



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID COURSE

KAUNIAINEN CAMPUS, FINLAND

NOVEMBER 6-8, 2024

**DATES:** November 6-8, 2024 (Wednesday, Thursday and Friday).

**LOCATION:** Kauniainen Campus. Talk to Sini Lahti about how to get there and exact classroom. [Sini.Lahti@humak.fi](mailto:Sini.Lahti@humak.fi)

**WHO CAN TAKE THIS COURSE:** Students at the Humak Adventure Education Program in Finland.

**INCLUDED:** Included in the course is NOLS Wilderness Medicine Wilderness First Aid 30 page handout, First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine WFA certification and CPR certification. Food and lodging is **not** included in your price.

**LANGUAGE:** This three day Wilderness First Aid course is taught in English. The instructor speaks Swedish and maybe Finnish and is happy to help out with translations if needed.

**CLASS FORMAT:** We start our Wilderness First Aid course Wednesday November 6 at **09:00 and go to 18:00**. The same hours goes for Thursday and Friday. We break for an hour lunch and will have a few shorter breaks each day. Make sure to bring snacks for the afternoon – this course is intense.

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 to emphasize the reality of a scenario.

This Wilderness First Aid course can be used as a WFR or WAFA-Recertification course if you hold a valid (not expired or within your “re-entry” year) WFR or WAFA card from NOLS Wilderness Medicine. Contact [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) if you have questions in regards recertifying.

**An important document to read before course start is our Student Agreement. No need to print, we have forms at the course.** <http://www.nols.edu/en/filer/public/1481655159/906/>

**FOR MORE INFORMATION OR QUESTIONS:** Contact Crossing Latitudes Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)  
Webpage: <http://www.crossinglatitudes.com> Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

You can also communicate with Sini Lahti at [Sini.Lahti@humak.fi](mailto:Sini.Lahti@humak.fi) at the Adventure Education Program.

**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.

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 agencies. In Europe NOLS Wilderness Medicine Wilderness First Responder and Wilderness First Aid courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 6000 participants Wilderness First Aid 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! **If you** take this course as Recertification for a NOLS Wilderness Advanced First Aid or a NOLS Wilderness First Responder (meaning you hold a non-expired WAFA or WFR card from NOLS Wilderness Medicine) you must do both a written and a practical test. Please email us if you have questions about this.

**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 medical equipment and outdoor gear for setting up realistic scenarios.

**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.

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 550,000 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.

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

**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. No form of harassment is accepted. 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). Pets are not allowed at site unless they have a service dog status.

**REGISTRATION / POLICIES:** Communicate with Sini Lahti at [Sini.Lahti@humak.fi](mailto:Sini.Lahti@humak.fi) at the Adventure Education Program.

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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/>

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

Welcome & Introductions

Communicable Diseases & Infection Control

Cardiopulmonary Resuscitation (CPR)

Intro 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

Muscle- & Bone injuries: Athletic Injuries, Fractures & Dislocations

Heat Illness

Hypothermia & Cold Injuries

Altitude Illness

The Medical Patient, Epilepsy, Diabetis, Respiratory, Acute Abdominal 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

Rain jacket & pants or warm winter jacket & pants

Hiking boots or waterproof boots & Indoor shoes (sneakers or sandals)

Scarf, hat, gloves

Thermos & personal mug, Water bottle, Pen and paper, Sunglasses

Snacks, fruit, tea, coffee, water to stay hydrated and have energy for long afternoons.

**Crossing Latitudes December 2024**