



NOLS Wilderness Medicine Wilderness Advanced First Aid Course

(can be used for recertification of a WFR)

HOSTED BY CROSSING LATITUDES & NOMAD

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: 1 – 6 December 2026

Course hours: 08:00 – 18:30 each day.

Course Location

Aldeia da Praia, Sintra, Portugal

There will be an additional night session on one day starting at 19:30 and ending late. We will conclude at around 12:00 on the last day.

<https://maps.app.goo.gl/abF6hybBKSRZ4fZJ8>

Course fee

840 EUR per person (VAT inclusive). 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 at Nomad's website: <https://www.academiaoutdoor.org/loja/p/wafa>. The team at Nomad will manage communications for this course.

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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.

Nomad Cancellation and Refund policy

This course is hosted by Nomad and will follow their cancellation policy.

Accommodation and Meals

Accommodation and meals are not included in your course fee.

The hostel at Aldeia da Praia (<https://www.aldeiadapraia.pt/directions-contact?lang=pt>) has both bunk rooms and private rooms. On site there is also a small supermarket and 3 restaurants. Outside the camp there are several options for dining and groceries within walking distance. There are other accommodation options nearby including AirBnB options.

Sintra/ Praia das Maças / Aldeia de Praia

Sintra is one of Portugal's most captivating tourism destinations. It is known for its romantic architecture, misty hills, and UNESCO-listed cultural landscape. Visitors from around the world come to explore colourful palaces such as Pena Palace, wander through the mystical gardens of Quinta da Regaleira, and enjoy the panoramic views from the ancient Castle of the Moors. Beyond its historic landmarks, Sintra offers charming streets, traditional Portuguese cuisine, nearby Atlantic beaches, and a peaceful natural setting that makes it an unforgettable destination for culture, nature, and relaxation.

Praia das Maças is a charming seaside destination on Portugal's Atlantic coast, loved for its relaxed atmosphere, scenic ocean views, and family-friendly beach. Visitors can enjoy golden sands, fresh seafood restaurants, and beautiful coastal walks while experiencing the authentic character of a traditional Portuguese beach town. The area is also known for its historic tram connection to Sintra, offering a picturesque journey through the countryside.

With its combination of natural beauty, surf-friendly waves, and peaceful coastal charm, Praia das Maças is a popular escape for both tourists and locals seeking relaxation by the sea.

Aldeia de Praia is a village collective, inspired by locals and their commitment to craft. This village blends a rich cultural experience with sustainability. Explore the grounds and discover families and guests sharing in activities, nightlife, Portuguese delicacies, as well as access to modern conveniences on one property.

Travel Directions

Just 8km out of Sintra, you will find the Aldeia de Praia Village in between the beaches of Praia Grande and Praia das Maças.

Driving

When coming from Sintra, take a right in Colares, heading towards Praia das Maças for 2km. Go straight on the round-about (first exit) and after 200m you find Aldeia da Praia to your right.

Bus

If you take the bus from Sintra Portela station, catch the 1254 (direction Magoito) and get off at the roundabout where Telepizza is. Disembark at Ponte de Rodizio. Aldeia de Praia is just in front of the stop.

Alternately you can take the 1250 (direction Praia Grande) and walk 5min down the hill.

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Or you could take the 1248 bus (direction Praia das Mações) and walk about 5 min to Aldeia da

Praia. Lisbon Airport

From the Lisbon airport take the metro 3 stops to Oriente train station and from there catch the [train](#) to Sintra Portela. From there take the 1254 bus as indicated above.

The antique tram (the eléctrico) that brings you right to the center of Sintra is only available in summer.

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.**

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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

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
- Windproof jacket and trousers
- Warm socks
- Regular socks

Athletic Injuries, Fracture Management & Dislocations
Pain Management

- Protective eyewear (sunglasses and /or clear glasses)
- Indoor shoes or sandals
- Note pad, pens, or pencils
- Water bottle, tea/coffee mug.

- Weather appropriate 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

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

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

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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

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