



NOLS WILDERNESS MEDICINE

WILDERNESS FIRST RESPONDER - RECERTIFICATION (WFR-R) COURSE

HOSTED BY CROSSING LATITUDES

KANDERSTEG, SWITZERLAND, 24 – 26 OCTOBER 2025

Are your wilderness medicine protocols on the tip of your tongue or in the bottom of your pack? Join the leader in wilderness medicine for a three-day scenario-based course to review and practice evacuation and decision-making guidelines. Our dynamic, experienced instructors will refresh you on the current techniques, protocols and controversies in the wilderness medicine field. You'll have opportunities to ask questions based on your real-life experiences and practice scenarios and review case studies that will challenge you.

The format for this WFR Recertification is scenario-based learning. Scenarios and practice sessions will take place both inside and outside. Be prepared to be outdoors in the wet, snow, cold, wind, and sun.

The WFR Recertification course also includes Adult/Child/Infant CPR & AED. 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.

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

Course Dates: 24 – 26 October 2025 (08:00 to 17:30ish)

Who can take this course: Anyone with a valid (not expired WAFA, WEMT or WFR certification). If you have a certification from NOLS you are allowed to take the course even if you are within the “re-entry year” or “grace period”. If your WFR is from another organization like SOLO, Aerie, WMA, Desert Mountain Medicine, Remote Medical etc. your original training must be at least 70 hours long and your card must be valid – not expired. See more info below.

Course fee: **EUR 655** 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. **4 nights lodging in double rooms with shared bathroom and showers is also included.**

Lodging:

Lodging from Thursday, 23 October (check-in from 15:00), to the morning of Sunday, 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, 26^h 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. For every two twin rooms, there is shared shower and toilet, i.e. up to 4 persons will share one shower/toilet. KISC provides sheets, duvet, pillowcase, and towel. There is free WIFI.

If you want a solo room, please add **€195.00** to the course fee. For caravans and camping vans, please email us for price. If you prefer to stay elsewhere you may deduct €40.00 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.

If you want to spend an extra night before the 23th or after the 26th October, please contact KISC at reception@kisc.ch directly. Do mention that you are taking the NOLS WFR-R course. The hiking around Kandersteg is spectacular and an extra day or two for exploring is recommended.

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.

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, micro-ovens, water boilers etc. It may initially be a little crowded, but as folks usually start cooking together, it works out just fine.

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-R 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.

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

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

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-R course.

Course times: We start our WFR-R course on Friday, 24th October at 08:00. We will have class until 17:30 with a few short breaks and an hour lunch. The same schedule (08:00 to 17:30) applies for Saturday and Sunday as well.

Eligibility for Recertification: All students are required to submit a photocopy of their WFR certification card on the first day of the course. It is your responsibility to make sure your 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/>

This course will also recertify those who hold a valid WEMT (wilderness portion only) or WAFA certification.

Note that NOLS Wilderness Medicine WFRs are given a one-year period after expiration (commonly called “Re-entry year” or “grace period”) within which to recertify.

If you hold a current Wilderness First Responder certification of at least 70 hours, you will receive a NOLS Wilderness Medicine WFR certification upon successful completion of your WFR Recertification course.

If you hold a current WFR certification from any other wilderness medicine organization 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 organization prior to your NOLS Wilderness Medicine course to ensure that our course will meet their requirements for recertification.

Reach out to us if you are unsure whether you are eligible to take this WFR-R course or not.

Testing:

You are required to complete both written and practical testing to recertify on this WFR-Recertification course. The written test is the very first thing we do on Friday morning. In order to achieve a passing score (70%) on the written multiple-choice exam, you must review previous course materials and actively revise. Please come prepared!

<https://nols.edu/en/resources/wilderness-medicine-resources/>

Continuing Education Units:

NOLS Wilderness Medicine is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 18 hours CEU hours for their NOLS Wilderness Medicine WFR Recertification course. Please bring a photocopy of your current EMT card(s) with you to your course.

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 experience. Expect to spend lots of time outside with realistic scenarios. Expect daily feedback from us instructors. Expect intense but rewarding days.

Expect a written and maybe a practical tests, in order to receive NOLS Wilderness Medicine international WFR certification.

Preparing for the course

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/>

At the bottom of this page there is a pdf curriculum update worth reading. You will also find an old test that you can do and correct yourself (answers are at the bottom of the practice test), a quiz, and videos of the patient assessment, focused spine assessment etc.

Non-NOLS Wilderness Medicine grads are especially recommended to study as our curriculum might be a bit different from what you learned at SOLO, WMA, Aerie, Remote Medical, Desert Medicine or the organization you received your WFR from. We have high standards at NOLS Wilderness Medicine and yes - participants do fail our WFR-Refresher courses.

Please review the videos, read the curriculum updates and do the practice tests.

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 for the course. We expect you to be prepared each morning. We expect you to be respectful of other participants and our staff – both in the classroom and during our scenarios outside. Harassment of any kind will not be tolerated. We expect you will take care of the equipment. We expect you to take the initiative, support each other and to speak up if you have questions or anything is unclear.

We ask that all participants' cell phones and computers will be turned off during class time. Smoking and Alcohol is not allowed during the course hours (including on scenario time). Pets are not allowed at the teaching site during course hours.

Continuing Education College credit and EMT CEUS: The course is pre-approved for three (3) semester hour credits through the University of Utah at a cost. If interested, please email info@crossinglatitudes.com pre course.

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

Topics during the WFR-Recertification course includes:

Infection Control	Altitude Illness
Patient Assessment System	Cardiac, Respiratory and Neurological Emergencies
Spinal Cord Injuries	Abdominal Emergencies
Head Injuries	Mental Health Emergencies
Chest Injuries	Wilderness Drugs & First Aid kits
Shock	Documentation
Wound Management	Medical Legal issues
Athletic Injuries, Dislocations & Fracture Management	Cardio-Pulmonary Resuscitation (CPR)
Cold & Heat Related problems	And much more ...

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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