



# NOLS Wilderness Medicine

## Wilderness First Responder Course

HOSTED BY CROSSING LATITUDES & THE WATER RESCUE ASSOCIATION OF SLOVENIA

The Wilderness First Responder course is designed to provide you with the tools to make critical medical interventions and decisions on evacuation in remote locations. Half of your time will be spent training practical skills, evaluating case studies and practicing your skills scenarios designed to challenge your abilities. CPR is included. Everyone is welcome, no previous experience required.

**Dates:** 24 September – 4 October 2025

**Course Location:** Kamp Koren, Kobarid, Slovenia

**Course hours:** 08:00 – 17:30 each day. **Day 3 and 8 will end late due to night sessions.** Day 6 is off - we encourage participants to rest, study or go on an adventure together!

Kobarid is located by the spectacular Soča river, surrounded by high mountains.

<https://www.campingslovenia.com/>

<https://maps.app.goo.gl/TxEL4cGML8jXQjNw5>

### Course fee

**EUR 1350** per person (VAT excluded). The course fee includes the NOLS Wilderness Medicine Medical handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient assessment, equipment used during the course, CPR certification, the internationally recognised NOLS Wilderness Medicine WFR certification and Epinephrine auto injector certification. The textbook will be sent to you once you have paid the course fee.

### 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 is a written & practical exam at the end of the 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.

### Registration

Please register on our website [www.crossinglatitudes.com](http://www.crossinglatitudes.com) or by registering directly at this link: <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 it 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 400
- Within 30 days of the course start date, Crossing Latitudes will retain an administrative fee of EUR 800.
- 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

Accommodation is not included in the WFR course fee. We highly recommend that you book your lodging (tent site, caravan, eco-chalet, or glamping) at Kamp Koren where our classroom is located. Kamp Koren is attractively situated above the Soča River, only 1 km from the town of Kobarid.

If you book lodging at Kamp Koren do mention that you are taking the NOLS Wilderness Medicine course.

**Kamp Koren** (<https://www.campingslovenia.com/>)

**Phone:** +386 (0)5 389 13 11 **Email:** [info@kamp-koren.si](mailto:info@kamp-koren.si)

Amenities at Kamp Koren include:

- a restaurant open between 08:00 and 22:00. Coffee, snacks or meals may be purchased here.
- a mini mart with a basic selection
- rentable refrigerator space
- pay per use washer and dryer
- pay per use gym
- pay per use sauna and salt room

## Meals/Food

Meals are not included in the WFR course fee. Kamp Koren is within 10 minutes' walk of the nearest grocery store. There are 2 supermarkets and several restaurants in Kobarid.

## Kobarid

In the town of Kobarid, hotels, hostels, B&Bs and AirBnBs are available. The walk from town to Kamp Koren will take between 15-20 min one way. There is also a pharmacy and a local clinic.

If you arrive prior to the course or choose to stay after the course - check out Kamp Koren's activities at: <https://www.campingslovenia.com/sport-activities> or FAB adventures <https://slovenia-rafting-canyoning.com/>  
Find out more about the region at <https://www.soca-valley.com/>

## Travel Directions

If you wish to connect with others travelling to Kobarid, do let us know in your registration form.

<https://www.campingslovenia.com/where-are-we>

Nearby airports: Ljubljana Airport in Slovenia, Trieste or Venice Airports in Italy

Bus connections Ljubljana - Kobarid: <https://www.nomago.si/avtobusne-vozovnice>

Train Connections Ljubljana to Most na Soči, Slovenia <https://potniski.sz.si/>

Bus connections Venice, Italy – Udine in Italy or Ljubljana, Slovenia: <https://global.flixbus.com/>

Train and busses Venice to Cividale del Friuli, Italy (close to the border with Slovenia):

<https://www.rome2rio.com/map/Venice/Cividale-del-Friuli>

Taxi/ shuttle pick-up:

Pick-up in Most na Soči costs about €20.00.

Pick-up at Ljubljana Airport costs about €50.00 - €100.00 depending on number of participants.

Pick-up in Cividale del Friuli, Italy costs about €20.00 per person.

Shuttle options include: <https://www.goopti.com/en/> (book early to take advantage of cost savings)

## WFR Course Description

A WFR is an essential wilderness first aid education for anyone who spends significant time in remote places or who has a professional career in the outdoors. The Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. This course is fast-paced and engaging. You'll spend half your time outside of the classroom practising hands-on skills and realistic scenarios as well as a full-scale night scenario.

NOLS Wilderness Medicine curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging and administering medications. You'll complete this course with the tools and confidence to manage patients in the backcountry for multiple days.

The intensive 80-hour + curriculum is internationally recognized and supported by the Wilderness Medical Society. You'll be taught by dynamic educators who have practiced both wilderness and urban medicine. This 80-hour course is ideal for all professionals operating in remote environments. Adult CPR certification is included. The WFR course is pre-approved for 70 hours of EMT CEU's by CECBEMS (see more info below).

For more information about NOLS Wilderness Medicine and our WFR courses, please visit:

<https://nols.edu/en/courses/courses/wilderness-first-responder-WFR/>

## Continuing Education College credit and EMT CEUs

The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please email [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) pre-course.

NOLS Wilderness Medicine is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of your current EMT card(s) with you to your course.

## 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 written and a practical exam at the end of the course that we will do everything we can to help you develop the skills to perform well. You need to pass both the written and the practical tests to receive NOLS Wilderness Medicine international WFR certification.
- 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                   | • Protective eyewear (sunglasses and /or clear glasses)     |
| • Extra wool or synthetic socks                    | • Indoor shoes or sandals                                   |
| • Hat, gloves, mittens, neck warmer, buff or scarf | • Note pad, pens, or pencils, Water bottle, Tea/coffee mug. |
| • Headlamp with extra batteries                    |   |
| • Sunglasses, Water bottle                         |   |

### Suggested Equipment List:

There are pay per use washing and drying machines at Kamp Koren. Tokens can be bought at the reception.

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

- Sunglasses, water bottle, mug, toiletries

- Adaptor(s) for your electronics (if needed)

## COURSE SCHEDULE (08:00 – 18:00) \*subject to change

### DAY 1:

Hello & Welcome, Infection Control  
 Introductions: Wilderness vs. Urban  
 Initial Assessment ABCDE  
 Patient Exam Head-To-Toe  
 Vital Signs: LOC, HR, RR, SCTM  
 Focused History: SAMPLE  
 Documentation

### DAY 2:

Vital Signs: BP, Pupils, Core temperature  
 Spinal Cord Injuries & Lifting and Moving  
 Spinal Protection, Litter Packaging, Carrying, and  
 Long-Term Patient Management  
 Chest Injuries

### DAY 3:

Shock  
 Head Injuries  
 Athletic Injuries  
 Fracture Management  
 Pain Management  
**Evening Session:** Dislocations and Splinting

### DAY 4:

Focused Spinal Assessment  
 Wilderness Wound Management  
 Burns & Infections  
 Heat and Hydration  
 Hypothermia  
 Frostbite and Non-Freezing Cold Injury

### DAY 5:

Stress First Aid  
 Altitude Illness  
 Bites & Stings  
 Lightning  
 Submersion  
 Leadership, Teamwork, Communication  
 Large Scenario

### DAY 6:

Day Off! Rest, recreate, & recover!

### Day 7:

Reflection from large scenario  
 Cardiac Emergencies & CPR  
 Respiratory Emergencies  
 Altered Mental Status

### DAY 8:

Acute Abdomen  
 Allergies and Anaphylaxis  
 Diabetes  
 Psychological First Aid  
 Principles of Search and Rescue/Evacuation  
**Evening Session:** Night scenario

### DAY 9:

Reflection after Night scenario  
 Wilderness Drug and First Aid Kits  
 Communicable Disease  
 Poisoning  
 Mental Health Concerns

### DAY 10:

Common Wilderness Problems  
 Urinary and Reproductive Issues  
 Medical Legal Issues  
 Practical Exams starting early afternoon.

### Day 11:

Morning Written Exam  
 Closing Ceremony (End of course approx. at noon).  
 Safe to buy tickets after 15:00)

**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](mailto: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 they will 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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