



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID (WFA)

### HOSTED BY CROSSING LATITUDES

**KANDERSTEG INTERNATIONAL SCOUT CENTRE, KANDERSTEG, SWITZERLAND  
OCTOBER 25 - 27, 2024**

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?" Our WFA courses are scenario based and hands-on.

**DATES:** October 25-27, 2024 (Friday, Saturday & Sunday) 08:00 to 17:30 each day.

**LOCATION:** Kandersteg International Scout Centre ([KISC](#)), Kandersteg, Switzerland.

**COURSE FEE:** The course fee is Euro €600.00 per person. If you prefer to pay in US dollars or other currencies, the price is what the exchange rate is at the time you sign up. We use [www.xe.com](http://www.xe.com) The tuition covers the NOLS Wilderness Medicine Hand-out, a waterproof Pocketguide, a bandana with the patient-assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFA & Epinephrine certification. 4 nights of lodging in shared rooms is also included.

**LODGING:** Lodging from Thursday October 24th after 15:00, to the morning of Monday October 28 is included in your course fee (4 nights). The rooms are in the New Chalet (the building with all the flags where both the KISC reception, dining hall and our classroom are located). You will share with one or two other participants. Bathrooms and showers are in the hall.

If you want a solo room, please add €160.00 to the course fee. For caravans and camping vans, please email us for price. If you prefer to stay elsewhere you may deduct €30.00 per night, from the full price. You are still welcome to hang in the kitchen and lounge with the others in during breaks and in the evenings.

We expect to end the course around 17:30'ish Sunday October 27. If you want to spend an extra nights before the 24<sup>th</sup> or after the 28<sup>th</sup> contact KISC at [reception@kisc.ch](mailto:reception@kisc.ch) directly. Do mention that you are taking the NOLS WFR-Refresher course. The hiking around Kandersteg is spectacular. An extra day or two is recommended.

**FOOD:** Your food is **not** included in your course fee. You can book meals with the KISC Dining hall by emailing [KISC info@kisc.ch](mailto:info@kisc.ch) Breakfast is served from 07:30 so you need to be first in line as we start 08:00 each morning. Lunch is served at 12:00 and dinner at 18:00. The cost per meal is approximately CHF 8.00, CHF 13.00 and CHF 14.00.

**Bookings or cancellations of meals must take place at least 24 hours before.**

You also can cook your own meals in “KanderLodge”, across the river. There is a full kitchen with two stoves, two fridges, freezers, pots and pans, micro-ovens, water boilers etc. It will be crowded as we are also offering a WFR-Recertification course at the same time, but it usually works out just fine, as folks often share meals.

There are two grocery stores in Kandersteg within 15-20 minutes walk or free bus. You can also enjoy the many nearby restaurants (pizza, pasta, pub food with burgers etc.).

**LANGUAGE:** This three day Wilderness First Aid course is taught in English.

**QUESTIONS & REGISTRATION:** We ask for full payment (see price above) to get a spot on the course. Payment can be done to Crossing Latitudes in the USA with a VISA or MasterCard. You can also transfer the course fee to Crossing Latitudes Swedish bank account (Plusgiro 100 75 14-1 or Bankgiro 525-6573). We can also invoice you. See our cancellation policies below.

The tuition fee cover hand-outs, pocket guide, bandana, equipment and WFA, CPR, Epinephrine certifications, and 4 nights of lodging.

**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.

Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Webpage: <http://www.crossinglatitudes.com>

[Phone \(USA\): 1-406-585-5356](tel:+14065855356). [Phone \(Europe\): +46-70-670 1153](tel:+46706701153).

**COVID-19:** NOLS no longer require covid vaccinations. Vaccination are encouraged but not required. We focus on hygiene, and we will provide Nitril gloves and KN95 masks to be worn during some scenarios.

**STUDENT AGREEMENT:** An important document to read before signing up is our Student Agreement: No need to print or email to us. We have documents at the course start. <http://www.nols.edu/en/filer/public/1481655159/906/>

**CLASS FORMAT:** We start our Wilderness First Aid course course Friday October 25 at 08:00. We will have class until 17:30 with a few short breaks and an hour lunch. The same schedule – 08:00 to 17:30 goes for Saturday and Sunday as well. The format is classroom lectures integrated with practical scenarios. Scenarios, and practice sessions will take place both inside and outside. Please bring outdoor clothing appropriate for laying on the ground playing the role of both rescuer and patient. Fake blood and make-up will be used to emphasize the reality of a scenario.

**COURSE LOCATION & HOW TO GET THERE:** Kandersteg International Scout Centre (KISC). Kandersteg is a small community with several hotels, restaurants, cable-cars up the mountains, bakeries, two grocery stores – all within 20 minute walk from KISC. Kandersteg is centrally located in Europe – 65 km from Bern, the capital of Switzerland in the heart of the Bernese Alps. It is easy to reach Kandersteg by road, air or using the Swiss rail network. Many participants fly in to Zurich and then take the train straight from the airport to Kandersteg (you might have to switch train in Bern).

On this link you can read about how to travel to Kandersteg by train, bus, car or plane: <http://www.kisc.ch/stay-at-kisc/travel-to-kisc/>

**COURSE DESCRIPTION:** 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. The course is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. NOLS Wilderness Medicine courses are pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies. In Europe NOLS Wilderness Medicine Wilderness First Responder and Wilderness First Aid courses are rapidly gaining recognition among the outdoor industry and summer camps. NOLS Wilderness Medicine have taught close to 6000+ participants Wilderness First Aid in Scandinavia and Europe since year 2000.

**TESTS:** There are **no** written or practical tests on this Wilderness First Aid course. You just have to be there, participate and do your best!

**WHAT TO BRING:** Please bring comfortable outdoor clothing. We will be doing lectures inside and scenarios outside every day. Wear clothing appropriate for the weather. We will be outside no matter what the weather is. NOLS Wilderness Medicine will bring equipment and outdoor gear for setting up realistic scenarios. After the course we sometimes sell first aid kits, books and first aid materials.

**NOLS WILDERNESS MEDICINE MISSION:** The Wilderness Medicine goal is to provide the highest quality education and information for the recognition, treatment, and prevention of wilderness emergencies. NOLS Wilderness Medicine is an internationally recognized program that trains participants to respond to emergencies in remote settings.

For over a decade, the 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. At NOLS Wilderness Medicine, students learn treatment principles and decision-making skills, not the memorization of long lists. Our courses are rigorous, intensive and will challenge your decision-making skills.

**WHAT CAN YOU EXPECT:** Expect dynamic instructors with lots of international Backcountry and Emergency experience. Expect to spend lots of time outside with realistic scenarios. There will be intense but rewarding days. We have fun on NOLS Wilderness Medicine courses while learning about very serious topics. Our courses are scenario based. Lots of hands-on.

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 our equipment. We hope you will ask us if you don't understand as our goal is that all participants will gain confidence to help others in need.

We ask that all participants' cell phones and computers will be turned off during class time. No smoking during our class time (which includes scenario time). Smoking and Alcohol is not allowed on site during the course hours. Pets are not allowed at the teaching site during course hours.

#### **CROSSING LATITUDES CANCELLATION AND REFUND POLICY:**

If a student cancels or withdraws from a course for any reason: Greater than or equal to 7 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of 200.00

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of €300.00

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course, we will refund you the full course fee.

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.

#### **Wilderness First Aid Course Curriculum**

Infection Control  
Cardiopulmonary Resuscitation (CPR)  
Introductions Wilderness 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, Evacuation Plans & Documentation  
Spinal Cord Injuries  
Head Injuries  
Shock

Wilderness Wound Management  
Burns & Infections  
Athletic Injuries, Fractures & Dislocations  
Heat Illness & Cold Injury  
Altitude Illness  
The Medical Patient: Diabetes, Asthma, Epilepsy, Heart related problems  
Anaphylaxis  
Wilderness First Aid Kits  
Closure

#### **Suggested Equipment List**

Day pack with extra layers (sweater, socks, long johns)  
Outdoor clothing that will keep you warm and dry  
Waterproof jacket & pants  
Hiking boots or waterproof boots

Indoor shoes (sneakers or sandals )  
Hat & gloves  
Head lamp  
Personal toiletries (KISC provides sheets, duvet, pillow, pillow case & towel)  
Water bottle, Pen and paper

There is a coin laundry room at KISC. If you bring a phone, radio, iPod, laptop or other electronics you need a special adaptor. Plugs and electrical sockets are different in Switzerland than in the European Union. Contrary to the rest of Europe, Switzerland uses the IEC 60906-1 norm. 230 V AC.

For questions about this NOLS Wilderness Medicine WFA 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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