



NOLS Wilderness Medicine

Wilderness First Aid Course

CULTURAL CENTRE AND CONFERENCE HOTEL SOFIA

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.

Course fee

Dates: 20 – 22 November 2026

Course hours:

20 Nov, Friday 16:00 – 20:00

21 - 22 Nov, Saturday and Sunday 09:00 – 18:00

EUR 415 per person

Course Location: Cultural Centre and Conference
Hotel Sofia

Kallvikinniementie 35. 00980 Helsinki

<https://maps.app.goo.gl/HZH6jPknPrjsKoZe6>

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 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

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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 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 & Meals

Food and accommodation are not included in the course price. The Culture and Conference Hotel Sofia, where the course is held, offers rooms. Please visit their website or contact them directly.

Website: <https://www.sofia.fi/hotelli/>

Email address: info@sofia.fi

Helsinki

Helsinki is the capital of Finland. It is a unique city where coastal nature and urban culture converge. Whether you enjoy world-class design and architecture, culinary delights, or natural serenity, Helsinki can offer you all of these and more. <https://www.myhelsinki.fi/visit-helsinki/why-helsinki/>

Travel Directions

Culture and Conference Hotel Sofia is only a 20-minute drive from Helsinki city center and Helsinki-Vantaa Airport. There is plenty of free parking. <https://maps.app.goo.gl/HZH6jPknPrjsKoZe6>

Public transport

Sofia Cultural Center is conveniently accessible by metro from Rastila or Vuosaari.

HSL route guide: <https://www.hsl.fi/>

Bus 560: Bus 560 runs between Rastila and Vuosaari stations, and will take you to the Kallvikinniemi stop. From

here it is a 1.2 km walk to Sofia.

[Bus 816](#): On weekdays, you can get to Sofia's main entrance from Vuosaari on bus 816. Bus 816 operates from 8:30 AM to 3:30 PM once an hour.

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Driving directions

Due to the street name change, Sofia has a new street address of Kallvikinniementie 35. It will take some time for the address to be updated on navigators and maps. If your navigator cannot find the new address, try the old address of Kallvikintie 28.

From the city center : Itäväylä in the direction of Vuosaari. From Vuoti, go up the Kallahti ramp and right. Turn right at the Leikosaarentie intersection and drive straight until you see the signs for Sofia on the left. Turn left and drive 1.2 km on Kallvikinniementie. Sofia on the right Kallvikinniementie 35.

Ring Road 1 : To Itäkeskus, from there towards Vuosaari. From Vuoti, go up the Kallahti ramp and right. Turn right at the Leikosaarentie intersection and drive straight until you see signs for Sofia on the left. Turn left and drive 1.2 km on Kallvikinniementie. Sofia on the right Kallvikinniementie 35.

Ring Road 3 : Itäväylä to Itäkeskus, from there towards Vuosaari. From Vuoti, go up the Kallahti ramp and right. Turn right at the Leikosaarentie intersection and drive straight until you see the signs for Sofia on the left. Turn left and drive on Kallvikinniementie for 1.2 km. Sofia on the right, Kallvikinniementie 35.

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.

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- 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

Documentation Spinal Cord Injuries
Head Injuries

- Eyewear
- Indoor shoes or sandals
- Note pad, pens, or pencils
- Thermos, 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
- 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
- Water bottle, mug, toiletries
- Adaptor(s) for your electronics (if needed)

Course Curriculum

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

Shock

Wilderness Wound Management

Burns & Infections

Athletic Injuries, Fractures &

Dislocations Heat Illness & Cold Injury

The Medical Patient: Diabetes, Asthma, Epilepsy, Heart conditions, etc.

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

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About our NOLS Wilderness Medicine Courses

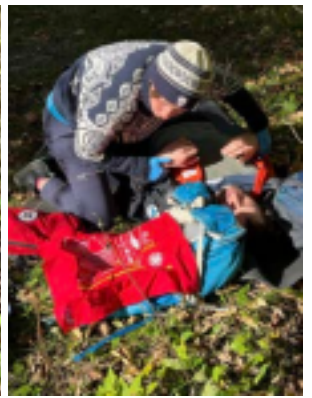
Developed by industry experts and experienced practitioners, the NOLS curriculum is field tested by our expedition instructors, backed by research, and informed by decades of injury and illness data. These help us prepare students to respond to the most likely incidents that happen in the wilderness.

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/> Copyright © 2026 National Outdoor Leadership School. All rights reserved.

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