



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER (WFR) COURSE

HOSTED BY CROSSING LATITUDES

KANDERSTEG, SWITZERLAND, 9 – 19 OCTOBER 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: [Kandersteg International Scout Centre](#) (KISC), Kandersteg, Switzerland.

Course Dates: 9 – 19 October 2025

Course run times: (08:00 to 17:30 each day, except for Saturday, 11th and Thursday, 16th October 2025 (these days begin at 08:00 and end late, as we will run night sessions on these days). 14th October is a day off.

Course fee: **EUR 1600** per person (VAT excluded). The tuition covers the NOLS Wilderness Medicine Medical Handbook, the NOLS Wilderness Medicine textbook, a bandana with the patient assessment, equipment used during the course, CPR certification and NOLS Wilderness Medicine international WFR and Epinephrine autoinjector certification. The textbook will be sent to you once you have paid the course fee. **11 nights lodging in double rooms with shared bathroom and showers is also included.**

Lodging:

Lodging from Wednesday, 8th October (check-in from 15:00), to the morning of Sunday, 19th October (checkout by 10:00) is included in your course fee. Please note that the course is expected to end around 12:00 on Sunday, 19th October.

The rooms are in the “Kander Lodge”, which is the same building where our classroom is located. You will share your twin room with one other participant. For every 2 twin rooms, there is shared shower and toilet, i.e. up to 4 persons will share one shower/toilet. KISC provides sheets, duvet, pillowcase, and towel. There is free WIFI.

If you want a solo room, please add €450.00 to the course fee. For caravans and camping vans, please email us for price. If you prefer to stay elsewhere you may deduct €400.00 from the full price. You are still welcome to hang out in the kitchen and lounge with the others in during breaks and in the evenings.

If you want to spend an extra night before the 8th or after the 19th October, please contact KISC at reception@kisc.ch directly. Do mention that you are taking the NOLS WFR course.

For course specific information: Please contact Crossing Latitudes (representative for NOLS Wilderness Medicine in Scandinavia) at 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: To register, please either do so on our website or fill out the following [registration form](#). We ask for full payment to confirm your reservation on the course. Select your choice of payment methods on our registration form. Kindly 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.

Email address: info@crossinglatitudes.com

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

FOOD: Your meals are not included in your course fee. You can cook your own meals in the “Kander Lodge”. There is a full kitchen with two stoves, two fridges, freezers, pots and pans, micro-ovens, water boilers etc. It may initially be a little crowded, but as folks usually start cooking together, it becomes less crowded.

There are two grocery stores in Kandersteg within 15-20 minutes’ walk or by bus. You can also enjoy the many nearby restaurants (pizza, pasta, pub food with burgers etc.).

You may also choose to book meals with the KISC Dining hall by emailing KISC info@kisc.ch

Breakfast is served from 07:30 so you need to be first in line as we start 08:00 each morning.

Lunch is served at 12:00 and dinner at 18:00. The cost per meal is approximately CHF 8.00, CHF 13.00 and CHF 14.00.

KISC appreciates if you book all your meals in advance so that they can plan accordingly. Bookings or cancellations of meals must take place at least 24 hours before. Participants sometimes book meals for the first few days and later start to cook together once they have the feel for the flow of the WFR course.

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 Kandersteg: Kandersteg is a small community with hotels, restaurants, cable-cars up the mountains, bakeries, two grocery stores – all within 15-20-minute walk from KISC. Kandersteg is centrally located in Europe – 65 km from Bern, the capital of Switzerland in the heart of the Bernese Alps. It is easy to reach Kandersteg by road or using the Swiss rail network.

On this link you can read about how to travel to Kandersteg by train, bus, car, or plane:

<https://www.kisc.ch/travelling-kisc>

If you are interested in connecting with others, let us know. If so, we will share your name and email and phone number with others who have signed up on this WFR course.

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 (14th October 2025) is a day-off for you to enjoy the area, rest, and study. We encourage participants to invite each other to take a hike or go on an adventure.

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 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 EUR 400
- Within 30 days of the course start date: Crossing Latitudes will retain an administrative fee of EUR 800.
- Once the course has begun: there will not be any refund

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

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.

Packing for class

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
Pen and notebook
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:

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.

*There are coin wash machines (CHF 3.00 per load), dryers and a great huge drying room at KISC.

Refer to the next page for a sample course schedule.

COURSE SCHEDULE 08:00 – 17:30'ish

(do note that the order of the topics covered each day are subject to change)

DAY 1:

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:

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:

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

DAY 4:

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

DAY 5:

Stress First Aid
Altitude Illness
Bites & Stings

Questions: For specific questions about NOLS Wilderness Medicine or our curriculum please contact Crossing Latitudes (NOLS Wilderness Medicine representative in Scandinavia) at info@crossinglatitudes.com

NOLS Wilderness Medicine website: <https://www.nols.edu/en/about/wilderness-medicine/>

**Copyright © 2024 National Outdoor Leadership School. All rights reserved.
Crossing Latitudes November 2024**

Lightning
Submersion
Leadership, Teamwork, Communication
Large Scenario

DAY 6:

Day 7:

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

DAY 8:

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

DAY 9:

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

DAY 10:

Common Problems such as dental, nosebleed, fishhook removal, fever, sore throat ...
Urinary and Reproductive Issues
Medical Legal Issues
Practical Exams starting early afternoon.

Day 11:

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