



| N O M A D |

NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER COURSE (WFR)

HOSTED BY CROSSING LATITUDES & NOMAD

International Canyoning Academy, Ponte da Barca, Portugal December 11-21, 2024

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.

COURSE DATES: December 11-21, 2024. Detailed course schedule below. Class time 08:00 – 17:30 each day.

COURSE FEE: The course fee is USD €1315.00 per person (or equal exchange rate according to www.xe.com) The tuition covers the NOLS Wilderness Medicine textbook, NOLS Wilderness Medicine Medical Handbook, a bandana with the patient-assessment, a Pocket guide, equipment used during the course, CPR & Epinephrine certifications and NOLS Wilderness Medicine international 2-year 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: Our classroom is in the Peneda-Gerês National Park at the International Canyoning Academy headquarters in Ponte da Barca, Portugal. Address: Rua do Ribeiro 145, 4980-313, Portugal.

<https://maps.app.goo.gl/k8A1dh98tMcy8AVS7>

REGISTRATION & PAYMENT: Enrollment page: <https://www.nomad.pt/wilderness-first-responder/>
For questions in regard to enrollment, please contact Tiago Costa at tiagocosta@nomad.pt

GENERAL QUESTIONS ABOUT THE COURSE & THE CURRICULUM:

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

An important document to read before signing up is our Student Agreement: There is no need to print or email it back. We have forms you can sign when we meet in Portugal.

<http://www.nols.edu/en/filer/public/1481655159/906/>

MEALS & LODGING: Meals and lodging are **not** included in the WFR course fee.

The closest larger town is Ponte Da Barca. It sits on the banks of the Lima River and at the foot of Peneda-Gerês National Park. There are many hotels, hostels, apartments, and areas to camp out around the area.

5-10 minutes' walk from our classroom is [Lima Escape Camping & Glamping](#). This campground has a restaurant, coffeeshop, bar, camping, glamping huts, lots for camping vans etc.

If you sign up and are interested in connecting with other participants for carpooling and sharing lodging, please let us know. We will be glad to help you connect with others on this WFR course in Portugal.

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.google.com/maps/place/International+Canyoning+Academy/@41.8206974,-8.2877043,17z/data=!3m1!4b1!4m6!3m5!1s0xd25111ed09bc681:0xdd2bd7ef7c7b652!8m2!3d41.8206934!4d-8.2851294!16s%2Fg%2F11jzr9p9fw?entry=ttu>

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 larger "rescues" – both day and night.

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 WFR course is ideal for all professionals operating in remote environments. CPR certification is included. The WFR course is pre-approved for 70 hours of USA 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: We will start at 08:00 each day and go to 17:30'ish. 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 if you wear white clothes. There will be one evening session indoors and one night exercise outdoors. Discussions about leadership, group dynamics and evacuation procedures are also part of this course.

Day 6 is a day off. There will not be any classes on this day. This day is for you to study, sleep in, and enjoy the Gerês National Park and surroundings.

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 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).

CONTINUING EDUCATION COLLEGE CREDIT & EMT CEUS: The course is pre-approved for three (3) semester hour credits through the University of Utah, USA at a cost. If interested, please communicate with NOLS Wilderness Medicine at wilderness_medicine@nols.edu for more information.

NOLS Wilderness Medicine is proud to be a US Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current US EMTs are eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of current EMT card(s) with you to your course.

COVID-19: We focus on hygiene and will provide nitrile gloves and KN95 masks for some scenarios.

CANCELLATION AND REFUND POLICY: If you signed up on this course via NOMAD – you will be under NOMAD's cancellation policy.

If you are signing up via Crossing Latitudes our cancellation policy is as follow: 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 USD €350.00

Cancellation within 7 days of the course starting date and once the course has begun, Crossing Latitudes will retain €500.00 of the course fee.

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

PETS, DOGS, ALCOHOL & SMOKING: Pets and dogs are not allowed at the course. This includes leashing them outside the classroom. Any student bringing pets to class will be asked to leave class until the pet is safely situated in your cabin, ventilated car, a kennel, or other facility. Alcohol or smoking is not allowed during class hours. This includes our classes and scenarios outside.

EQUIPMENT LIST: Expect the best but be prepared for the worst! The weather in Peneda-Gerês National Park in December can be cold with a breeze. The average temperatures in December are highs of 11°C (53°F) and lows of 4°C (39°F). 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 NOLS provides each day.

IN YOUR BACKPACK:

1 extra sweater or a fleece jacket
1 pair of long johns
Rain jacket & Rain pants or waterproof winter jacket & pants.
1 pair of extra wool or synthetic socks
Hat, gloves, mittens, neck warmer, buff or scarf
Headlamp with extra batteries (important for the night scenario)
Sunglasses & Water bottle

ALSO BRING TO THE CLASSROOM:

Indoor shoes or sandals, a 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 synthetic or wool tops
1-2 synthetic 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
2-3 wool or synthetic socks, 1-2 liner socks and 2-3 ordinary socks
Outdoor boots (remember there might be some cold and wet days and evenings. Participants in the past recommend **two** pair of outdoor shoes as one might get wet in a scenario)
Indoor shoes (sandals or sneakers as our classroom floor is chilly)
2-3 T-shirts or long sleeve casual shirts
Hat, gloves, mittens, neck warmer/scarf
Exercise clothing (running shoes etc.)
Towel & toiletries
Tent, sleeping bag, sleeping pad, sheets, towels etc. – depending on where you are staying.

If you bring phone, radio, iPod, laptop, or other electronics make sure to have the correct adaptor for Europe.

For questions about this NOLS Wilderness Medicine WFR course or our curriculum please contact Crossing Latitudes at 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/>

WFR COURSE SCHEDULE 08:00 – 17:30

DAY 1: Wednesday December 11

Introduction
Infection control
What is Wilderness Medicine
Initial Assessment
Patient Exam
Vital Signs: LOC, HR, RR, SCTM
Focused History
Documentation

DAY 2: Thursday December 12

Late changing vital signs
Spinal Cord Injuries
Lifting and Moving
Spinal Protection, Litter Packaging, Carrying, and
Long-Term Care
Head Injuries

DAY 3: Friday December 13

Chest Injuries
Shock
Athletic Injuries
Fracture Management
Evening: Dislocations and Splinting

DAY 4: Saturday December 14

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

DAY 5: Sunday December 15

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

DAY 6: Monday December 16 DAY OFF

Day 7: Tuesday December 17

Cardiac Emergencies
CPR
Respiratory Emergencies
Altered Mental Status

DAY 8: Thursday December 18

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

DAY 9: Friday December 19

Debrief of evening scenario
Wilderness Drug and First Aid Kits
Mental Health Concerns
Poisoning
Communicable Disease
Common problems like nosebleed, headache, flu

DAY 10: Saturday December 20

Lightning
Submersion Incidents
Gender Medical Issues
Medical Legal Issues
Practical Exams

Day 11: Sunday December 21

Written Exam.
Closing Ceremony
End around 12:00