



NOLS Wilderness Medicine

Wilderness First Responder – Recertification

HOSTED BY CROSSING LATITUDES

Are your wilderness medicine protocols on the tip of your tongue or buried in the bottom of your pack? Led by dynamic and experienced instructors, this immersive 3-day course will update you on the latest wilderness medicine techniques and protocols. Through focused scenarios, you'll identify any gaps in your knowledge and refine your skills, while engaging in discussions and case-studies deepen your understanding. You'll also have opportunities to ask questions based on your real-life experiences. Whether you're revisiting core concepts or pushing your capabilities to new levels, this course will empower you to respond effectively when it matters most. CPR is included.

Dates: 5 – 7 November 2025 (Wednesday, Thursday, & Friday)

Course hours: 08:00 – 18:00 each day

Course Location: Humak University of Applied Sciences, Kauniainen campus, Työväen Akatemia, Vanha Turuntie 14, 02700 Kauniainen, Finland

Google maps:

<https://maps.app.goo.gl/rRWo8NPdsgsr9eBi7>

Course fee

EUR 530 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.

Course Structure

This course is structured around scenario-based learning and review, as well as practical skills sessions and case study discussions. **You are required to complete both written and practical testing to successfully recertify on this course.** The course begins with a written multiple-choice test. To achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials. Please come prepared!

Check the following web page for information and resources on how to best prepare for your course:
<https://nols.edu/en/resources/wilderness-medicine-resources/>

All participants will learn by taking turns being “patients” and “rescuers” each day. We use fake blood to make the scenarios more realistic. The fake blood is washable, but you might have to wash twice.

Registration

Please register on our website www.crossinglatitudes.com or by filling out the <https://form.jotform.com/251573069666366>. Full payment is needed to confirm your reservation for the course.

You may select your preferred payment method (bank transfer or credit card) 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.

Do read the Student Agreement before signing up: <http://www.nols.edu/en/filer/public/1481655159/906/>

*There is no need to sign and send it in. We have forms you can sign at the course start.

All students are required to submit a photocopy of their WAFA or WFR certification card by the first day of the course. This course is open to WAFAs and WFRs from any organisation where a WAFA was at least 40 hours and a WFR was at least 70 hours. It is **your** responsibility to make sure your WAFA/ WFR certification meets this standard. If you are unsure, please contact NOLS Wilderness Medicine before enrolling in a course and review the recertification portion of our website: <https://www.nols.edu/en/courses/wilderness-medicine/recertify/>

If you hold a current WFR certification from any other wilderness medicine organisation with less than a 70-hour certification, you will receive a letter of course completion in lieu of a NOLS Wilderness Medicine WFR certification. This letter of completion may allow you to recertify with your original certifying organization. You must contact that organisation prior to your NOLS Wilderness Medicine course to ensure that our course will meet their requirements for recertification.

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 150
- Within 30 days of the course start date: Crossing Latitudes will retain an administrative fee of EUR 330.
- Once the course has begun, there will be no 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 any expenses other than the course fee in case of cancellation or withdrawal.

Accommodation

Lodging is not included in your course fee. There are several accommodation options within 10 minutes drive such as the Forenom Hostel Espoo Kilo, the Hotel Scandic Espoo, the Forenom Aparthotel Espoo amongst others. Unfortunately the Työväen Akatemia has no available rooms for accommodation during this course.

Meals/ Food

Meals are not available as a part of your course fee. Students often bring their own snacks and lunch boxes to the course. Students may also choose to purchase lunch at the cafeteria for approximately €12.

Kauniainen

Kauniainen is a charming town located within Espoo. It is sometimes referred to as the "Garden City" because of its green environment with peaceful gardens, parks and residential areas. Kauniainen is easy to reach by train from Espoo and Helsinki. Attractions include the Kasavuori nature trail; the Stockmann ruins which are on a cliff near the Kasavuori nature trail; or a beautiful nature trail running around Lake Gallträsk, which also leads to a small marsh area.

Työväen Akatemia

The course is being hosted at the Työväen Akatemia, a folk high school, set up in 1924 to provide university level education to working adults. The Akatemia stands in its own private grounds in Kauniainen, just outside Helsinki. As well as the beautiful historic main building, the school has several more modern buildings, which contain a range of classrooms and meeting rooms, all with good IT facilities.

Find out more about this location at the following link: <https://www.akatemia.org/in-english/introduction>

Travel Directions

Kauniainen is well connected by public transportation and is near to Helsinki.

You can use the Helsinki Region Transport website (<https://www.hsl.fi/en>) or the HSL app to find suggestions on how to get to the Academy by public transport. You can use the HSL mobile app or a travel card to pay on public transport. Many shops and kiosks also sell tickets. You can also buy a ticket at a vending machine. *Note that you cannot buy a ticket for public transport from the driver.*

The nearest Airport is Helsinki-Vantaa airport.

WFR-R Course Description

The WFR-R is an immersive 3-day scenario-based course aimed at updating students on the latest wilderness medicine techniques and protocols. During this course students will practice skills, while reviewing evacuation and decision-making principles. The use of case studies, discussions, and scenarios with added complexity deepens understanding and provides challenges in controlled settings, allowing students to build resilience and confidence.

This course is the most popular recertification program in Wilderness Medicine and is ideal for current Wilderness First Responders and Wilderness EMTs. The WFR- Recertification course is pre-approved for 18 hours of EMT CEU's by CECBEMS. Whether revisiting core concepts or pushing your capabilities to new levels, this course will empower you to respond effectively when it matters most. CPR is included.

For more information about NOLS Wilderness Medicine and our WFR-R courses, please visit: <https://www.nols.edu/en/wilderness-medicine/courses/recertify/>

What can you expect of us?

- Dynamic instructors with lots of backcountry and first aid experience
- Lots of time outside with realistic scenarios
- Daily feedback from our instructors
- Intense AND rewarding days
- A written and a practical exam at the end of the course that we will do everything we can to help you develop the skills to perform well. You need to pass both the written and the practical tests to receive NOLS Wilderness Medicine international WFR certification.
- 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?

- That you are on time each day
- Come prepared each morning, ready to learn and participate. Revision and practice in the evenings will set you up for success.
- We hope that you will speak up when you need help, do not understand, or have any concerns.
- 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 ask that all participants' cell phones and computers will be turned off during class time.
- Smoking, alcohol and/or recreational drugs are not allowed during the course hours.
- Pets are not allowed at the classroom or scenario sites 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.**

What to bring?

NOLS Wilderness Medicine will bring medical equipment and outdoor gear for setting up realistic scenarios.

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 (in your backpack):

- Waterproof jacket and trousers
- Extra wool or synthetic socks
- Hat, gloves, mittens, neck warmer, buff or scarf
- Headlamp with extra batteries
- Sunglasses, Water bottle
- Protective eyewear (sunglasses and /or clear glasses)
- Indoor shoes or sandals
- Note pad, pens, or pencils, Water bottle, Tea/coffee mug.

Suggested Equipment List:

- Underwear
- Synthetic or wool tops and bottoms
- Warm sweaters or fleece jackets
- Quick drying outdoors pants and tops
- Casual clothing for the evenings
- Waterproof jacket and trousers
- Warm socks
- Regular socks
- Outdoor shoes/boots
- Indoor shoes
- Hat, gloves, mittens, neck warmer/scarf
- Exercise clothing (if you want to exercise)
- Headlamp with extra batteries
- Note pad and pens
- Sunglasses, water bottle, mug, toiletries
- Adaptor(s) for your electronics (if needed)

Course Curriculum (08:00 – 18:00)

Communicable diseases & Infection Control
Cardiopulmonary Resuscitation (CPR)
Patient Assessment System
Emergency and Evacuation Plans, and Documentation
Spinal Cord Injuries
Head Injuries
Chest & Lung Injuries
Medical Shock
Wilderness Wound Management

Environmental concerns (heat and cold illnesses and injuries)
Athletic Injuries, Fractures & Dislocations
The Medical Patient: Diabetes, Asthma, Neurological Concerns, Cardiac Conditions, Respiratory Concerns, Acute Abdominal Pain, Urinary Reproductive Concerns, etc.
Mental Health emergencies and Stress First Aid
Anaphylaxis

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

About our NOLS Wilderness Medicine Courses

Developed by industry experts and experienced practitioners, the NOLS curriculum is field tested by our expedition instructors, backed by research, and informed by decades of injury and illness data. These help us prepare students to respond to the most likely incidents that happen in the wilderness.

We are dedicated to equipping you with the skills and confidence needed to handle emergencies in remote settings. Through our rigorous, data-informed curriculum, you'll learn to recognize, treat, and prevent injuries and illnesses in the wilderness, and resource limited environments. Our hands-on courses, led by expert NOLS instructors, offer practical scenarios that allow you to build critical skills, empowering you to respond effectively when resources are limited and immediate help isn't available.

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, with students who work and recreate from pole to pole in all continents. 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 get you ready. NOLS Wilderness Medicine trains participants to respond to emergencies in remote settings.



Dynamic hands-on, scenario-based learning that combines the latest updates and practical application.

Contact Us

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www.crossinglatitudes.com



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

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