



NOLS Wilderness Medicine

Wilderness First Responder Course

HOSTED BY CROSSING LATITUDES

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: 08 – 18 October 2026

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!

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

www.kisc.ch

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

Course fee

EUR 1780 per person (VAT exempt)

EUR 1602 if you book by 18 July 2026 to take advantage of our 10% early bird discount with the code **WFRKISC26**.

11 nights' lodging in twin rooms with shared bathroom and showers included.

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 WFR and Epinephrine autoinjector 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 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.

www.crossinglatitudes.com

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 equivalent to 25% of the course fee.
- Within 30 days of the course start date, Crossing Latitudes will retain an administrative fee equivalent 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 included in the course fee from Wednesday, 7th October (check-in from 15:00), to Sunday, 18th October (checkout by 10:00). Please note that the course is expected to end around 12:00 on Sunday, 18th October.

The rooms are in the "Kander Lodge", which is the same building where our classroom is located. You will share your twin room with one other participant. Showers and toilets are shared by two twin-rooms (four people). KISC provides sheets, duvet, pillowcase, and towel. There is free WIFI.

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

Single room requests are subject to availability. If you prefer to stay elsewhere, your fee will be reduced by €400.00. There is also an option for tent camping, 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.

If you want to spend an extra night before the 7th or on the 18th October, please contact KISC at reception@kisc.ch directly. Do mention that you are taking the NOLS WFR course. The scenery around Kandersteg is spectacular, so we recommend spending some extra time in the area.

Meals/Food

Your meals are 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.

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

If you are interested in connecting with others, let us know. If so, we will share your name and email and phone number with others who have signed up on this WFA course.

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 course is ideal for all professionals operating in remote environments. 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 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.

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):

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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 | • Windproof jacket and trousers |
| • Synthetic or wool tops and bottoms | • Warm socks |
| • Warm sweaters or fleece jackets | • Regular socks |
| • Quick drying outdoors pants and tops | • Winter shoes/boots |
| • Casual clothing for the evenings | • 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 SCHEDULE (08:00 – 17:30) **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

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.



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

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