



## **NOLS WILDERNESS MEDICINE WILDERNESS FIRST RESPONDER COURSE (WFR)**

**HOSTED BY CROSSING LATITUDES  
& WATER RESCUE FEDERATION of SLOVENIA**

**KAMP KOREN IN KOBARID, SLOVENIA  
SEPTEMBER 22 – OCTOBER 2, 2021**

This [NOLS Wilderness Medicine](#) Wilderness First Responder course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills and scenarios designed to challenge your decision-making abilities. CPR is included in this course.

**COURSE DATES:** September 22 to October 2, 2021. See schedule below.

**COURSE FEE:** The course fee is USD \$1150.00 per person. 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 certification. The textbook will be sent to you once you have paid the course fee. Food & Lodging is **not** included in the course fee.

**COURSE LOCATION:** Kamp Koren, Kobarid, Slovenia. <https://www.campingslovenia.com/>

**QUESTIONS & REGISTRATION:** We ask for full payment in order to reserve a spot on the course. Payment can be done to Crossing Latitudes, USA by VISA/MasterCard. You can also transfer the course fee to Crossing Latitudes Swedish bank account. We can also invoice you. See our cancellation policies below.

Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Web: <http://www.crossinglatitudes.com>  
Phone (USA): 1-406-585-5356. Phone (Europe): +46-70-670 1153.

**International Transfer** to Crossing Latitudes Swedish bank account: Name of account: Crossing Latitudes, Inc. 420 West Koch Street, Bozeman, Montana 59715 USA.  
IBAN: SE07 9500 0099 6034 1007 5141. BIC: NDEASESS  
Bank address: Nordea Bank AB, SE-10571 Stockholm, Sweden.

**COVID-19:** Below is a link to our Student Agreement form - please read it before paying us the course fee. Another important document to read before signing up is the NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students. In this form there is a

link to a 3-minute long video of what you can expect from NOLS Wilderness Medicine in COVID-19 times. Please watch it and email us if you have any questions.

**Student Agreement:** [https://www.nols.edu/media/filer\\_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf](https://www.nols.edu/media/filer_public/52/b5/52b5b25e-8705-42ad-bdde-a2a3eff9b36e/wilderness-medicine-agreement.pdf)

**COVID-19 Disclosure, Practices and Expectations for Students:**  
<https://docs.google.com/document/d/1jCIoXEoWBarFbF76pwdynAgtGvPd4aI9uBEys8m0cvg/edit>

**Video:** <https://youtu.be/LRuRwaAeOsE>

**MEALS & LODGING:** Meals and lodging is not included in the WFR course fee. We highly recommend that you book your lodging (tent site, caravan, an Eco chalet or Glamping) at Kamp Koren - situated by the Soca River only 1 km from the town of Kobarid.

When you book your lodging at Kamp Koren mention that you are taking the NOLS Wilderness Medicine course. Phone: +386 (0)5 389 13 11 Email: [info@kamp-koren.si](mailto:info@kamp-koren.si)

In the town of Kobarid there are hostels, B&B's, Hotels and AirB&B's as well. Take note that the walk from town to Kamp Koren is between 10-15 minutes one way.

If you arrive a day or two before or stay after the course - check out Kamp Koren's activities at: <https://www.campingslovenia.com/sport-activities>

**LANGUAGE:** This Wilderness First Responder course is taught in English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual. The NOLS Wilderness Medicine textbook is in English and will be sent to you pre course and we highly recommend that you start reading it.

**TRAVEL DIRECTIONS:** <https://www.campingslovenia.com/where-are-we>

**COURSE DESCRIPTION:** A Wilderness First Responder (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 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 doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in a full-scale night mock rescue.

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. Your instructors are dynamic educators who have practiced both wilderness and urban medicine. This 80-hour+ course is ideal for all professionals operating in remote environments. Adult 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 the WFR course, please visit:** <https://nols.edu/en/courses/courses/wilderness-first-responder-WFR/>

**CLASS TIME & SCENARIOS:** The course language is English. We will start at 08:00 each day and go to 17:00. Many hours will be spent indoors learning in-depth about different topics. 50% of the time will be spent outdoors with practical sessions and scenarios.

All participants will be playing both "patients" and "rescuers" each day. We use fake blood to make the scenarios more realistic. The fake blood will come off clothing but you might have to wash twice. There will be one evening session indoors and one night exercise where you might encounter "patients" you never met before (special invited folks). Discussions about leadership, group dynamics and evacuation procedures are part of this course.

Day 6 is a day off. No classes. This is where you might enjoy the many activities Kamp Koren offers: <https://www.campingslovenia.com/sport-activities>

**WHAT TO BRING:** Please see the suggested personal clothing and equipment list below. NOLS Wilderness Medicine will bring medical equipment and outdoor gear for realistic scenarios.

**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.

NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training individuals and groups all over the world. 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.

**WHAT CAN YOU EXPECT FROM US?** Expect dynamic instructors with lots of backcountry experience. Expect to spend lots of time outside with realistic scenarios. Expect daily feedback from us instructors. Expect intense but rewarding days. There will be a written and a practical exam at the end of the course and we will do everything we can to help you get the skills to perform well. You need to pass both the written and the practical tests in order to receive NOLS Wilderness Medicine international WFR certification.

You can expect 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?** We expect you to be on time each day. We expect you to come prepared each morning. We expect you to be respectful of other participants and our staff – both in the classroom and during our scenarios outside. We expect you to take good care of the equipment. We hope you will ask us if you don't understand. We expect you to study and do extra practice in the evenings.

We ask that all participants' cell phones and computers will be turned off during class time. No smoking during our class time (which includes outside scenario time). We expect you to follow our COVID-19 Guidelines in order to minimize risk of infection.

**CONTINUING EDUCATION COLLEGE CREDIT & EMT CEUS:** The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please check with the instructors on the first day of class for the necessary information.

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 to your course.

**CROSSING LATITUDES CANCELLATION AND REFUND POLICY:**

If a student cancels or withdraws from a course:

- Greater than or equal to 35 days prior to the course starting date we will help you transfer to another Crossing Latitudes hosted course within a year or we will refund your course fee minus an administrative fee of \$150.00.
- Within 34 days of the course start date and once the course has begun, we will help you transfer to another Crossing Latitudes hosted course within a year or we will refund your course fee minus an administrative fee of \$250.00.
- If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course we will help you transfer to another Crossing Latitudes hosted course within a year. If you prefer a refund we will refund you the full course fee (minus a admin fee of \$25.00 - if you paid with a credit card or you have received the WFR text book).

We recommend that you protect yourself by buying travel insurance. Crossing Latitudes or NOLS Wilderness Medicine are not responsible for unused tickets, lodging or other expenses you have purchased if the course gets cancelled or you cancel the course.

**PETS / DOGS ARE NOT ALLOWED AT THE COURSE. THIS INCLUDES LEASHING THEM OUTSIDE THE CLASSROOM. NO EXCEPTIONS.** Any student bringing pets to class will be asked to leave class until the pet is safely situated in your cabin, car, a kennel or other facility. No alcohol or smoking is allowed on site during class hours.

**EQUIPMENT LIST:**

Expect the best but be prepared for the worst! It can down pour in Slovenia in the fall. 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 outside. You need a medium sized Backpack for personal extra clothing and First Aid gear that we will provide each day.

**IN YOUR BACKPACK:**

1 extra sweater or a fleece jacket  
1 pair of long johns  
Rain jacket  
Rain pants  
1 pair of extra wool or synthetic socks  
Hat, gloves, mittens, neck warmer, buff or scarf  
Head lamp with extra batteries (important for the night scenarios)  
Sunglasses  
Water bottle

**ALSO BRING TO THE CLASSROOM:**

Face masks (cloth masks or a Buff is acceptable), Protective eye wear (sunglasses, ordinary glasses, carpenter glasses or ski goggles), indoor shoes or sandals (the floor is cold), note pad, pens or pencils, water bottle and personal mug (if you like to drink coffee or tea during class).

**OTHER SUGGESTED GEAR:**

Underwear  
1-2 polypro or wool tops  
1-2 polypro or wool bottoms (long johns)  
1-2 warm sweaters or fleece jackets  
1-2 quick drying outdoors pants  
1-2 sweats or casual pants for evenings  
Rain jacket & Rain pants  
3-4 wool or synthetic socks  
1-2 liner socks  
2-3 ordinary socks  
Outdoor boots (remember there might be some cold and wet days and evenings)  
Indoor shoes (sandals or sneakers as our classroom floor might be chilly)  
2-3 T-shirts or long sleeve casual shirts  
Hat, gloves, mittens, neck warmer/scarf  
Exercise clothing (running shoes etc.) if you want to take a run on the nearby trails.  
Headlamp with extra batteries (important for the night scenario)  
Camera (optional)  
Note pad and pens  
Sunglasses  
Water bottle & Mug  
Towel & toiletries  
Tent, sleepingbag, sleeping-pad, sheets, towels etc. – depending where you are staying.

If you bring a phone, radio, iPod, laptop or other electronics you need a special adaptor for Europe.

**COURSE SCHEDULE 08:00 – 17:00**

**DAY 1: September 22**

Introductions: Wilderness vs. Urban

Initial Assessment  
Patient Exam  
Vital Signs: LOC, HR, RR, SCTM  
Vital Signs: BP, Pupils  
Focused History  
Documentation

**DAY 2: September 23**

Spinal Cord Injuries  
Lifting and Moving  
Spinal Protection, Litter Packaging, Carrying, and Long-Term Care  
Chest Injuries  
Shock

**DAY 3: September 24**

Focused Spinal Assessment  
Head Injuries  
Athletic Injuries  
Fracture Management  
Evening: Dislocations and Splinting

**DAY 4: September 25**

Wilderness Wound Management  
Burns & Infections  
Hypothermia  
Frostbite and Non-Freezing Cold Injury  
Heat and Hydration

**DAY 5: September 26**

Altitude Illness  
Bites and Stings  
Leadership, Teamwork & Communication  
Stress First Aid  
MCI Practical Scenario

**DAY 6: September 27 DAY OFF**

**Day 7: September 28**

Cardiac Emergencies  
CPR  
Respiratory Emergencies  
Altered Mental Status

**DAY 8: September 29**

Acute Abdomen  
Allergies and Anaphylaxis  
Diabetes  
Principles of Search and Rescue/Evacuation  
Evening: Mock Rescue

**DAY 9: September 30**

Debrief  
Wilderness Drug and First Aid Kits  
Mental Health Concerns  
Poisoning  
Communicable Disease

**DAY 10: October 1**

Lightning  
Submersion Incidents  
Gender Medical Issues  
Medical Legal Issues

Practical Exams

**Day 11: October 2**

Written Exam.

Closing Ceremony

End around 13:00

For questions about this NOLS Wilderness Medicine WFR course or our curriculum please contact Crossing Latitudes at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Phone in Europe: +46-70-670 1153  
Phone in USA: +1-406-585-5356.

NOLS Wilderness Medicine web: <https://nols.edu/en/courses/wilderness-medicine/>

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