



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: 9 - 19 December 2026

1955 EUR per person (VAT exempt).

Course hours: 08:00 – 18:00 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! We finish at noon on the last day.

Course Location: Outdoor Center Baumgarten

<https://www.outdoor-center-baumgarten.de/canyoning-rafting-events>

Baumgarten 1

D - 83458 Schneizlreuth

Course fee

<https://maps.app.goo.gl/69A9kEi7BRDzuTTM7>

1759.50 EUR if you book by 27 Oct 2026 to take advantage of our 10% early bird discount with the code WFRBAUMGARTEN26

The course fee includes 11-nights' dormitory accommodation (8 – 19 Dec 2026) and breakfast from 9 Dec up until 19 Dec. The course fee also covers facility fees.

Also included are the NOLS Wilderness Medicine Medical handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient assessment, equipment used during the course, CPR certification, the internationally recognised NOLS Wilderness Medicine WFR 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 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.

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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.

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 start 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

11 nights of dormitory accommodation in a shared room is included in your course fee from 8 -19 December 2026. Check in will be on 8 December around 15:00. More details will be provided in the reminder email 2 weeks prior to the course.

Facilities on-site:

Washing machines/ Drying machines

Kitchen for preparing your lunch and dinner.

Meals/Food

Breakfast is included in your course fee.

Lunch and dinner are not included.

The nearest supermarket is in Bad Reichenhall, approximately 6 minutes away by car (Penny, Edeka,

etc.). Baumgarten Outdoor Center

The Baumgarten Outdoor Center, near Bad Reichenhall (Bavaria), was founded in 1998 and is located directly at the foot of the Lattengebirge mountains, close to the Saalach river, which flows through Bavaria and Austria. This location provides the perfect starting point for all kinds of outdoor and mountain sports activities in the Berchtesgaden and Salzburg regions.

Salzburg

Salzburg is one of Austria's most popular tourist destinations, known for its baroque architecture, alpine scenery, and rich musical heritage. The city is famously associated with Wolfgang Amadeus Mozart, and visitors can explore his birthplace and museums dedicated to his life and work. Salzburg's historic Old Town, a UNESCO World Heritage Centre site, features charming streets, grand churches, and landmarks such as the impressive Hohensalzburg Fortress overlooking the city. Tourists are also drawn to the beautiful gardens of Mirabell Palace, the impressive

Salzburg Cathedral, the lively shopping street Getreidegasse, and the scenic Hellbrunn Palace with its famous trick fountains.

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With its blend of culture, history, and natural beauty, Salzburg offers visitors a memorable experience throughout the year.

Berchtesgaden

Berchtesgaden is a picturesque town in the Bavarian Alps near the border of Austria, famous for its stunning mountain scenery and outdoor activities. Surrounded by snow-capped peaks and crystal-clear lakes, it is a popular destination for hiking, skiing, and nature tourism. One of the area's most famous attractions is Lake Königssee, known for its emerald-green water and peaceful boat rides. Visitors also explore Eagle's Nest, a historic mountain retreat offering panoramic alpine views. The nearby Berchtesgaden National Park attracts nature lovers with its diverse wildlife and beautiful landscapes. With its mix of history, culture, and natural beauty, Berchtesgaden is one of Germany's most charming alpine destinations.

Travel Directions

The Outdoor Center Baumgarten on google maps: <https://maps.app.goo.gl/69A9kEi7BRDzuTTM7>

The closest airport is Salzburg Airport (approximately 18km away). Alternately, the closest international hub is Munich airport which requires a longer journey if taking public transportation.

By public transport from within Austria: <https://www.oebb.at/en/>

By bus from Salzburg Airport – Bus 260 (direction Schüttdorf Tischlerhäusl) The journey takes approximately 30 minutes from the airport to Bad Reichenhall Baumgarten. Followed by a 110m walk to the center.

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.

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, EMT CEUs and FAWM

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.

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This course has been approved for [Fellowship of the Academy of Wilderness Medicine](#) (FAWM) credits through the [Wilderness Medical Society](#). Actual credits awarded depend on personal credit needs and history.

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):

- Waterproof jacket and trousers
- Extra wool or synthetic socks
- Hat, gloves, mittens, neck warmer, buff, etc. •
- Headlamp with extra batteries

Warm sweaters or fleece jackets

- Down or fibre jacket
- Quick drying outdoors pants and tops
 - Protective eyewear (sunglasses and/or clear glasses)
- Indoor shoes or sandals
- Note pad, pens, or pencils
- Water bottle, tea/coffee mug.

Suggested Equipment List:

- Underwear
- Synthetic or wool tops and bottoms •

- Casual clothing for the evenings
- Waterproof jacket and trousers

- Warm socks
- Regular socks
- Outdoor shoes/boots

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- 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, thermos

COURSE SCHEDULE **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

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About our NOLS Wilderness Medicine Courses

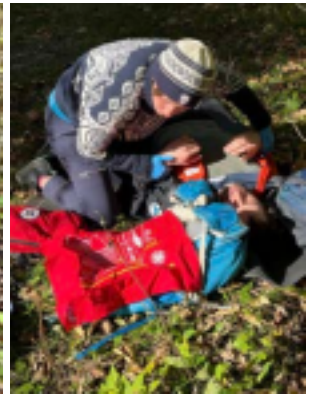
Developed by industry experts and experienced practitioners, the NOLS curriculum is field tested by our expedition instructors, backed by research, and informed by decades of injury and illness data. These help us prepare students to respond to the most likely incidents that happen in the wilderness.

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 © 2026-2027 National Outdoor Leadership School. Crossing Latitudes AS. All rights reserved. Crossing Latitudes May 2026