



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID COURSE (WFA)

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

HOSTED BY CROSSING LATITUDES & GLØD EXPLORER AS

GLØD, ALTA, NORWAY MAY 22-24, 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:** May 22-24, 2024 (Wednesday, Thursday and Friday) 08:00 to 18:00 each day.

**COURSE LOCATION:** Glød Explorer AS, Jordfallet 3, 9518 Alta, Norway. <https://www.glodexplorer.no/>

**COURSE FEE:** The course fee is NOK 6000: - per person (VAT included). 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 and Epinephrine certification. Food & Lodging is not included.

**QUESTIONS & REGISTRATION:** We ask for full payment in order to reserve 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). For international transfer see info below. We can also invoice you. You find our cancellation policies further below. If you want to pay in Euro, Dollars or any other currency, please use <https://www.xe.com> for exchange rate.

**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 Inc. 420 West Koch Street, Bozeman, Montana 59715 USA or

C/O Sjöberg, Danstorp 10, 57596 Eksjö, Sweden  
Swedish Organisation number: 502069-8584

[info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Web: <http://www.crossinglatitudes.com>  
[Phone](tel:+14065855356) (USA): 1-406-585-5356. [Phone](tel:+46706701153) (Europe): +46-70-670 1153.

**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 recommend that you book your lodging at Glød Explorer AS, where our course is held. Glød offers Aurora Canvas Domes, bringing you so close to nature that you can both see and hear the wildlife outside. <https://www.glodexplorer.no/aktivitet/accommodation/> If you book your lodging at Glød, give mention that you are taking the NOLS Wilderness Medicine WFA course.

In the town of Alta (10 minutes drive away) there are hostels, B&B's, and Hotels as well. You also have two camp grounds 15-20 minutes walk away from our classroom at Glød.

If you arrive a day or two before or stay after our course - Check out the activities Glød is offering:  
<https://www.glodexplorer.no/activities/>

Here is more information about Alta: <https://www.visitnorway.com/places-to-go/northern-norway/alta/>

**TRAVEL DIRECTIONS:** Alta is situated approx. 400 km north of the Arctic Circle. The city of 22,000 people is located 3,5 hour drive from Nordkapp, the most northern point of the Norwegian mainland. You can get to Alta by car, bus, or plane. More info here: <https://www.glodexplorer.no/information/travel-to-alta/>

**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 recognized and highly regarded among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 6000 participants wilderness medicine in Scandinavia and Europe since year 2000.

**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 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 and intensive. They will challenge your decision-making skills and they will get you ready.

**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...** 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 often sell NOLS Wilderness Medicine first aid kits, books and first aid materials.

**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 alcohol or smoking during our class time (which includes scenario time). Please don't bring dogs or pets to our classroom, unless your animal is a service animal.

**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 NOK 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 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.

List of all classes below.

## **Wilderness First Aid Course Curriculum**

08:00 – 18:00 each day

Infection Control

Cardiopulmonary Resuscitation (CPR)

Introductions to 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 and Evacuation Plans

Documentation

Spinal Cord Injuries

Head Injuries

Shock

Wilderness Wound Management

Burns & Infections

Athletic Injuries, Fractures & Dislocations

Heatrelated Illness

Hypothermia & Cold Injuries

The Medical Patient: Diabetis, Asthma, Epilepsy, Heart related problems, Acute Abdominal issues, Anaphylaxis

Wilderness First Aid Kits

Closure

## **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

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](http://www.crossinglatitudes.com) Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

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

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