



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: 23 – 25 October 2026

Course Location: Kandersteg International Scout Centre (KISC), Kandersteg, Switzerland.

Course hours: 08:00 – 17:30 each day

www.kisc.ch

<https://maps.app.goo.gl/EBuZ51SBVRdj2PG39>

Course fee

EUR 720 per person (VAT exempt).

EUR 648 if you book by 18 July 2026 to take advantage of our 10% early bird discount with the code WFRRKISC26.

4 nights' lodging in twin rooms with shared bathroom and showers included.

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 form at <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 equivalent to 25% of the course fee
- Within 30 days of the course start date: Crossing Latitudes will retain an administrative fee equivalent to 50% of the course fee.
- 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 included in the course fee from Thursday, 22nd October (check-in from 15:00), to Monday, 26th October (checkout by 10:00). Please note that the course is expected to end around 17:30 on Sunday, 25th 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. Showers and toilets are shared by two twin-rooms (four people). KISC provides sheets, duvet, pillowcase, and towel. There is free WIFI.

There are coin wash machines, dryers, and a large drying room at KISC.

A single room is subject to availability and may incur an additional cost. If you prefer to stay elsewhere, your fee will be reduced by €160.00. There is also an option for tent camping, caravans and camping vans. Please email

www.crossinglatitudes.com

us if any of these options apply to you. 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 22nd or on 26th October, please contact KISC at reception@kisc.ch directly. Do mention that you are taking the NOLS WFR-R course. The scenery around Kandersteg is spectacular, so we recommend spending some extra time in the area.

Meals/ 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, microwave ovens, water boilers etc. It might get a little crowded, but usually course participants start cooking together.

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.

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 etc.)

Kandersteg

Situated in the Kander-valley, near the Jungfrau-massif in the heart of the Bernese Alps, Kandersteg is surrounded by a spectacular mountain scenery and great opportunities for outdoor-activities, such as hiking or mountaineering. The small community offers hotels, restaurants, bakeries, two grocery stores and cable-cars up the mountains – all within 15-20 minutes’ walk from the course location.

Centrally located in Europe - 65 km from Bern, the capital of Switzerland - it is easy to reach Kandersteg by road or using the Swiss rail network.

Follow this link to read about travel-directions to Kandersteg: <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 course.

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):

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

Suggested Equipment List:

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| • Underwear | • Warm sweaters or fleece jackets |
| • Synthetic or wool tops and bottoms | • 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 – 17:30)

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

Allergies & 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.



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

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