



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID (WFA)

### HOSTED BY CROSSING LATITUDES

**SKATBOET, VÄRMDÖ, SWEDEN MARCH 15-17, 2024**

Fast paced and hands-on, this Wilderness First Aid course covers a wide range of wilderness medicine topics for people who work, 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?" Our WFA courses are scenario based and hands-on.

**DATES & TIMES:** March 15-17, 2024 (Friday, Saturday & Sunday) 08:00 to 18:00 each day.

**LOCATION:** Skatboet (the Magpie's nest) is located on the island of Värmdö, Stockholm, Sweden. You can reach Skatboet by bus from Stockholm (approximately 30 minutes bus ride and then 10 minutes walk). [Skatboet](#) belongs to Stockholm Scouts. Their web page is in Swedish but on this link you can see photos of the buildings and the surroundings: <http://skatboetvarmdo.se/bildgalleri/> Travel Directions further below.

**COURSE FEE:** The course fee is SEK 6000: - per person (VAT included). If you prefer to pay in US dollars, Euro, NOK or other currencies, the price is what the exchange rate is at the time you sign up. We use [www.xe.com](http://www.xe.com)

Your tuition covers the NOLS Wilderness Medicine Hand-out, a waterproof Pocketguide, a bandana with the patient-assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFA & Epinephrine certification. 4 nights of lodging in shared cabins (2-3 folks to each cabin) is also included.

If you choose not to sleep at Skatboet, you are welcome to deduct 500: - from the course fee.

**QUESTIONS & REGISTRATION:** We ask for full payment (see price above) to get a spot on the course. Payment can be done by transfer the fee to Crossing Latitudes Swedish bank account (Plusgiro 100 75 14-1 or Bankgiro 525-6573). Let us know if you want an invoice. Payment can also be done by calling Crossing Latitudes in the USA with a VISA or MasterCard (Bozeman, Montana is approximately 8 hours "behind" Europe. 09:00 in Montana is 17:00 or 18:00 in Europe). Please read our cancellation policies below, before signing up.

**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](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.

**LODGING:** Lodging from Thursday March 14<sup>th</sup> after 16:00, to the morning of Monday March 16<sup>th</sup> is included in your course fee (4 nights). The cabins have 4 bunkbeds but we try to only have 2 or max 3 people per cabin. You need to bring your own sheets, pillowcase and towel. Bathrooms and showers are in the main building (1-2 minutes away).

Booking a solo room is not an option. You are welcome to sleep in your van or bring a tent and camp out but the course price is the same. There is no discount if you arrive Friday morning or depart Sunday night.

If you choose not to sleep at Skatboet, you are welcome to deduct 500: - from the course fee.

**FOOD:** Your food is **not** included in your course fee. Skatboet has a small kitchen with two stoves, refridgerators, freezer, a microwave, water boiler and coffee machines. The kitchen has pots and pans, plates, bowls, mugs and all utensils. You are welcome to bring food and cook in the kitchen. You are of course also welcome to bring a campstove and cook outdoors.

20 minutes walk away is a Värmdö Köpcenter (shopping center) with several restaurants, grocery stores and fast food restaurants. Most restaurants are open to 20:00 or 21:00.

Skatboet is owned by the Swedish Scouts and it is a alcohol and drug free place. Please, do not bring alcohol.

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

**STUDENT AGREEMENT:** An important document to read before signing up is our Student Agreement: We have documents for you to sign at the course start. <http://www.nols.edu/en/filer/public/1481655159/906/>

**CLASS FORMAT:** We start our Wilderness First Aid course course on Friday March 15 at 08:00. We will have class until 18:00 with a few short breaks and an hour lunch. The same schedule – 08:00 to 18:00 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 in our scenarios. The fake blood will come off within a wash or two.

**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 (WFR) and Wilderness First Aid (WFA) courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught more than 6000 participants 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 your WAFA or WFR recertification, you need to do both a practical and written test. Please email us at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) to make sure you are eligible to recertify and we can send you links to how to prepare.

**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 sometimes 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 600,000 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. Our courses are scenario based, with a lots of hands-on.

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, with words, touch or any other way. 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.

**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 SEK 1500: -

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will refund you 50% of the course fee.

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

### **Wilderness First Aid Course Curriculum**

Infection Control  
Cardiopulmonary Resuscitation (CPR)  
Introductions Wilderness 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  
The Medical Patient: Diabetis, Asthma, Epilepsy, Heart related problems, Abdominal issues  
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  
Waterproof jacket & pants  
Hiking boots or waterproof boots

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

**HOW TO GET TO SKATBOET / TRAVEL DIRECTIONS:** You can either drive to Skatboet on the island of Värmdö or you can take a bus from Stockholm. The bus from Stockholm takes about 30 minutes. Then you have a 10-12 minute walk ahead of you. The adress is: Skatboet, Korpholmsvägen 18, 139 36 Värmdö, Sweden.

On this Bus page you can check the bus schedule: <http://sl.se/en/> Your starting location is Slussen (Stockholm) and your destination is called “Älgstigen” (Värmdö).

The bus stop is called “Älgstigen”. Walk in the same direction as the bus continues in (there will be a side walk along the road). After about 2 minutes walk there will be a dirt road on your right side. This road is called is “Korpholmsvägen”. Take this road and follow it for about 10 minutes. You will walk by several homes and when the road splits – follow the left road uphill (it will still be called Korpholmsvägen). Pass a road to your right (Korpstigen) and continue Korpholmsvägen road forward – walk by houses and through the woods until you arrive at Skatboet (the Magpie Nest). This is our course site.

If you drive you can drive through the “gate”, pass the garbage cans and park at the very end of the road – right below the “Skatboet”.

For questions about this NOLS Wilderness Medicine WFA course or our curriculum please contact Crossing Latitudes 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 web: <https://nols.edu/en/courses/wilderness-medicine/>

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