



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST RESPONDER (WFR) COURSE

#### HOSTED BY CROSSING LATITUDES

**FLÅM, NORWAY APRIL 23 – MAY 3, 2025**

This 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, case studies and scenarios designed to challenge your decision-making abilities.

**Course Location:** Flåm Samfunnshus, Flåm, Norway. The community building is about 10-15 minutes' walk from the Flåm Camping & Hostel.

**Course Dates:** April 23 – May 3, 2025 (08:00 to 17:30'ish each day). On May 3rd we end around noon.

**Course fee:** **US \$1,400.00** per person. Included in your course fee is the Norwegian VAT, the NOLS Wilderness Medicine textbook, a Workbook, a bandana with the patient assessment, equipment used during the course, NOLS Wilderness Medicine CPR, epinephrine and international WFR certification. The textbook will be sent to you once you have paid the course fee. Food is not included but we provide coffee and tea during the course days. Lodging is not included in your course fee.

**Lodging:** We recommend that you book a tent site, a campervan site, a cabin, or hostel rooms (solo or shared) at Flåm Camping & Hostel. You will find photos of the rooms, commons, service building, kitchen, prices and much more on their web site <https://www.flaam-camping.no/> Please give mention to the WFR course and you will receive a **15% discount**.

Flåm Hostel & Camping is about 10-15 minutes' walk from our classroom. The owners are NOLS Wilderness Medicine grads and has always provided us with discounts. You are of course welcome to stay wherever you want in Flåm during the course. On <https://www.booking.com/> you can find more options.

**For course specific information:** Please contact Crossing Latitudes (representative for NOLS Wilderness Medicine in Scandinavia) at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

Please read the **Student Agreement** before signing up: <http://www.nols.edu/en/filer/public/1481655159/906/>  
There is no need to sign it and send it in. We have forms you can sign at the course start.

**Registration:** We ask for full payment to reserve a spot on the course. Payment can be made to Crossing Latitudes. We can also invoice you. Please 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.

International Transfer to Crossing Latitudes  
Iban number: NO4615067581706  
Bank: DNB Bank ASA  
BIC: DNBANOKKXXX  
Bank's address: DNB Bank ASA, PO Box 1600 Sentrum, 0021 Oslo, Norway

Email address: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Phone (Europe): **+46-70 670 1153** (US) **+1-406-585-5356**  
Webpage: <http://www.crossinglatitudes.com>

**Meals & Lodging:** Lodging is not included in your WFR course fee. Flåm Camping & Hostel is supporting our WFR course by giving participants a discount.

Food is also not included in your course fee. There is a large modern kitchen available at the Hostel where you can cook your meals. Pots and pans and all utensils are there for you to use. The COOP grocery store, bakery and restaurants are within 10 minutes walking. Hanging in the commons room or cooking meals together while chatting about the curriculum with participants from all over the world adds to this unique WFR course.

The Flåm Camping & Hostel is only 10-15 minutes' walk from our classroom.

During the day you are welcome to eat your lunch in our classroom. There is a microwave oven, a fridge, all utensils but no cooking stove.

**Language:** English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual. The Wilderness First Responder textbook is in English and will be sent to you pre course and we highly recommend that you start reading it. At this point we don't have the book digitally.

**How to get to Flåm:** <http://www.visitflam.com/about-flam/>

The community of Flåm is located at the head of the Aurlandsfjord in the county of Sogn & Fjordane and is easily accessible by car, train, bus, or boat. Most participants fly into the cities of Oslo or Bergen and then take a bus or a train to Flåm. You will find more detailed travel information below.

**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 doing hands-on skills and realistic scenarios. In addition to scenarios, you'll participate in 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 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 our WFR courses, 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 17:30'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. There will be one evening indoor session 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.

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.

Day 6 (April 28) is a day off, for you to enjoy the area, rest, and study. We encourage participants to invite each other and take a hike or a boat ride.

**What to bring:** Please see the suggested personal clothing and equipment list below. NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios. After the course we usually sell first aid kits, books and first aid materials.

**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, in 40 countries. 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 of us?** Expect dynamic instructors with lots of backcountry and first aid 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 do not accept any kind of harassment. We expect you to take good care of our 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. Smoking and alcohol are not allowed on site during the course hours. Pets are not allowed at the teaching site 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.

**Continuing Education College credit and EMT CEUS:** 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](mailto: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 to your course.

**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 starting date, Crossing Latitudes will retain an administrative fee of USD \$350.00

Within 30 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of USD \$750.00

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

We highly 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.

**Equipment:** 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.

**In your backpack:**

- 1 extra sweater or a fleece jacket
- 1 pair of long johns
- Rain jacket or winter waterproof jacket
- Rain pants or waterproof winter 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 scenarios)
- Sunglasses, Water bottle

**Also bring to the classroom:**

- 1 Protective eyewear (sunglasses and clear glasses. These are important for the night scenario)
- Indoor shoes or sandals (the floor is cold, and no outdoor shoes are allowed).
- Note pad, pens, or pencils, Water bottle, Tea/coffee mug.

**Suggested Equipment List what to bring to Flåm:**

There are washing and drying machines at the Flåm Camping & Hostel. Tokens can be bought at the reception.  
Underwear

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  
 Rain jacket or waterproof winter jacket  
 Rain pants or waterproof winter pants  
 3-4 wool or synthetic socks  
 1-2 liner socks  
 2-3 ordinary socks  
 Outdoor boots (remember there might be some cold, snowy and maybe wet evenings. Former participants recommend bring two pairs of outdoor shoes)  
 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 if you want to take a run or work out after class.  
 Headlamp with extra batteries (important for the night scenario)  
 Note pad and pens.  
 Sunglasses, Water bottle, Mug, Toiletries  
 If you bring phone, radio, iPod, laptop, or other electronics you need an adaptor for Northern Europe.

### **COURSE SCHEDULE 08:00 – 17:30'ish**

#### **DAY 1: Wednesday April 23**

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: Thursday April 24**

Vital Signs: BP, Pupils, Core temperature  
 Spinal Cord Injuries & Lifting and Moving  
 Spinal Immobilization Litter Packaging, Carrying, and  
 Long-Term Patient Management  
 Chest Injuries

#### **DAY 3: Friday April 25**

Shock  
 Head Injuries  
 Athletic Injuries & Fracture Management  
 Pain Management  
 Evening: Dislocations and Splinting

#### **DAY 4: Saturday April 26**

Focused Spinal Assessment  
 Wilderness Wound Management  
 Burns & Infections

Heat and Hydration  
 Hypothermia  
 Frostbite and Non-Freezing Cold Injury

#### **DAY 5: Sunday April 27**

Stress First Aid  
 Altitude Illness  
 Bites & Stings  
 Lightning  
 Submersion  
 Leadership, Teamwork, Communication  
 Large Scenario

#### **DAY 6: Monday April 28 DAY OFF**

#### **Day 7: Tuesday April 29**

Reflection from large scenario  
 Cardiac Emergencies & CPR  
 Respiratory Emergencies  
 Altered Mental Status

#### **DAY 8: Wednesday April 30**

Acute Abdomen  
 Allergies and Anaphylaxis  
 Diabetes  
 Psychological First Aid  
 Principles of Search and Rescue/Evacuation  
 Evening: Night scenario

**DAY 9: Thursday May 1**

Reflection after Night scenario  
Wilderness Drug and First Aid Kits  
Communicable Disease  
Poisoning  
Mental Health Concerns

removal, fever, sore throat ...  
Urinary and Reproductive Issues  
Medical Legal Issues  
Practical Exams starting early afternoon.

**DAY 10: Friday May 2**

Common Problems such as dental, nosebleed, fishhook

**Day 11: Saturday May 3**

Morning Written Exam  
Closing Ceremony (End of course approx. at noon).  
Safe to buy tickets after 15:00

**Questions:** For questions about NOLS Wilderness Medicine or our curriculum please contact Crossing Latitudes at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Phone (Europe): **+46-70 670 1153** (US) **+1-406-585-5356**  
NOLS Wilderness Medicine website: <https://www.nols.edu/en/about/wilderness-medicine/>

**How to get to Flåm, Norway:** We highly recommend that you check into bus and train departure times before you book your flight to Oslo or Bergen in Norway. We also 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 might have if the course gets cancelled or you cancel the course.

Some groups start a Facebook or WhatsApp group and communicate about carpooling from Oslo or Bergen to Flåm.

The course starts at 08:00 on Wednesday April 23. Our WFR course is done on Tuesday May 3 around 12:00 or 13:00. You can safely book a bus or train ticket departing Flåm after 15:00 this day.

**By car:** Flåm is a 335 km drive to Oslo (via the RV 50/R7) and is 166 km from Bergen. Make sure you have a car that drives well on winter roads. You will have to drive over some high mountain passes to reach Flåm. More spectacular views are hard to find but the roads can be challenging as well.

**By train:** Take the Bergen Railway between Oslo and Bergen to Myrdal station and change there for the [Flåm Railway](#). The Bergen Railway crosses the Hardangervidda (Hardanger Plateau), 1237 meters above sea level, and is one of the most spectacular main railway lines in Europe.

**By bus:** There are several busses to Flåm each day from Oslo or Bergen. The bus is usually less expensive compared to the train. The "Sogn bus" has several daily departures and takes approx. 3 hours from Bergen to Flåm. You can find the correct bus route from your departure point to Flåm at [NOR-WAY express](#) bus and [Fjord1](#).

**By boat:** The [Norled Express Boat](#) departs once daily from Bergen to Flåm. Departure is from Bergen Strandkai Terminal around 08:00 and return to Bergen around 15.30. The trip takes approximately five and a half hours.

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