



NOLS Wilderness Medicine Wilderness First Aid Course

HOSTED BY CROSSING LATITUDES & SUPPORTED BY FLÅM CAMPING & HOSTEL

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 April 2026 (Friday, Saturday, Sunday)

Course Location: Flåm Samfunnshus (community building) – approximately 10 – 15 min walk from Flåm Camping & Hostel

Course hours: 08:00 – 18:00 each day

<https://maps.app.goo.gl/SQNszbPktnGMRPZu6>

Course fee

EUR 525 per person (VAT exempt). **Book by 24 Jan 2026 to take advantage of our 10% early bird discount with the code WFAFLAM26.** The course fee includes a 30-page NOLS Wilderness Medicine handout, a bandana with the patient assessment, equipment used during the course, CPR certification, the internationally recognised NOLS Wilderness Medicine WFA certification and Epinephrine auto injector certification.

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.

Note that there is a NOLS WFR-R running in Flåm at the same time as this course. If you need to recertify your WFR or WAFA, please sign up for that course instead. <https://www.crossinglatitudes.com/nols-course/wfr-flam-2026>

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 start date, Crossing Latitudes will retain an administrative fee of 150 EUR;
- Within 30 days of the course start date, Crossing Latitudes will retain an administrative fee of 275 EUR;
- 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 your course fee. Flåm Camping & Hostel (<https://www.flaam-camping.no/>) supports our courses and they offer private rooms, cabins, campsites for your tent, or space for your camper. Booking any of these will provide access to the guest kitchen or camping kitchen where you can cook your meals. There are pay per use washing and drying machines. Tokens can be bought at the reception. Grocery stores and restaurants are within 10 minutes' walk from the campground. The Flåm Camping & Hostel is only 10-15 minutes' walk from our classroom.

If booking with them, do mention that you are taking a NOLS WFR course, and you will receive a discount. There is **NO** discount if you book on booking.com or other similar websites.

Meals/Food

Meals are not included in the course fee. Flåm Camping & Hostel's accommodation options are associated with full kitchen/ cooking facilities. There is a grocery store in town, as well as several cafes, restaurants, and meal trucks in town. Students often choose to bring a packed lunch with them and cook dinner together.

Flåm

Flåm is one of Norway's gems. It is situated in the Flåm valley, in the inner end of Aurlandsfjorden (a branch of the Sogne fjord). When visiting, one can enjoy a wide mix of outdoor activities such as hiking, snowshoeing, skiing, kayaking on the fjord, biking, and more. The village has been a tourist destination since the 19th century.

A popular ways of reaching Flåm is by taking the Flåmsbana (a train line between Flåm and Myrdal) with one of the steepest railway tracks in the world. The train stops by a beautiful waterfall during the journey.

(<https://www.visitnorway.com/places-to-go/fjord-norway/the-sognefjord-area/flam/>)

Travel Directions

Flåm is easily accessed by car, train, bus or boat. We strongly recommend that you check the bus and train departure times before you book your flight to Oslo or Bergen.

By car: Flåm is a 335 km drive to Oslo (via the RV 50/R7) and is 166 km from Bergen. Make sure you have a car that drives well on winter roads. You will have to drive over some high mountain passes to reach Flåm. The views are spectacular, but the roads can be challenging.

By train: Take the Bergen Railway between Oslo and Bergen to Myrdal station and change there for the Flåm Railway. The Bergen Railway crosses the Hardangervidda (Hardanger Plateau), 1237 meters above sea level, and is one of the most spectacular main railway lines in Europe. This has repeatedly been named one of the world's finest journeys. (<https://www.vy.no/>)

By bus: There are several busses to Flåm. The "Sogn bus" has several daily departures and takes approx. 3 hours from Bergen to Flåm. You can find the correct bus route from your departure point to Flåm at NOR-WAY express bus (<http://www.nor-way.no/>). There are also buses from Oslo and these are often less expensive than the train.

By boat: The Norled Express Boat departs once daily from Bergen to Flåm. The departure is from Bergen Strandskai Terminal at around 08:00 and the return from Flåm around 15:30. The trip takes approximately five and a half hours.

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 – 18:00)

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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