



## NOLS WILDERNESS MEDICINE

### WILDERNESS FIRST AID COURSE (WFA)

MAY 9-11, 2025 IN FLÅM, NORWAY

Hosted by Crossing Latitudes & Supported by Flåm Camping & Hostel

**DATES:** May 9-11, 2025 (Friday, Saturday and Sunday).

**COURSE LOCATION:** Flåm, Norway. The WFA course will be held at the Flåm Samfunnshus (community building) – about 10-15 minutes walk from the Flåm Camping & Hostel.

**PRICE:** USD **\$475.00** (VAT excluded). Included in the course fee are the NOLS Wilderness Medicine Wilderness First Aid 30 page handout, First Aid Pocket Guide, a patient assessment bandana, NOLS Wilderness Medicine WFA & Epinephrine certification and CPR certification. Food and lodging is **not** included in your price.

**LANGUAGE:** This three day Wilderness First Aid course is taught in English. Our instructors are likely Scandinavians and are more than happy to help out with translations if needed. You can also receive the course hand-out in Swedish or Finnish if you like.

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

Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

Phone (Europe): **+47 91768972**

Webpage: <http://www.crossinglatitudes.com>

**MEALS & LODGING:** Meals and lodging are **not** included in the WFA course fee. Flåm Camping & Hostel supports our courses and they offer both private and shared rooms and great cabins (with full kitchens).  
Phone: +47 57 63 21 21 Email: [camping@flaam-camping.no](mailto:camping@flaam-camping.no)

Contact Flåm Camping & Hostel and mention that you are taking the NOLS WFA course and you will receive a 15% discount on the rooms and cabins. There is a nice common room and a great kitchen available where you can socialize with other participants and cook your meals. Grocery stores and restaurants are within 10 minutes walking from the campground. The Flåm Camping & Hostel is only 10-15 minutes walk from our classroom.

No discount is given for pitching a tent at the Campground. **There is NO discount if you book on [booking.com](https://www.booking.com) or other similar websites.**

Book your room or cabin by contacting: [camping@flaam-camping.no](mailto:camping@flaam-camping.no) You are of course welcome to stay elsewhere.

**CLASS FORMAT:** We start our Wilderness First Aid course course Friday May 9 at 08:00 in the morning. We will have class until 18:00 with a few short breaks and an hour lunch. The same schedule – 08:00 to 18:00 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 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.

This 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 over 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 medical equipment and outdoor gear for setting up realistic scenarios. More info below.

**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 and intensive. They will challenge your decision-making skills and they will get you ready.

**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.

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 – by either words or actions. We expect you to take good care of our equipment. We hope you will ask us if you don't understand.

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 – unless your dog is a service dog. If you have a service dog, please email us before signing up.

**REGISTRATION / POLICIES:** Course fee in full is required to reserve your spot in the course. The course fee is non-transferable. Payment goes to Crossing Latitudes account described above. We can also invoice you. See info above.

**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 USD \$150.00.

Within 7 days of the course start date and once the course has begun, Crossing Latitudes will retain an administrative fee of USD \$300.00. After the course has started there is no refund.

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.

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

Infection Control  
Cardiopulmonary Resuscitation (CPR)  
Introductions Wilderness Medicine  
Patient Assessment: Initial Assessment A B C D E  
Focused Exam (Head-to-Toe assessment)  
Vital Signs (LOR, HH, RR, SCTM)  
Focused Medical History (SAMPLE)  
Emergency and Evacuation Plans & Documentation  
Spinal Cord Injuries  
Head Injuries  
Shock  
Wilderness Wound Management, Burns & Infections  
Athletic Injuries, Fractures & Dislocations  
Heat Illness & Cold Injury  
The Medical Patient & Anaphylaxis  
Wilderness First Aid Kits

### **Suggested Equipment List to bring to class each day:**

Day pack with extra layers (sweater, socks, long johns)  
Outdoor clothing that will keep you warm and dry in all conditions  
Rain jacket & pants  
Hiking boots or waterproof boots  
Indoor shoes (sneakers or sandals – the floor can be a bit cold)  
Scarf, hat, gloves, Head lamp, thermos, mug, water bottle, pen and paper, sunglasses

### **TRAVEL DIRECTIONS:** <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. You can also fly into the city of Oslo or Bergen and then take a bus, a train or a boat to Flåm. We highly recommend that you check into bus and train departure times before you book your flight to Oslo or Bergen

**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 in order 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. This has repeatedly been named one of the world's finest and most exciting railway journeys.

**By bus:** There are several busses to Flåm. 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](#). There are also buses from Oslo and these are often less expensive than the train.

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

Please contact us with any questions or concerns you may have.

**Crossing Latitudes, Inc.** Phone **+47 917 68 972**

Web site: [www.crossinglatitudes.com](http://www.crossinglatitudes.com) Email: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

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

**Crossing Latitudes November 2024**