



WILDERNESS FIRST AID WITH CPR COURSE

Sponsored by Icelandic Mountain Guides & NOLS Wilderness Medicine

DATES: Selected dates in spring- and fall semesters

LOCATION: [Klettagarðar 12, 104 Reykjavík, Iceland](#)

COURSE DESCRIPTION

Prepare for the unexpected with this engaging, hands-on introduction to wilderness medicine with CPR. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" Prepare for the unexpected with this fun, hands-on introduction to wilderness medicine.

If you like to take short trips relatively close to medical resources, work at camps or lead wilderness trips, enjoy weekend family outdoor activities, or recreation outdoors, this course is for you.

You'll learn the Patient Assessment System, how to provide effective first aid treatments for injuries and illnesses common in the outdoors, how to manage environmental emergencies, and how to make appropriate evacuation decisions. You'll learn both in the classroom and in outdoor settings, practicing skills and participating in realistic scenarios.

NOLS Wilderness Medicine's course is approved by such organizations as the American Camp Association, the United States Coast Guard, and other states as well as federal agencies.

Upon successful course completion you will earn the following NOLS Wilderness Medicine certifications: Wilderness First Aid, Epinephrine Auto-injector, and on courses with the CPR module, Adult and Child CPR & Airway Management.

Click [here](#) for a short overview video about the NOLS Wilderness Medicine courses.

CLASS FORMAT AND PERSONAL PREPAREDNESS

Check-in is 5:45 p.m. on the first day. CPR on day one runs till 10:00 p.m.

Days 2 & 3 run from 8.00 a.m. to 5.00 p.m.

The class format is classroom lectures integrated with practical scenarios, case studies, and skills practice sessions. Attendance is required at all classes.

Scenarios and practice sessions will take place both inside and outside regardless of weather. Bring outdoor clothing appropriate for lying on the potentially wet, snowy, or cold ground playing the role of both rescuer and patient. Frequently, stage (mouflage) blood and make-up are used to enhance the realism of a scenario. The classroom environment generally lends itself to a pair of comfy shoes or slippers.

PACKING CHECKLIST

- ✓ Notebook and pencil or pen
- ✓ Watch with a second hand or digital second
- ✓ Sunglasses and hat
- ✓ Water bottle
- ✓ Light day pack
- ✓ Waterproof outerwear top and bottom
- ✓ Light hiking boots or sturdy shoes
- ✓ Clothing layers that allow you to be comfortable in a variety of weather conditions
- ✓ Slippers or comfortable shoes for classroom time (optional)

COURSE OUTLINE

For the full course outline, visit the WFA course page, scroll down and click on “WFA Course Outline” at: <https://www.nols.edu/en/coursefinder/courses/wilderness-first-aid-WFAC/>. The course outline can also be found on the last page of this document.

The extra half day with the CPR session will be held in the evening of the first day, before the formal WFA training begins.

REGISTRATION AND TUITION PAYMENT

Full payment is required upon registration to the course.

Cancellations and refunds are dealt with according to [terms of payment for IMG Multi-day-Tours](#). Note also that not all WFR/WFR-Recert/WFA courses by IMG are confirmed to run.

For an update on your course status, please contact us.

PETS

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

ALCOHOL, DRUGS, TOBACCO AND WEAPONS

No alcohol, drugs, tobacco, or weapons are allowed in the classroom.

STUDENT LOGISTICS

Travel and directions

The course is held at Klettagarðar 12, 104 Reykjavík. The main office of Icelandic Mountain Guides and ICELANDIA. The location can be reached by bus, on foot, or by car. Bus 16 stops just around the corner from the venue. See more information here on bus routes and bus passes: [Strætó \(straeto.is\)](#)

The course location on Google Maps: <https://maps.app.goo.gl/FaCQRQBfi9fYjYZ6Z>

Lodging and meals

There are no meal plans available for this course. There is a good selection of restaurants and a supermarket in a nearby area. Participants have access to a fridge and a microwave at the course venue.

All participants are kindly asked to clean up after themselves, and make sure to recycle trash in the corresponding bins on location.

Accommodation is not included in the course fees.



CONTACT INFORMATION

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

Course Host – Icelandic Mountain Guides

Office Hours: 09:00 – 16:00 GMT

Phone: +354 5879999 (Anna)

Email: info@mountainguides.is

Website: www.mountainguides.is/

NOLS Wilderness Medicine:

Office Hours: Monday to Friday, 9:00am to 5:00pm Mountain Time.

Phone: (866) 831-9001

Email: wilderness_medicine@nols.edu

Fax: (307) 335-2355

Website: <https://www.nols.edu/en/wilderness-medicine/why-nols/>

NOLS WILDERNESS MEDICINE Wilderness First Aid with CPR Course Schedule

DAY 1

Evening
CPR

DAY 2

Morning
Infection Control and Personal Protective Equipment
Patient Assessment System
Afternoon
Emergency and Evacuation Plans
Spine Injury
Head Injury
Shock

DAY 3

Morning
Wilderness Wound Management
Musculoskeletal Injury
Afternoon
Heat Illness
Cold Injury
Chest Pain, Abdominal Pain
Shortness of Breath, Altered Mental Status
Anaphylaxis