



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 – 25 March 2026

Course Location: Casa Collina

<https://maps.app.goo.gl/L5DQufb8Sxr8aUmL8>

Course hours: 08:00- 18:00 and 19:00 – 21:00

Both days will have a day session and an evening session

Course fee

EUR 445 per person (VAT exempt).

EUR 400.5 if you book by 24 Feb 2026 to take advantage of our 10% early bird discount using the code WFAITALY26.

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 be 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 registering at the following link: <https://form.jotform.com/251573069666366>. Full payment is needed to confirm your reservation for the

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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 25% of the course fee.
- Within 30 days of the course start date, Crossing Latitudes will retain an administrative fee of 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

Accommodation is not included in the WFA course fee. A limited number of beds in shared rooms (2 beds per room) are available for booking at Casa Collina. Please let us know if you would like to book a bed. This is based on a first-come, first-served basis and is subject to availability. The cost per night is €30 per night.

This is a simple accommodation with shared bathrooms (shower and toilet) and a shared kitchen. Meals are not included in this price.

We might be able to support you with booking a bed at an Airbnb 5 approximately minutes away from Casa Collina, our course site.

Meals/Food

Meals are not included in the WFA course fee. Grocery stores and restaurants can be accessed in the next town approximately 10 minutes away by car. Students often pack their lunch to maximise their lunch break.

Travel Directions

The google link for Casa Collina is <https://maps.app.goo.gl/L5DQufb8Sxr8aUml8>

The nearest airport is Catania airport where you can rent a car (approximately 50 minutes from the course location).

Cassibile can be accessed by car, bus, and more.

Research bus options with <https://www.etnatrasporti.it/> or <https://www.interbus.it/> or one of the other bus options listed on the airport website: <https://www.aeroporto.catania.it/how-to-reach-the-airport/by-bus>

Cassibile

Nestled 18 km south of Syracuse and close to the crystal-clear shores of Fontane Bianche, Cassibile is a charming Sicilian village where nature, history, and relaxation come together. Surrounded by golden beaches and dramatic canyons, it offers an ideal escape for adventurers and beach lovers alike. Cassibile is also perfectly located for exploring the region, just 12 km from Avola and 21 km from Noto.

Highlights

Cavagrande del Cassibile Nature Reserve

The Cavagrande del Cassibile Nature Reserve is one of southeastern Sicily's most spectacular natural landscapes featuring a dramatic blend of deep canyons, lush vegetation, and crystal-clear freshwater pools carved over thousands of years by the Cassibile River (ancient Kakyparis). It is also an important archaeological area, home to more than **2,000 prehistoric tombs** dating back to the 9th–8th centuries BC. Many of these ancient burial caves are carved into the canyon walls, adding a layer of historical depth to the natural setting.

Fontane Bianche Beach

Developed in the 1960s as Cassibile's beach destination, the Fontane Bianche Beach boasts soft white sand and turquoise waters, perfect for swimming and sunbathing.

History

Cassibile is historically significant as the site where the 1943 Armistice of Cassibile was signed, marking a pivotal moment in World War II.

WFA Course Description

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

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?

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- 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:

Please bring weather appropriate clothing as needed:

- 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 they will 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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