



NOLS Wilderness Medicine

Wilderness First Responder – Recertification

HOSTED BY CROSSING LATITUDES & SUPPORTED BY FLÅM CAMPING & HOSTEL

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: 9 - 11 May 2025 (Friday, Saturday, Sunday)

Course hours: 08:00 – 18:00 each day

Course Location: Flåm Samfunnshus (community building) – approximately 10 – 15 min walk from Flåm Camping & Hostel

<https://maps.app.goo.gl/SQNszbPktnGMRPZu6>

Course fee

EUR 525 per person (VAT exempt). **Book by January 24 to take advantage of our 10% early bird discount with the code WFRRFLAM26.** The course fee includes a NOLS Wilderness Medicine field guide, a bandana with the patient assessment, equipment used during the course, CPR certification, the internationally recognised NOLS Wilderness Medicine WFR/WAFA certification and Epinephrine auto-injector 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 WAFAs or WFR certification card by the first day of the course. This course is open to WAFAs and WFRs from any organisation where a WAFAs was at least 40 hours and a WFR was at least 70 hours. It is **your** responsibility to make sure your WAFAs/ 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 275;
- 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

Accommodation is not included in your course fee. Flåm Camping & Hostel (<https://www.flaam-camping.no/>) supports our courses and they offer private rooms, cabins, campsites for your tent, or space for your camper. Booking any of these will provide access to the guest kitchen or camping kitchen where you can cook your meals. There are pay per use washing and drying machines. Tokens can be bought at the reception. Grocery stores and restaurants are within 10 minutes' walk from the campground. The Flåm Camping & Hostel is only 10-15 minutes' walk from our classroom.

If booking with them, do mention that you are taking a NOLS WFR course, and you will receive a discount. There is **NO** discount if you book on booking.com or other similar websites.

Meals/Food

Meals are not included in the course fee. Flåm Camping & Hostel's accommodation options are associated with full kitchen/ cooking facilities. There is a grocery store in town, as well as several cafes, restaurants, and meal trucks in town. Students often choose to bring a packed lunch with them and cook dinner together.

Flåm

Flåm is one of Norway's gems. It is situated in the Flåm valley, in the inner end of Aurlandsfjorden (a branch of the Sogne fjord). When visiting, one can enjoy a wide mix of outdoor activities such as hiking, snowshoeing, skiing, kayaking on the fjord, biking, and more. The village has been a tourist destination since the 19th century.

A popular way of reaching Flåm is by taking the Flåmsbana (a train line between Flåm and Myrdal) with one of the steepest railway tracks in the world. The train stops by a beautiful waterfall during the journey.

(<https://www.visitnorway.com/places-to-go/fjord-norway/the-sognefjord-area/flam/>)

Travel Directions

Flåm is easily accessed by car, train, bus or boat. We strongly recommend that you check the 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 to reach Flåm. The views are spectacular, but the roads can be challenging.

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 journeys. (<https://www.vy.no/>)

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 (<http://www.nor-way.no/>). 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. The departure is from Bergen Strandkai Terminal at around 08:00 and the return from Flåm around 15.30. The trip takes approximately five and a half hours.

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 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.

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

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