



NOLS Wilderness Medicine Wilderness First Aid Course

HOSTED BY CROSSING LATITUDES

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. CPR is included. Everyone is welcome, no previous experience required.

Dates: 24 - 26 October 2025 (Friday, Saturday, Sunday)

Course Location: Kandersteg International Scout Centre (KISC), Kandersteg, Switzerland.

Course hours: 08:00 – 17:30+ each day

www.kisc.ch

<https://maps.app.goo.gl/EBuZ51SBVRdj2PG39>

Course fee

EUR 580 per person (VAT excluded). The tuition covers the NOLS Wilderness Medicine Medical Handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFA and Epinephrine autoinjector certification. The textbook will be sent to you once you have paid the course fee. **4 nights lodging in twin rooms with shared bathroom and showers included.**

Course Structure

This course combines theoretical lectures with hands-on sessions to train practical skills. Each day is a mix of classroom, skills sessions, scenarios, and case studies. There are no written or practical exams on this course.

All participants will learn by taking turns being "patients" and "rescuers" each day. We use fake blood to make the scenarios more realistic. The fake blood is washable, but you might have to wash twice.

If you are a NOLS WFR/WAFA graduate taking this WFA course as your WAFA/WFR recertification, you will need to complete both a practical and written test. Please email us at info@crossinglatitudes.com to ensure your eligibility to recertify on this course and we will support you in preparing for the course.

Registration

Please register on our website www.crossinglatitudes.com or by filling out the <https://form.jotform.com/251573069666366>. Full payment is needed to confirm your reservation for the course. You may select your preferred payment method (bank transfer or credit card) on our registration form.

Kindly 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.

Do read the Student Agreement before signing up: <http://www.nols.edu/en/filer/public/1481655159/906/>

*There is no need to sign and send it in. We have forms you can sign at the course start.

Crossing Latitudes Cancellation and Refund policy

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of EUR 150
- Within 30 days of the course start date, Crossing Latitudes will retain an administrative fee of EUR 330.
- Once the course has begun, there will be no refund

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

We highly recommend that you protect yourself by buying travel insurance. Crossing Latitudes or NOLS Wilderness Medicine are not responsible for any expenses other than the course fee in case of cancellation or withdrawal.

Accommodation

Lodging is included in the course fee from Wednesday, 23th October (check-in from 15:00), to Monday, 27th October (checkout by 10:00). The course is expected to end around 17:30 on Sunday, 26th October.

The rooms are in the New Chalet (the building with all the flags where both the KISC reception, dining hall and our classroom are located). You will share with one or two other participants. Toilets and showers are in the hall.

The price for a single room is an additional €170.00 to the course fee. If you prefer to stay elsewhere, your fee will be reduced by €120.00. There is also an option for caravans and camping vans. Please email us if any of these options apply to you. You are still welcome to hang out in the kitchen and lounge with the others in during breaks and in the evenings.

There are coin wash machines, dryers, and a large drying room at KISC.

We expect the course to end around 17:30 on Sunday 26th October. If you want to spend an extra night before the 23rd or after the 26th October, please contact KISC at reception@kisc.ch directly. Do mention that you are taking the NOLS WFA course. The scenery around Kandersteg is spectacular, so we recommend spending some extra time in the area.

Meals/ Food

Your food is not included in your course fee. You can cook your own meals in the "Kander Lodge". There is a full kitchen with two stoves, two fridges, freezers, pots and pans, micro-ovens, water boilers etc. It might get a little crowded, but usually course participants start cooking together.

You may also choose to book meals with the KISC Dining hall by emailing KISC info@kisc.ch

Breakfast is served from 07:30 so you need to be first in line as we start 08:00 each morning.

Lunch is served at 12:00 and dinner at 18:00. The cost per meal is approximately CHF 8.00, CHF 13.00 and CHF 14.00. KISC appreciates if you book all your meals in advance so that they can plan accordingly. Bookings or cancellations of meals must take place at least 24 hours before.

There are two grocery stores in Kandersteg within 15-20 minutes' walk or by bus. You can also enjoy the many nearby restaurants (pizza, pasta, pub food etc.)

Kandersteg

Situated in the Kander-valley, near the Jungfrau-massif in the heart of the Bernese Alps, Kandersteg is surrounded by a spectacular mountain scenery and great opportunities for outdoor-activities, such as hiking or mountaineering. The small community offers hotels, restaurants, bakeries, two grocery stores and cable-cars up the mountains – all within 15-20 minutes' walk from the course location.

Centrally located in Europe - 65 km from Bern, the capital of Switzerland - it is easy to reach Kandersteg by road or using the Swiss rail network.

Travel Directions

Follow this link to read about travel-directions to Kandersteg: <https://www.kisc.ch/travelling-kisc>

WFA Course Description

Our 3-day Wilderness First Aid (WFA) course is a fast-paced, hands-on introduction to managing common injuries, more serious emergencies, and everything in between. Lectures, demonstrations, and practical scenarios will challenge you and provide a dynamic learning environment. After the course, you'll have the knowledge, skills, and ability to make sound decisions and interventions in emergency situations.

Wilderness First Aid is different from the urban first aid. Focus is on initial and prolonged care for a patient in the back country. This course is ideal for outdoor enthusiasts and individuals in remote locations.

For more information about NOLS Wilderness Medicine and our WFA courses, please visit: <https://www.nols.edu/en/coursefinder/courses/wilderness-first-aid-WFA/>

What can you expect of us?

- Dynamic instructors with lots of backcountry and first aid experience
- Lots of time outside with realistic scenarios
- Daily feedback from our instructors
- Intense AND rewarding days
- 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?

- That you are on time each day
- Come prepared each morning, ready to learn and participate. Revision and practice in the evenings will set you up for success.
- We hope that you will speak up when you need help, do not understand, or have any concerns.

- 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.
- We ask that all participants' cell phones and computers will be turned off during class time.
- Smoking, alcohol and/or recreational drugs are not allowed during the course hours.
- Pets are not allowed at the classroom or scenario sites during course hours. Any student bringing pets to class will be asked to leave class until the pet is safely situated in a kennel or other facility – unless it is a service dog. **If you have a service dog, please email us before signing up.**

What to bring?

NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios.

Expect the best but be prepared for the worst! We will be outside each day even if it rains, snows or storms. Having quality clothing and equipment is important. Come to class each morning prepared to be both inside and outside. You need a medium sized backpack for your personal extra clothing and the First Aid gear that we will provide each day. Your backpack will be used every day in the scenarios.

Packing for class (in your backpack):

- Waterproof jacket and trousers
- Extra wool or synthetic socks
- Hat, gloves, mittens, neck warmer, buff or scarf
- Headlamp with extra batteries
- Sunglasses, Water bottle
- Protective eyewear (sunglasses and/or clear glasses)
- Indoor shoes or sandals
- Note pad, pens, or pencils, Water bottle, Tea/coffee mug.

Suggested Equipment List:

- Underwear
- Synthetic or wool tops and bottoms
- Warm sweaters or fleece jackets
- Quick drying outdoors pants and tops
- Casual clothing for the evenings
- Waterproof jacket and trousers
- Warm socks
- Regular socks
- Outdoor shoes/boots
- Indoor shoes
- Hat, gloves, mittens, neck warmer/scarf
- Exercise clothing (if you want to exercise)
- Headlamp with extra batteries
- Note pad and pens
- Sunglasses, water bottle, mug, toiletries
- Adaptor(s) for your electronics (if needed)

COURSE CURRICULUM (08:00 – 17:30)

Infection Control
 Cardiopulmonary Resuscitation (CPR)
 Introductions Wilderness vs. Urban 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, and
 Documentation
 Spinal Cord Injuries

Head Injuries
 Shock
 Wilderness Wound Management
 Burns & Infections
 Athletic Injuries, Fractures & Dislocations
 Heat Illness & Cold Injury
 The Medical Patient: Diabetes, Asthma, Epilepsy,
 Heart conditions, etc.
 Anaphylaxis
 Wilderness First Aid Kits

Questions: For specific questions about NOLS Wilderness Medicine or our curriculum please contact Crossing Latitudes (NOLS Wilderness Medicine representative in Europe) at info@crossinglatitudes.com

About our NOLS Wilderness Medicine Courses

Developed by industry experts and experienced practitioners, the NOLS curriculum is field tested by our expedition instructors, backed by research, and informed by decades of injury and illness data. These help us prepare students to respond to the most likely incidents that happen in the wilderness.

We are dedicated to equipping you with the skills and confidence needed to handle emergencies in remote settings. Through our rigorous, data-informed curriculum, you'll learn to recognize, treat, and prevent injuries and illnesses in the wilderness, and resource limited environments. Our hands-on courses, led by expert NOLS instructors, offer practical scenarios that allow you to build critical skills, empowering you to respond effectively when resources are limited and immediate help isn't available.

NOLS Wilderness Medicine Mission: The Wilderness Medicine's goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies.

For over a decade, 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, with students who work and recreate from pole to pole in all continents. 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 get you ready. NOLS Wilderness Medicine trains participants to respond to emergencies in remote settings.



Dynamic hands-on, scenario-based learning that combines the latest updates and practical application.

NOLS Wilderness Medicine website: <https://www.nols.edu/en/about/wilderness-medicine/>

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