



## WILDERNESS FIRST RESPONDER COURSE (WFR)

HOSTED BY CROSSING LATITUDES

TAOYUAN CITY, TAIWAN, JULY 3-13, 2025

This [NOLS Wilderness Medicine](#) 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 and scenarios designed to challenge your decision-making abilities. CPR is included.

**COURSE DATES:** July 3-13, 2025. Detailed schedule below. Class time 08:00 – 17:30 each day.

**COURSE FEE:** The course fee is USD \$1400.00 per person, or equal exchange rate in the currency you prefer to pay in. We use [www.xe.com](http://www.xe.com) Your 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 & Epinephrine certifications and NOLS Wilderness Medicine international 2-year WFR certification. The textbook will be sent to you once you sign up. Food & Lodging is not included in the course fee.

### 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.

**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/>

**QUESTIONS & REGISTRATION:** We ask for full payment to receive a spot on the course. Payment can be made either by bank transfer to our account or by Visa/ Mastercard. We can also provide you with an invoice.

**International Transfer to Crossing Latitudes Swedish bank account:**

IBAN number: NO4615067581706

Bank: DNB Bank ASA

BIC: DNBANOKKXXX

Bank's address: DNB Bank ASA, PO Box 1600 Sentrum, 0021 Oslo, Norway

Crossing Latitudes: [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com) Web: <http://www.crossinglatitudes.com>

[Phone](tel:14065855356) (USA): 1-406-585-5356.

**LAST SIGN-UP DATE:** If we have not received 15 participants by 25 May 2025 the WFR 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: [IOEF201999@gmail.com](mailto:IOEF201999@gmail.com) or call them at +886-(03)486-2200. Please remember to tell them that you are signed up on the NOLS WFR 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.

**LANGUAGE:** This Wilderness First Responder course is taught in English. Our NOLS Wilderness Medicine instructors teach all over the world and are usually bilingual. The NOLS Wilderness Medicine textbook is in English and will be sent to you pre course and we highly recommend that you start reading it.

**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.

**COURSE DESCRIPTION:** A Wilderness First Responder (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 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 larger "rescues" – both day and night.

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. Your instructors are dynamic educators who have practiced both wilderness and urban medicine. This WFR course is ideal for all professionals operating in remote environments. CPR certification is included.

For more information about NOLS Wilderness Medicine and the WFR course, please visit:

<https://nols.edu/en/courses/courses/wilderness-first-responder-WFR/>

**CLASS TIME & SCENARIOS:** 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.

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 if you wear white clothes. There will be one evening session indoors and one night exercise outdoors. Discussions about leadership, group dynamics and evacuation procedures are also part of this course.

**WHAT TO BRING:** Please see the suggested personal clothing and equipment list below. NOLS Wilderness Medicine will bring medical equipment and outdoor gear for realistic scenarios.

**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.

NOLS Wilderness Medicine (<https://nols.edu/en/courses/wilderness-medicine/>) has been the most recognized and respected teacher of wilderness medicine, training individuals and groups all over 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. NOLS Wilderness Medicine trains participants to respond to emergencies in remote settings.

**WHAT CAN YOU EXPECT FROM US?** Expect dynamic instructors with lots of backcountry 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 expect you to take good care of the 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. No smoking or alcohol during our class time (which includes outside scenario time).

**CONTINUING EDUCATION COLLEGE CREDIT & EMT CEUS:** The course is pre-approved for three (3) semester hour credits through the University of Utah, USA at a cost. If interested, please communicate with NOLS Wilderness Medicine at [wilderness\\_medicine@nols.edu](mailto:wilderness_medicine@nols.edu) for more information.

NOLS Wilderness Medicine is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization in the USA. Current USA EMTs is eligible to receive 70 CEU hours for their Wilderness First Responder courses. Please bring a photocopy of current EMT card(s) with you to your course.

**COVID-19:** We focus on hygiene and will provide nitrile gloves and KN95 masks for you to use in scenarios.

**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\$350.00.

Cancellation within 7 days of the course starting date and once the course has begun, Crossing Latitudes will retain €700.00 of the course fee (50% of the fee paid).

If Crossing Latitudes or NOLS Wilderness Medicine must cancel the course, we will refund your full course fee.

We 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.

**PETS, DOGS, ALCOHOL & SMOKING:** Pets and dogs are not allowed at the course, unless it is a service animal. Alcohol or smoking is not allowed on site during class hours. This includes our classes and scenarios outside.

**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.

**IN YOUR BACKPACK:**

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

**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 sessions.

**OTHER SUGGESTED GEAR:**

Outdoor shoes (closed toes) Participants on WFR in the past recommend two pair of outdoor shoes as one might get wet in a scenario.  
Underwear  
Socks  
1 light-weight sweater or fleece jacket  
2 quick drying outdoors pants  
1-2 sweats or casual light pants for evenings  
Indoor shoes (sandals or sneakers)  
2-3 T-shirts or long sleeve sun shirts  
Hat, gloves, sun protective gloves  
Towel & toiletries

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

## WFR COURSE SCHEDULE 08:00 – 17:30'ish

### DAY 1: Thursday July 3

Introduction  
Infection control  
What is Wilderness Medicine  
Initial Assessment  
Patient Exam  
Vital Signs: LOC, HR, RR, SCTM  
Focused History  
Documentation

### DAY 2: Friday July 4

Late changing vital signs  
Spinal Cord Injuries  
Lifting and Moving  
Spinal Protection, Litter Packaging, Carrying, and  
Long-Term Care  
Head Injuries

### DAY 3: Saturday July 5

Chest Injuries  
Shock  
Athletic Injuries  
Fracture Management  
Evening: Dislocations and Splinting

### DAY 4: Sunday July 6

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

### DAY 5: Monday July 7

Altitude Illness  
Bites and Stings  
Leadership, Teamwork & Communication  
Stress First Aid  
MCI Practical Scenario

**DAY 6: Tuesday July 8 DAY OFF** There will not be any classes on this day. This day is for you to study, sleep in, and enjoy the many activities in the area.

### Day 7: Wednesday July 9

Cardiac Emergencies  
CPR  
Respiratory Emergencies  
Altered Mental Status

### DAY 8: Thursday July 10

Acute Abdomen  
Allergies and Anaphylaxis  
Diabetes  
Principles of Search and Rescue  
Evening: Mock Rescue

### DAY 9: Friday July 11

Debrief of evening scenario  
Wilderness Drug and First Aid Kits  
Mental Health Concerns  
Poisoning  
Communicable Disease

### DAY 10: Saturday July 12

Lightning  
Submersion Incidents  
Gender Medical Issues  
Medical Legal Issues  
Practical Exams

### Day 11: Sunday July 13

Written Exam.  
Closing Ceremony  
**End around 12:00**

For questions about this NOLS Wilderness Medicine WFR course or our curriculum please contact Crossing Latitudes at [info@crossinglatitudes.com](mailto:info@crossinglatitudes.com)

Phone in Europe: +46-70-670 1153. Phone in USA: +1-406-585-5356.

NOLS Wilderness Medicine web: <https://nols.edu/en/courses/wilderness-medicine/>

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