



WILDERNESS FIRST RESPONDER COURSE

Sponsored by Icelandic Mountain guides and NOLS Wilderness Medicine

DATES: Selected dates in spring- and fall semesters

LOCATION: [Malarhöfði 6, 110 Reykjavík, Iceland](#)

COURSE DESCRIPTION

The Wilderness First Responder course is essential if you work or recreate in the outdoors or in other austere environments where access to medical care is delayed or communication is unreliable. It is the industry standard for professional guides, trip leaders, search and rescue team members, outdoor recreationists, and international travelers. Upon completion, you will be able to conduct a thorough physical exam, obtain a patient history, assess vital signs, provide emergency care in the wilderness, and make crucial evacuation decisions. During this fast-paced, engaging course, you will spend half your time practicing skills and participating in realistic scenarios, including a full-scale night mock rescue.

NOLS Wilderness Medicine's nationally recognized curriculum encompasses a wide range of topics including long-term patient care, wound management, selective spine immobilization, reducing dislocations, litter packaging, and epinephrine administration. Dynamic educators who have practiced medicine in both wilderness and urban environments will teach you skills and protocols to step forward in an emergency, and you will finish the intensive 80-hour course with the tools and confidence to manage patients in the backcountry for multiple days.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Responder, Adult and Child CPR & Airway Management, and Epinephrine Auto-injector.

Click [here](#) for a short overview video about the NOLS Wilderness Medicine courses.

CLASS FORMAT AND PERSONAL PREPAREDNESS

Check-in is at 7:45 a.m. on the first day of the course. Course days run from 8:00 a.m. to 5:00 p.m., with two additional evening sessions. Ten-day courses will include a day off; The class format is classroom lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground, playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers. A 4-hour evening, outdoor mock rescue is part of the curriculum, dress accordingly.

PACKING CHECKLIST

- ✓ Notebook and pencil or pen
- ✓ Watch with second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Headlamp
- ✓ Light day pack
- ✓ Waterproof outerwear top and bottom
- ✓ Light hiking boots or sturdy shoes
- ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions
- ✓ Slippers or comfortable shoes for classroom time (optional)
- ✓ 2 – 3 old towels and/or 2-3 old T-shirts used for padding during splinting.

COURSE OUTLINE

For the full course outline, visit the WFR course page, scroll down and click on “WFR Course Outline” at: <https://www.nols.edu/en/coursefinder/courses/wilderness-first-responder-WFR/>. The course outline can also be found on the last page of this document.

REGISTRATION AND TUITION PAYMENT

Full payment is required upon registration to the course.

Cancellations and refunds are dealt with according to [terms of payment for IMG Multi-day-Tours](#). Note also that not all WFR/WFR-Recert/WFA courses by IMG are confirmed to run. For an update on your course status, please contact us.

PETS

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

ALCOHOL, DRUGS, TOBACCO AND WEAPONS

No alcohol, drugs, tobacco, or weapons are allowed in the classroom.

CONTINUING EDUCATION

EMT Continuing Education

NOLS Wilderness Medicine is proud to be a Commission on Accreditation of Pre-Hospital Continuing Education (CAPCE) accredited organization. Current EMTs are eligible to receive 48 CEU hours at no additional cost for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course. Please ensure that CAPCE CEUs will be accepted by your State EMS organization.

STUDENT LOGISTICS

Travel and directions

The course is held at Malarhöfði 6, 110 Reykjavík. The house of the Save and Rescue-team, Hjálparsveit Skáta Reykjavík (HSSR). The location can be reached by bus, on foot, or by car. There are numerous bus lines that stop at nearby bus stops in the area of the course venue (Ártún A,B,C and D, and Rafstöðvarvegur, for example). See more information here on bus routes and bus passes: [Strætó \(straeto.is\)](#).

Google maps location: <https://maps.app.goo.gl/ojFrfAaJYwH6q5W8A>



Lodging and meals

There are no meal plans available for this course. There is a good selection of restaurants and supermarkets nearby. Participants have access to a fridge, and a small kitchen facility at the course venue. All participants are kindly asked to clean up after themselves, and make sure to recycle trash in the corresponding bins on location.

Accommodation is not included in the course fees.

CONTACT INFORMATION

Please contact us with any questions or concerns you may have.

Course Host – Icelandic Mountain Guides

Office Hours: 09:00 – 16:00 GMT

Phone: +354 5879999 (Anna)

Email: info@mountainguides.is

Website: www.mountainguides.is/

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.

Phone: (866) 831-9001

Email: wilderness_medicine@nols.edu

Fax: (307) 335-2355

Website: <https://www.nols.edu/en/wilderness-medicine/why-nols/>

NOLS WILDERNESS MEDICINE

Wilderness First Responder Course Schedule

DAY 1

Morning
 Introductions: Wilderness
 vs. Urban
 Patient Assessment
 System
 Afternoon
 Patient Assessment
 System
 Documentation
 Readings: Ch 1

DAY 2

Morning
 Spinal Cord Injury
 Lifting and Moving
 Spinal Protection & Litter
 Packaging
 Afternoon
 Chest Injury
 Shock
 Readings: Ch 2, 3, 4

DAY 3

Morning
 Focused Spine
 Assessment
 Head Injury
 Afternoon
 Athletic Injury
 Fracture Management
 Evening
 Dislocations
 Readings: Ch 4, 5, 6

DAY 4

Morning
 Wilderness Wound
 Management
 Afternoon
 Hypothermia, Frostbite
 and Non-Freezing Cold
 Injury
 Heat and Hydration
 Readings: Ch 7, 8, 9,
 10, 23

DAY 5

Morning
 Altitude Illness
 Bites and Stings
 Afternoon
 Lightning
 Submersion
 Leadership, Teamwork,
 Communication
 Stress First Aid
 Readings: Ch 11, 12,
 13, 14, 26

DAY 6 DAY OFF

DAY 7

Morning
 Cardiac
 CPR
 Afternoon
 CPR
 Respiratory
 Altered Mental Status
 Readings: Ch 17, 19

DAY 8

Morning
 Acute Abdomen
 Allergies and Anaphylaxis
 Afternoon
 Diabetes
 SAR, Evac and
 Emergency Plans
 Evening
 Mock Rescue
 Readings: Ch 16,
 18, 19, Appendix B

DAY 9

Morning
 Decision-making
 Mental Health
 Urinary and Reproductive
 Afternoon
 Poisoning
 Communicable Disease
 Medical Legal
 Readings: Ch 12,
 20, 21, 22, 27, 28,
 29

DAY 10

Morning
 Common Problems Wrap-
 up
 Wilderness Drug and First
 Aid Kits
 Pain Management in the
 Wilderness
 Written and Practical
 Exams
 Readings: Ch 24,
 25, Appendix A
 Afternoon
 Written and Practical
 Exams
 Closing Ceremony
 Textbook: NOLS
 Wilderness Medicine