



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER COURSE (WFR)

HOSTED BY CROSSING LATITUDES
& WATER RESCUE ASSOCIATION of SLOVENIA

KAMP KOREN IN KOBARID, SLOVENIA, SEPTEMBER 25 – OCTOBER 5, 2024

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 and scenarios designed to challenge your decision-making abilities. CPR is included.

COURSE DATES: September 25 – October 5, 2024. Detailed schedule below. Class time 08:00 – 17:30 each day.

COURSE FEE: The course fee is Euro €1350.00 per person (or equal exchange rate in whatever currency you like to pay in). We use www.xe.com. 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 & Epinephrine certifications and NOLS Wilderness Medicine international 2-year WFR certification. The textbook will be sent to you once you have paid the course fee. Food & Lodging is **not** included in the course fee.

COURSE LOCATION: Kamp Koren, Kobarid, Slovenia. <https://www.campingslovenia.com/>
Kobarid is located by the spectacular Soča river, surrounded by high mountains.

An important document to read before signing up is our Student Agreement: No need to print or email it back to us. We have forms you can sign when we meet in Slovenia.

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

QUESTIONS & REGISTRATION: We ask for full payment to receive 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). International bank transfer information below. We can also invoice you. Please read 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.

MEALS & LODGING: Meals and lodging are not included in the WFR course fee. We highly recommend that you book your lodging (tent site, caravan, an Eco chalet, or Glamping) at Kamp Koren. Kamp Koren, where our classroom is located is situated by the Soca River, only 1 km from the town of Kobarid.
<https://www.campingslovenia.com/>

If you book lodging at Kamp Koren mention that you are taking the NOLS Wilderness Medicine course.
Phone: +386 (0)5 389 13 11 Email: info@kamp-koren.si If you arrive a day or two before or stay after the course - check out Kamp Koren's activities at: <https://www.campingslovenia.com/sport-activities>

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. There are 2 larger supermarkets and numerous restaurants in Kobarid.

LANGUAGE: This Wilderness First Responder course is taught in English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually 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.

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 WFR 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: 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 larger "rescues" – both day and night.

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 WFR 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/>

CLASS TIME & SCENARIOS: 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 if you wear white clothes. 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.

Day 6 is a day off. There will not be any classes on this day. This day is for you to study, sleep in, and enjoy the many activities Kobarid and Kamp Koren offers: <https://www.campingslovenia.com/sport-activities>

WHAT TO BRING: Please see the suggested personal clothing and equipment list below. NOLS Wilderness Medicine will bring medical equipment and outdoor gear for 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/>) has been the most recognized and respected teacher of wilderness medicine, training individuals and groups all over 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.

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 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 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 ask that all participants' cell phones and computers will be turned off during class time. No smoking during our class time (which includes outside scenario time).

CONTINUING EDUCATION COLLEGE CREDIT & EMT CEUS: The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please communicate with NOLS Wilderness Medicine at wilderness_medicine@nols.edu for more 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 current EMT card(s) with you to your course.

COVID-19: We focus on hygiene and will provide nitrile gloves and KN95 masks for some scenarios.

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 €350.00.

Cancellation within 7 days of the course starting date and once the course has begun, Crossing Latitudes will retain €500.00 of the course fee.

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course, we will refund your 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.

PETS, DOGS, ALCOHOL & SMOKING: Pets and dogs are not allowed at the course. This includes leashing them outside the classroom. Any student bringing pets to class will be asked to leave class until the pet is safely situated in your cabin, ventilated car, a kennel, or other facility. Alcohol or smoking is not allowed on site during class hours. This includes our classes and scenarios outside.

EQUIPMENT LIST:

Expect the best but be prepared for the worst! Rain can pour in Slovenia in the fall, but it can also be bright and sunny. 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.

IN YOUR BACKPACK:

1 extra sweater or a fleece jacket
1 pair of long johns
Rain jacket & Rain 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 scenario)
Sunglasses & Water bottle

ALSO BRING TO THE CLASSROOM:

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:

Underwear
1-2 synthetic or wool tops
1-2 synthetic 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
2-3 wool or synthetic socks, 1-2 liner socks and 2-3 ordinary socks
Outdoor boots (remember there might be some cold and wet days and evenings. Participants in the past recommend two pair of outdoor shoes as one might get wet in a scenario)

Indoor shoes (sandals or sneakers as our classroom floor is chilly)
2-3 T-shirts or long sleeve casual shirts
Hat, gloves, mittens, neck warmer/scarf
Exercise clothing (running shoes etc.) There is a gym at Kamp Koren and great running & bike trails.
Towel & toiletries
Tent, sleeping bag, sleeping pad, sheets, towels etc. – depending on where you are staying.

If you bring phone, radio, iPod, laptop, or other electronics you need a special adaptor for Europe.
Kamp Koren has a washing machine. Laundry costs €5.00 per load. The drier costs €4.00 per load.

WFR COURSE SCHEDULE 08:00 – 17:30

DAY 1: Wednesday September 25

Introduction
Infection control
What is Wilderness Medicine
Initial Assessment
Patient Exam
Vital Signs: LOC, HR, RR, SCTM
Focused History
Documentation

DAY 2: Thursday September 26

Late changing vital signs
Spinal Cord Injuries
Lifting and Moving
Spinal Protection, Litter Packaging, Carrying, and
Long-Term Care
Head Injuries

DAY 3: Friday September 27

Chest Injuries
Shock
Athletic Injuries
Fracture Management
Evening: Dislocations and Splinting

DAY 4: Saturday September 28

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

DAY 5: Sunday September 29

Altitude Illness
Bites and Stings

Leadership, Teamwork & Communication
Stress First Aid
MCI Practical Scenario

DAY 6: Monday September 30 DAY OFF

Day 7: Tuesday October 1

Cardiac Emergencies
CPR
Respiratory Emergencies
Altered Mental Status

DAY 8: Wednesday October 2

Acute Abdomen
Allergies and Anaphylaxis
Diabetes
Principles of Search and Rescue
Evening: Mock Rescue

DAY 9: Thursday October 3

Debrief of evening scenario
Wilderness Drug and First Aid Kits
Mental Health Concerns
Poisoning
Communicable Disease

DAY 10: Friday October 4

Lightning
Submersion Incidents
Gender Medical Issues
Medical Legal Issues
Practical Exams

Day 11: Saturday October 5

Written Exam.
Closing Ceremony
End around 12:0

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/>