



NOLS Wilderness Medicine Wilderness First Aid Course

HOSTED BY CROSSING LATITUDES & THE WATER RESCUE ASSOCIATION OF SLOVENIA

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?" On this course, you'll learn how to prepare for the unexpected. In just a few days, you'll have the knowledge, skills and ability to make sound decisions in emergency situations. CPR is included. Everyone is welcome, no previous experience required.

Dates: 19 - 21 September 2025

Course Location: Kamp Koren, Kobarid, Slovenia

Course hours: 08:00 – 18:00 each day

Kobarid is located by the spectacular Soča river, surrounded by high mountains.

<https://www.campingslovenia.com/>

<https://maps.app.goo.gl/TxEL4cGML8jXQjNw5>

Course fee

EUR 560 per person (VAT excluded). The course fee includes a 30-page NOLS Wilderness Medicine handout, a bandana with the patient assessment, equipment used during the course, CPR certification, the internationally recognised NOLS Wilderness Medicine WFA certification and Epinephrine auto injector certification.

Course Structure

This course combines theoretical lectures with hands-on sessions to train practical skills. Each day is a mix of classroom, skills sessions, scenarios, and case studies. There are no written or practical exams on this course.

***If you are taking this WFA as a recertification course for a WAFA/ WFR, you will need to complete a written and practical exam.**

All participants will be 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 [following form](#). 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 it and send it in. We have forms you can sign at the course start.**

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 250
- Within 7 days of the course start date: Crossing Latitudes will retain an administrative fee of EUR 350.
- 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 the WFA course fee. We highly recommend that you book your lodging (tent site, caravan, eco-chalet, or glamping) at Kamp Koren where our classroom is located. Kamp Koren is attractively situated above the Soča River, only 1 km from the town of Kobarid.

If you book lodging at Kamp Koren do mention that you are taking the NOLS Wilderness Medicine course.

Kamp Koren <https://www.campingslovenia.com/>

Phone: +386 (0)5 389 13 11 **Email:** info@kamp-koren.si

Amenities at Kamp Koren include:

- a restaurant open between 08:00 and 22:00. Coffee, snacks or meals may be purchased here.
- a mini mart with a basic selection
- rentable refrigerator space
- pay per use washer and dryer
- pay per use gym
- pay per use sauna and salt room

Meals/ Food

Meals are not included in the WFA course fee. Kamp Koren is within 10 minutes' walk of the nearest grocery store. There are 2 supermarkets and several restaurants in Kobarid.

Kobarid

In the town of Kobarid, hotels, hostels, B&Bs and AirBnBs are available. The walk from town to Kamp Koren will take between 15-20 min one way. There is also a pharmacy and a local clinic.

If you arrive prior to the course or choose to stay after the course - check out Kamp Koren's activities at: <https://www.campingslovenia.com/sport-activities> or FAB adventures <https://slovenia-rafting-canyoning.com/>
Find out more about the region at <https://www.soca-valley.com/>

Travel Directions

If you wish to connect with others travelling to Kobarid, do let us know in your registration form.
<https://www.campingslovenia.com/where-are-we>

Nearby airports: Ljubljana Airport in Slovenia, Trieste or Venice Airports in Italy
Bus connections Ljubljana - Kobarid: <https://www.nomago.si/avtobusne-vozovnice>
Train Connections Ljubljana to Most na Soči, Slovenia <https://potniski.sz.si/>

Bus connections Venice, Italy – Udine in Italy or Ljubljana, Slovenia: <https://global.flixbus.com/>
Train and busses Venice to Cividale del Friuli, Italy (close to the border with Slovenia):
<https://www.rome2rio.com/map/Venice/Cividale-del-Friuli>

Taxi/ shuttle pick-up:

Pick-up in Most na Soči costs about €20.00.

Pick-up at Ljubljana Airport costs about €50.00 - €100.00 depending on number of participants.

Pick up in Cividale del Friuli, Italy costs about €20.00 per person.

Shuttle options include: <https://www.goopti.com/en/> (book early to take advantage of cost savings)

WFA Course Description

Our 3-day Wilderness First Aid (WFA) course is a fast-paced, hands-on introduction to managing common injuries, more serious emergencies, and everything in between. Lectures, demonstrations, and practical scenarios will challenge you and provide a dynamic learning environment. After the course, you'll have the knowledge, skills, and ability to make sound decisions and interventions in emergency situations.

Wilderness First Aid is different from the urban first aid. Focus is on initial and prolonged care for a patient in the back country. This course is ideal for outdoor enthusiasts and individuals in remote locations.

For more information about NOLS Wilderness Medicine and our WFA courses, please visit:

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

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):

- 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:

There are pay per use washing and drying machines at Kamp Koren. Tokens can be bought at the reception.

- 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)

Infection Control
 Cardiopulmonary Resuscitation (CPR)
 Introductions Wilderness vs. Urban Medicine
 Initial Assessment A B C D E
 Focused Exam (Head-to-Toe assessment)
 Vital Signs (LOR, HH, RR, SCTM)
 Focused Medical History (SAMPLE)
 Emergency and Evacuation Plans, and Documentation
 Spinal Cord Injuries
 Head Injuries

Shock
 Wilderness Wound Management
 Burns & Infections
 Athletic Injuries, Fractures & Dislocations
 Heat Illness & Cold Injury
 The Medical Patient: Diabetes, Asthma, Epilepsy, Heart conditions, etc.
 Anaphylaxis
 Wilderness First Aid Kits

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 they will 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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