



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST AID (WFA) COURSE

HOSTED BY CROSSING LATITUDES

KANDERSTEG, SWITZERLAND, 24 – 26 OCTOBER 2025

Fast paced and hands-on, this Wilderness First Aid course covers a wide range of wilderness medicine topics for people who travel and enjoy the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, "What do I do now?" Our WFA courses are scenario-based and offer practical training and practice. CPR is included.

Course Location: [Kandersteg International Scout Centre \(KISC\)](#), Kandersteg, Switzerland.

Course Dates: 24 – 26 October 2025, Friday, Saturday, and Sunday (08:00 to 17:30+ each day)

Course fee: EUR 580 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 WFA and Epinephrine autoinjector certification. The textbook will be sent to you once you have paid the course fee. **4 nights lodging in twin rooms with shared bathroom and showers is also included.**

Lodging:

Lodging from Wednesday, 23th October (check-in from 15:00), to the morning of Monday, 27th October (checkout by 10:00) is included in your course fee. Please note that the course is expected to end around 17:30 on Sunday, 26th October.

The rooms are in the New Chalet (the building with all the flags where both the KISC reception, dining hall and our classroom are located). You will share with one or two other participants. Bathrooms and showers are in the hall.

If you want a solo room, please add €160.00 to the course fee. For caravans and camping vans, please email us for price. If you prefer to stay elsewhere you may deduct €30.00 per night, 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.

We expect the course to end around 17:30 ish on Sunday 26th October. If you want to spend an extra night before the 23rd or after the 27th October, please contact KISC at reception@kisc.ch directly. Do mention that you are taking the NOLS WFA course. The hiking around Kandersteg is spectacular, an extra day or two to explore is recommended.

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

Phone (Europe): +47 91768972

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

FOOD: Your food is 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. It is not unusual that participants 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.

WFA 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.

Tests: There are no written or practical tests on this Wilderness First Aid course. You just have to be here, engage, participate actively, and do your best.

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.

Crossing Latitudes Cancellation and Refund Policy:

If a student cancels or withdraws from a course:

- Greater than or equal to 7 days prior to the course starting date, Crossing Latitudes will retain an administrative fee of EUR 200
- Within 7 days of the course start date, Crossing Latitudes will retain an administrative fee of EUR 300.
- Once the course has begun, there will be no refund.

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

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:

Day pack (also used for scenarios)

Outdoor clothing that will keep you warm and dry

Waterproof jacket & pants

Hiking boots or waterproof boots

Indoor shoes (sneakers or sandals)

Hat & gloves

Head lamp

Personal toiletries

Sunglasses

Water bottle, Pen and paper

*KISC provides sheets, duvet, pillow, pillowcase & towel

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

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/>

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