



# NOLS WILDERNESS MEDICINE

## WILDERNESS FIRST AID COURSE (WFA)

HOSTED BY CROSSING LATITUDES

TAOYUAN CITY, TAIWAN, 19-21 JULY 2025

**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 has taught over 6000 participants Wilderness First Aid in Scandinavia and Europe since 2000.

**DATES:** 19 – 21 July 2025 (Saturday, Sunday, and Monday)

**COURSE FEE** USD \$350.00 (VAT included). 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 NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual.

**COURSE LOCATION:** International Outdoor Education Federation (IOEF), TYAC Training Center  
Address: No. 16, Xingang Rd, Xinwu District, Taoyuan City, Taiwan 327  
Website: <https://www.tyacamps.com.tw>

**VISA:** The IOEF has experience helping international participants with the invitation letter for a visa. Many countries don't require a visa if visiting for 90 days or less: do double check the following link to

find out if your country is eligible for the visa exempt status: <https://www.boca.gov.tw/cp-149-4486-7785a-2.html>

If you require a visa, indicate this to us after you sign up for the course. Together with the IOEF, we will be in touch with you to ensure you receive an invitation letter to facilitate your visa application.

**TRAVEL DIRECTIONS:** If you fly to Taipei, we suggest that you take the train to Xinfeng. From Xinfeng, a taxi will take approximately 15-20 minutes to the International Outdoor Education Federation (IOEF), Training Center in Taoyuan City.

<https://maps.app.goo.gl/bDr3vBYGTi57eGT88>

For people flying in to Taoyuan airport, the IOEF can also help arrange a shared private van. Do inform us if you are interested in this option when registering and the IOEF will support us in coordinating this.

**STUDENT AGREEMENT FORM:** An important document to read before signing up is our Student Agreement. There is no need to print or email it back to us. We have forms you can sign when we meet in Taiwan. <http://www.nols.edu/en/filer/public/1481655159/906/>

**REGISTRATION:** We ask for full payment to reserve a spot on the course. Payment can be made to Crossing Latitudes. Payment can be made by bank transfer or credit card. We can also send you an invoice. 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) (preferred method of communication)

Phone (Europe): +47 91768972

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

**LAST SIGN-UP DATE:** If we have not received 15 participants by 25 May 2025 the WFA course might be cancelled. Please sign up in advance.

**MEALS & LODGING:** Meals and lodging are not included in your course fee. It is STRONGLY recommended that you stay on site or nearby for your convenience. The days will be long and require a lot of energy, and you may want to study in the evenings.

There are dormitories at the IOEF training center. The IOEF has graciously given us a discount for this course, booking accommodations with the IOEF will cost around 500 New Taiwan Dollars (NTD) (approximately USD\$15.50) per night.

The IOEF has plenty of 10 person dorms, all with bathroom/shower facilities. Laundry facilities are for the IOEF staff but can be provided by request if needed.

Parking is available on-site.

Do note that kitchen facilities are not available but you may bring your own backpacking stove and pot should you wish to cook. There is a microwave available for use if you ask. Filtered water is available on-site.

A short walk from our course site there is a 7-11 store. They have hot ready-made meals and a small grocery section as well. About 10-15 minutes walk away there are several restaurants and larger grocery stores.

Do contact the IOEF well in advance and directly at email: [tyacpd@gmail.com](mailto:tyacpd@gmail.com) or call them at +886-(03)486-2200. Please remember to tell them that you are signed up on the NOLS WFA course.

For other accommodation options:

There is also a "leisure farm" (glamping) about 11 minutes drive away and a few motel/hotel options in Xinfeng, which is about 15 minutes drive away for those with cars.

**CLASS FORMAT:** We start our Wilderness First Aid course Saturday, 19 July, 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 Sunday and Monday 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.

**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!

**WILDERNESS FIRST RESPONDER RECERTIFICATION:** NOLS Wilderness First Responders who are looking to re-certify may do so on this course. NOLS Wilderness Medicine welcomes eligible graduates from other providers to recertify on our courses. To find out more about recertification and eligibility, please refer to the following page: <https://www.nols.edu/en/wilderness-medicine/courses/recertify/>

**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

## **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

### EQUIPMENT LIST

Expect the best but be prepared for the worst! July in Taiwan is hot and humid with frequent afternoon thunderstorms and occasional typhoons. Average low and high temperatures are 26 °C (78 °F) and 28 °C (83 °F), but temperature often hits 35 °C (95 °F) during the day. 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 we will provide each day.

- 1 sweater or a fleece jacket
- Rain jacket & Rain pants
- Extra socks
- Sunhat, umbrella and sunscreen.
- Headlamp with extra batteries (important for the night scenario)
- Sunglasses, water bottle and snacks
- Bug spray
- Closed-toe outdoor shoes
- T-shirts/ Sunshirts
- Quick drying outdoor pants

### ALSO BRING TO THE CLASSROOM:

Indoor shoes or sandals, note pad, pens or pencils, water bottle, snacks, and personal mug.  
Feel free to bring a camp chair with you if you would prefer to use this during the in-class session

If you bring a phone, radio, iPod, laptop, or other electronics you might need a special adaptor for Taiwan, depending on where you are coming from. Taiwan has the same electrical outlets as the United States and uses the same 110-volt electricity and 60 Cycle electrical current. If you are traveling to Taiwan from the United States or Canada, you probably will not need an adapter or a converter for your trip. Taiwan uses 3-to-2 prong adapters.

*\*\*If you plan to travel to the high mountains after the course, temperatures can get a lot lower than at around sea level where the course takes place. It is suggested you pack extra base layers, fleece jacket, down sweater, heavier rain jacket, long hiking pants, etc. if that is part of your plan.*

If you have questions regarding packing or other questions about visiting Taiwan, you can contact Kristel Bastian, the local coordinator. Email: [rewild.taiwan@gmail.com](mailto:rewild.taiwan@gmail.com) Whatsapp: +886 900755568