from the town of Kobarid.

When you book your lodging at Kamp Koren mention that you are taking the NOLS Wilderness Medicine WFA course. Phone: +386 (0)5 389 13 11. Email: info@kamp-koren.si At Kamp Koren there is a restaurant open between 08:00 and 22:00. Coffee, snacks, lighter meals may be purchased here.

In the town of Kobarid there are hostels, B&B's, Hotels and AirB&B's as well. Take note that the walk from town to Kamp Koren is about 15 minutes one way.

If you arrive a day or two before or stay after the first aid course - Check out Kamp Koren's activities at:

<https://www.campingslovenia.com/sport-activities>

TRAVEL DIRECTIONS: <https://www.campingslovenia.com/where-are-we>

Some participants will drive, some will fly to either Ljubljana Airport in Slovenia, Trieste or Venice Airports in Italy, and others will travel by train and bus. If you are interested in connecting with others, let us know. If so, we will share your name and email and phone number with others who have signed up on this WFA course.

Bus connections Ljubljana - Kobarid: <https://www.nomago.si/avtobusne-vozovnice>

Train Connections Ljubljana to Most na Soči, Slovenia <https://potniski.sz.si/>

Bus connections Venice, Italy – Udine in Italy or Ljubljana, Slovenia: <https://global.flixbus.com/>

Train and busses Venice to Cividale del Friuli, Italy (close to the border with Slovenia):

<https://www.rome2rio.com/map/Venice/Cividale-del-Friuli>

We can help arranging pick-ups for a fee. From Ljubljana you can take a train to Most na Soči. Pick-up in Most na Soči costs about €20.00. Pick-up at Ljubljana Airport costs about €50.00 - €100.00 depending on number of participants. Pick up in Cividale del Friuli, Italy costs about €20.00 per person.

COURSE DESCRIPTION: NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings. 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.

This 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 US agencies. In Europe NOLS Wilderness Medicine courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 6000 participants wilderness medicine 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 you 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 will also sell NOLS Wilderness Medicine 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 (<https://nols.edu/en/courses/wilderness-medicine/>) is one of 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.

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). We expect you to follow our COVID-19 Guidelines. We focus on hygiene, and will provide nitrile gloves and KN95 masks for some scenarios.

PETS ARE NOT ALLOWED AT THE TEACHING SITE. NO ALCOHOL OR SMOKING ALLOWED DURING CLASSTIME.

REGISTRATION / POLICIES: Tuition payment in full is required to reserve your spot in the course. Tuition is non-transferable. Tuition is payable by check to Crossing Latitudes, Visa/MasterCard or transfer to Crossing Latitudes Swedish Nordea Bank account. We can also invoice you.

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 €250.00

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of USD €350.00

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course 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.

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

Web site: www.crossinglatitudes.com Email: info@crossinglatitudes.com

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

Wilderness First Aid Course Curriculum

08:00 – 18:00 each day

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 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: Diabetis, Asthma, Epilepsy, Heart related problems, Anaphylaxis

Wilderness First Aid Kits

Suggested Equipment List

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

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

Waterproof jacket & pants

Hiking boots or waterproof boots

Indoor shoes (sneakers or sandals)

Hat & gloves

Head lamp, Water bottle, Sunglasses, Pen and paper

Personal mug – for tea or coffee during classtime

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