



NOLS WILDERNESS MEDICINE

WILDERNESS ADVANCED FIRST AID (WAF) COURSE

(can be used as recertification of a WFR)

MAY 26-31, 2025 AT STF ABISKO TURISTSTATION, SWEDEN

HOSTED BY CROSSING LATITUDES

Fast paced and hands-on, this Wilderness Advanced First Aid course covers a wide range of wilderness medicine topics for guides, instructors, outdoor enthusiasts and people who live or work in remote areas. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?"

DATES: 26 (Monday) – 31 (Saturday) May 2024

The course runs from 08:00 to 17:30+ each day except the last day when we end around 12:00 (noon).

LOCATION: STF Abisko Turiststation (Swedish Tourist Association Abisko Mountain Lodge) in Abisko, Sweden (north of the Arctic Circle).

PRICE: The course fee is USD \$950.00 per person. Please use <https://www.xe.com> for the exchange rate when you are ready to pay.

Included in the course fee are the NOLS Wilderness Medicine *Wilderness Medicine book*, a hand-out, a patient assessment bandana, NOLS Wilderness Medicine WAF certification, Epinephrine and CPR certification. Included is also all gear that is used in scenarios like litters, sleepingbags, pads, first aid kits, fake blood, tarps, first aid materials etc. Your food & lodging is **not** included.

REGISTRATION: We ask for full payment to reserve a spot on the course. Payment can be made to Crossing Latitudes. We can also invoice you. Please read our cancellation policies below before you sign up. Once we have received your course fee, we will email you a receipt and a course confirmation.

International Transfer to Crossing Latitudes

Iban number: NO4615067581706

Bank: DNB Bank ASA

BIC: DNBANOKKXXX

Bank's address: DNB Bank ASA, PO Box 1600 Sentrum, 0021 Oslo, Norway

Email address: info@crossinglatitudes.com Phone (Europe): +46-70 670 1153 (US) +1-406-585-5356
Webpage: <http://www.crossinglatitudes.com>

MEALS & LODGING: Meals & Lodging is **not** included in your course fee. We recommend that you book a bed at STF Abisko Turiststation hostel or a room in their hotel (this is also where our classroom is located). You can also book a cabin (4-6 beds) at the STF Abisko Turiststation. Let us know if you are interested in sharing a cabin and we can connect you with others interested. You find more information about lodging at <https://www.swedishtouristassociation.com/facilities/stf-abisko-turiststation/>

There are other B&B's and guesthouses in the community of Abisko that you are welcome to stay at.

LANGUAGE: This Wilderness Advanced First Aid (WAF) course is taught in English.

IMPORTANT STUDENT AGREEMENT TO READ: <http://www.nols.edu/en/filer/public/1481655159/906/>

CLASS FORMAT: We start the course at 08:00 each morning. We will have class until 17:30 'ish with a few short breaks and an hour lunch each day, except our last day when we will end at 12:00 (noon). One evening we will have a "night scenario" starting around 19:00 till late.

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 Advanced First Aid course can be used as a WFR Recertification if you hold a non-expired WFR card from NOLS Wilderness Medicine (or are within your "re-entry year") or have a valid not-expired WFR Certification from a program with a minimum 70 hour. You must do both a written and a practical test as well. Please email us if you have questions about this.

TRAVEL DIRECTIONS: <https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/>
More about travelling options (flights, trains, busses, rental cars) further down.

COURSE DESCRIPTION: Fast paced and hands-on, this Wilderness Advanced 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.

Learn to stabilize, treat, and make evacuation decisions for patients in backcountry environments, with an emphasis on long term patient care management and specific injury evaluation. In addition to plenty of time practicing skills and engaging in scenarios, you'll work in small teams and practice leadership.

You'll learn both in the classroom and in outdoor settings regardless of weather, so come prepared for wet, muddy, cold, or hot environments!

This course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals working or living 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 US governmental agencies. In

Europe NOLS Wilderness Medicine courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught over 6500 participants in Europe since year 2000. Included in this course is CPR and a night scenario.

TESTS: Yes - there is both a written and a practical test on this WFA course. If you are active during the days, ask questions when you don't understand, and study in the evenings you will do well. It is the instructors' job to make the class understandable for you and help you do well with the tests. You need to pass the written test (multiple choice answers) with at least 70%.

If you fail the tests you can not re-test during the same course. You need to reschedule your tests with NOLS Wilderness Medicine Admissions. If you fail you will receive a NOLS Wilderness First Aid (WFA) certification instead of the WFA certification. Don't stress – we are there to help you out. We are invested in your success!

If you take this course as Recertification for a Wilderness First Responder (meaning you hold a non-expired WFR card from NOLS Wilderness Medicine – or are within your “re-entry year” or have a valid not-expired WFR Certification from a program with a minimum 70 hour) you must do both a written and a practical test as well. 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. See recommended Equipment list below.

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 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. 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. We do not accept any harassment of any kind. 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). No pets are allowed at the class site.

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 US \$300.00

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of US \$500.00

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course for any reason, we will refund you the full course fee.

We do 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 ADVANCED FIRST AID COURSE CURRICULUM

Infection Control & Communicable Disease

Introductions Wilderness Medicine

Cardiopulmonary Resuscitation (CPR)

Initial Patient 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

Spine- and Spinal Cord Injuries

Shock

Chest Injuries

Head Injuries

Focused Spine Assessment

Wilderness Wound Management, Burns & Infections

Athletic Injuries, Fractures & Dislocations

Stress Injuries / Psychological First Aid

Hypothermia, Cold related problems & Frostbite

Heat Related problems

Submersion

Altitude Illness

Lightning

Bites & Stings

The Medical Patient: Cardiac emergencies, Respiratory problems, Diabetes, Seizures, Asthma, Abdominal Pain

Anaphylaxis

Urinary & Reproductive problems

Poisoning

Medical Legal Issues

Written & Practical Exams & Closure

Suggested Equipment List - expect the best but be prepared for the worst! The weather in Abisko, north of the Arctic Circle can be extreme and changeable in the spring.

Day pack with extra layers (sweater, socks, long johns)

1 Pair of protective eyewear (sunglasses, ski goggles, carpenter glasses or ordinary glasses)
Outdoor clothing that will keep you warm and dry in all conditions
Rain jacket & pants or winter jacket & pants
Hiking boots or waterproof boots (folks in the past recommends boots for outdoor scenarios).
Indoor shoes (sneakers or sandals)
Scarf, hat, gloves
Head lamp with new batteries
Thermos & personal mug, water bottle, pen and paper
Snacks

TRAVEL: DIRECTIONS TO STF ABISKO TURISTSTATION

STF Abisko Turiststation is situated in the northern part of Abisko National Park, about 100 km from Kiruna, Sweden and 80 km from Narvik, Norway. How to get here:

ABISKO GPS-coordinates N68.358392026314°, E18.783634440475°

CAR: By road from Kiruna: take the E10 road towards Narvik for 100 km. Drive through Abisko village and after 2 km turn right at the sign "Abisko Turiststation".

By road from Norway, Narvik: take the E10 road towards Luleå. Cross the Norwegian – Swedish border and continue for about 40 km, then turn left at the sign "Abisko Turiststation".

TRAIN: By Swedish rail, take VY which stops daily at "Abisko Turiststation". The train station, which has no staff onsite, is close to STF Abisko Mountain Station, a 5 minute walking distance to reception. For timetables and prices visit <https://www.vy.se/en>

FLIGHT: Closest airports are Kiruna (Sweden) and Narvik - Evenes (Norway). Flights are operated by SAS www.sas.se and Norwegian www.norwegian.se

TRANSFER:

Transfer from/to Kiruna, Sweden Airport:

Visit Abisko www.visitabisko.com Phone: +46 980 40037

Regular bus service: Route 91, Länstrafiken i Norrbotten, www.ltnbd.se Phone: +46 771 100 110

Taxi Kiruna www.taxikiruna.se Phone: +46 980 12020

Transfer from/to Evenes Airport (Narvik), Norway:

Airport coach: Evenes - Narvik bus station www.flybussen.no/en/Narvik.

Onward to/from Abisko:

Visit Abisko www.visitabisko.com Phone: +46 980 40037

By train, SJ www.sj.se Phone: +46 771 757 575

Regular bus service: Route 91, Länstrafiken i Norrbotten, www.ltnbd.se Phone: +46 771 100 110

Narvik Taxi www.narviktaxi.no Phone: +47 075 50

RENTAL CAR Some of the rental car companies in Kiruna, Sweden and Narvik/Harstad, Norway.

www.avis.se

www.budget.se

www.europcar.se

www.hertz.se

www.sixt.se

We hope this information is helpful.

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/>

Copyright © 2024 NOLS. All rights reserved. Crossing Latitudes August 2024