


# Alpine Wilderness Life Support



The course is a unique and exciting opportunity to develop crucial medical skills, combined with essential mountaineering. It is designed to provide the theoretical knowledge and practical skills necessary for basic management of life-threatening conditions, common ailments, and assessing the need for medical evacuations. The course also introduces mountaineering, familiarizing you with crampons, rope-handling, self-arrest, and much more.

Our expert faculty combine lectures, seminars, practical sessions, and scenario training in a stunning environment.

## Duration

The course is 4 days. It starts 08.30 day 1 and ends 15.00 day 4.

## Requirements

- No prior medical nor mountaineering experience is required.
- A general good fitness level.
- Previous outdoor experience is recommended.
- Minimum age 18.

## Assessment

- Full attendance is required to pass the course.
- Written exam and a practical test with pass/fail grade.

## Certification

Passed course awards the

- Certification in Wilderness Life Support (Akut Omhändertagande i Vildmark), acknowledged by the Mountain Safety Council of Sweden
- Certification in CPR



## Location

*Jostedalsbreen, Norway.*

With its 800 square kilometres, Jostedalsbreen glacier is Europe's largest mainland glacier and will be our playground for the course. The Tungestølen Tourist Cabin will be our base, overlooking the glacier. We will be sleeping in a spacious dormitory. It is possible to reach the location all the way by car. Nearest local transport stops 7km from the cabin, transportation the final stretch can be arranged.



Scenario training and practical skill sessions in a stunning environment

## Course Content

- A-E principles in a wilderness setting
- Airway management
- Assessing symptoms
- Basic rope-technique
- Bleeding control
- CPR
- Crampons
- Evacuation decision
- Fracture assessment and management
- Frostbite
- Group dynamics and leadership
- Hypo/hyperthermia
- Improvised carriers
- Introduction to Altitude illness
- Medical communication
- Moving an injured patient
- Risk assessment
- Self-arrest in alpine terrain
- Snow blindness
- Wound management in the field

Price: 14 950 SEK including tax.

### Included

- Education with board certified medical professionals and IFMGA certified mountain guides
- Accommodation in dormitory at Tungestølen Tourist Cabin
- All meals
- All gear not specified on the gear list

### Not included

- Travel to and from Tungestølen
- Personal insurance
- Personal equipment specified on the gear list
- Personal clothing

