



NOLS Wilderness Medicine

Wilderness Advanced First Aid Course

(can be used for recertification of a WFR)

HOSTED BY CROSSING LATITUDES

Wilderness Advanced First Aid (WAFA) courses are designed for trip leaders and those travelling or working in remote areas and who want a more extensive training program than the Wilderness First Aid course. Fast paced and hands-on, this course covers a wide range of wilderness medicine topics including stabilisation, treatment, and evacuation guidelines for patients in backcountry environments. The emphasis is placed on long-term patient care, management and specific injury evaluation. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?"

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

Dates: 25 – 30 May 2026

Course Location: Svenska Turistföreningen (STF)
Abisko Turiststation, 981 07 Abisko, Sweden

Course hours: 08:00 – 17:30+ each day. There will be an additional night session on one day starting at 19:00 and ending late. We will conclude at around 12:00 on the last day.

<https://maps.app.goo.gl/8cixw4ysjdQnsYKp8>

Course fee

990 EUR per person (VAT exempt). **Book by 25 February 2026 to take advantage of our 10% early bird discount with the code WAFABISK026.** 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 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 is both 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 or by filling out the following form: <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 equal to 25% of the course fee.
- Within 7 days of the course start date, Crossing Latitudes will retain an administrative fee equal to 50% of the course fee.
- 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 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 who are interested. You can find more information about lodging at <https://www.swedishtouristassociation.com/facilities/stf-abisko-turiststation/>

STF Abisko Turiststation, is the STF's northernmost station and is situated in Abisko National Park, 250 km north of the Arctic Circle. The resort is surrounded by Lappporten's (The Lapponian Gate's) characteristic U-shaped silhouette, the Abisko Mountain Range with Mount Nuolja and Torneträsk Lake.

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

Meals/Food

Meals are not included in your course fee. STF Abisko Turiststation has a restaurant named Kungsleden which serves a buffet breakfast, fika, lunch, and dinner. They recommend that you pre-order your meals. Their hours vary by season. There is also a fully equipped kitchen for self-catering. The kitchen is shared with other guests.

Abisko

Visitors from all over the world come to Abisko to experience Arctic Sweden, the mountains and iconic places such as Kungsleden, Lappporten, STF Aurora Sky Station, Torneträsk, Mount Nuolja and Abisko National Park. One can enjoy a wide variety of activities such as hiking, mountain biking, skiing, snowmobiling, dog sledding and more!

Find out more about Abisko and activities you can enjoy at these websites:

<https://www.swedishtouristassociation.com/facilities/stf-abisko-turiststation/> ; <https://visitabisko.com/>

Travel Directions

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.

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".

Rental car companies in Kiruna, Sweden and Narvik/ Harstad, Norway include www.avis.se, www.budget.se, www.europcar.se, www.hertz.se, www.sixt.se.

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: 075 50 or 0047 22 38 83 09 (if calling from a foreign phone)

WAFA Course Description

If you travel or work in remote areas and need more extensive training than a Wilderness First Aid course, our Wilderness Advanced First Aid course is the perfect choice! Build confidence to make the right medical interventions and assessments for your clients, friends, or family and receive an up-to-date medical curriculum which includes a range of assessment, trauma, environmental and medical topics, all delivered in an intensive and hands-on format.

You will 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 will work in small teams and practice leadership skills.

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 the internationally recognised NOLS Wilderness Medicine WAFA 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):

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| • 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:

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| • Underwear | • Casual clothing for the evenings |
| • Synthetic or wool tops and bottoms | • Windproof jacket and trousers |
| • Warm sweaters or fleece jackets | • Warm socks |
| • Quick drying outdoors pants and tops | • Regular socks |

- Winter shoes/boots
- Indoor shoes
- Hat, gloves, mittens, neck warmer/scarf
- Balaclava, facemask, goggles
- 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)

Communicable Disease & Infection control
 Medicine in the Wilderness Context
 Initial Assessment ABCDE
 Patient Exam Head-To-Toe
 Vital Signs: LOC, HR, RR, SCTM
 Focused History: SAMPLE
 Documentation
 Spinal Cord Injuries & Lifting and Moving
 Spinal Protection, Litter Packaging, Carrying, and
 Long-Term Patient Management
 Chest Injuries
 Medical Shock
 Head Injuries
 Athletic Injuries, Fracture Management &
 Dislocations
 Pain Management

Wilderness Wound Management
 Burns & Infections
 Heat and Hydration
 Hypothermia, Frostbite and Non-Freezing Cold
 Injury
 Psychological First Aid
 Altitude Illness
 Toxicology: Bites & Stings
 Lightning
 Submersion
 The Medical Patient: Cardiac Emergencies,
 Respiratory concerns, Diabetes, Neurological
 concerns, Acute Abdominal Pain, etc.
 Allergies and Anaphylaxis
 Urinary and Reproductive Issues
 Medical Legal Issues

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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