

More information about WMT's Expedition Medicine & Fields Skills in Chamonix (summer) course



**More information (revised 3<sup>rd</sup> March 2012)**

## **Expedition Medicine & Field Skills in Chamonix (summer) – 12<sup>th</sup> year!**

**Next course:** Monday – Friday, 18-22 June 2012

### **CPD Credits**

We estimate this course is valid for at least **30 CPD** credits.

**Thanks for downloading this more information pack about this great Chamonix summer course. We hope this answers your questions and that you'll join us.**

***Comprehensive syllabus – engaging lectures & practical outdoor sessions - overnight mountain bivouac - inspiring faculty - hostel B&B deal***

Fees: tuition only: £475 (£350 for nurses, paramedics & undergraduate medical students)

### **Who comes?**

This course attracts the greatest mix on any WMT course of doctors of all grades, though loaded towards the junior doctor spectrum plus nurses, medical students and other healthcare professionals who want to develop their personal skills in the outdoors and their knowledge of the medical challenges in all environments. No climbing or expedition experience required

### **Timings**

We kickoff at 10 o'clock Monday and formally conclude at 5pm Friday. It's a busy schedule with five full days (and one night out) of activity but there's enough time and daylight in the evenings to go cragging, biking or for a walk. Most people make a week out of the trip and attend the optional course dinner Friday and optional glacier trekking experience on Saturday.

### **Teaching team**

Please see below for the biographies of who is confirmed to teach the summer 2012 course. Both WMT directors, Barry Roberts and Dr Jon Dallimore are on the team and combined have more than 50 expeditions to their credit.

### **The fee includes**

- Diverse programme over five days
- A bound set of comprehensive notes

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- Teas/coffees during main indoor lecture programme

Fees do not include travel, accommodation, meals, lift passes etc or anything else not expressly mentioned above. A lift ticket is required for the mountain bivouac – about €20.

## **Outline Programme**

### **Monday - Issues for all Environments – registration 9.30 for a 10am kickoff**

- Welcome & Introductions
- What is expedition medicine?
- Outdoor “bench marking” accident scenario & team building activity
- The legal considerations of being an expedition medic
- Incidence of illness and injury on expeditions
- Preparing the team; including antimalarials, immunisations & team selection and group dynamics

### **Desert, Jungle & Water Environments**

- Heat illnesses & dehydration – wet bulb globe thermometers, military guidelines & electrolyte drinks
- Lurkin' firkins – snakes, scorpions & other biting beasties
- Working in the jungle – a personal & practical perspective
- Diving expeditions – practical issues for remote areas
- Pre-existing medical problems
- GI disease (diarrhoea, appendicitis, etc)
- Compiling a suitable medical kit – small group work
- Complimentary wine & snacks & inspirational lecture

### **Tuesday - Mountainous & Cold Terrain**

- Hypothermia & frostbite – practical guidelines for field use
- Acute mountain sickness – AMS
- Vetting expedition companies
- Discussion - how to further a career in expedition medicine
- Qualifications & training structures for various outdoor activities
- Working in teams in the mountains - preparing a field menu & shopping for provisions & preparing for the night out: kit check & hire of equipment as required
- Move to overnight mountain camp location

### **PM Mountain Camp Sessions**

- Stoves & cooking in the field
- Camping - snow camping/snow caves
- Packing light - kit selection, packing & waterproofing
- Use of radios – ETHANE report - radio do's and don'ts

### **Wednesday: mountain instructional activities**

- Snow travel & ice axe use
- Navigation – map & compass intro & refresher
- Ropes/anchors & rescue techniques,
- Moving/straightening the injured, improvised splints/stretchers/collars
- Return to town c. 5pm

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### **Thursday - outdoors**

- Living and Travelling in the Jungle & the River & Open Water Environment
- The wonders & limits of GPS
- Safe river crossings
- Vehicle safety & extrication
- Jungle camp craft, health & hygiene, water purification
- Concludes with multiple casualty scenario practical exercise
- Optional end of course dinner (and party)!

**Friday** - guided mountain walk to appreciate the local flora, fauna and geography, practise navigation and enjoy the company of fellow delegates and the WMT faculty – or – optional glacier trekking experience (subject to numbers for those who can't make it Saturday)

**Saturday** – optional full-day glacier trekking experience at additional cost

Note: This programme is provisional and the running order of sessions may be subject to change due to the availability of instructors, weather and other factors.

### **Course venue**

The course is held at the Salle du Bicentenaire (attached to the Musee Alpin) in central Chamonix, near the train station. Any local accommodation provider will know where this is and be able to advise how close they are to it.

### **Getting to Chamonix**

Many low-cost airlines fly from numerous UK airports directly to Geneva (60 miles from Chamonix). It costs about £50 for a shared return airport transfer to the resort. Groups travelling together will find it cheaper to hire a car for the week than pay for transfers.

### **Organising accommodation**

See below for details of the hostel, Gite le Vagabond and more accommodation advice.

### **Glacier trekking experience - optional activity Friday 22<sup>nd</sup> or Saturday 23<sup>rd</sup> June**

Once again we'll offer a brilliant guided opportunity to go glacier trekking and ice climbing. Further details and cost are confirmed when you book this course.

### **Surfing for accommodation, flights etc.**

[www.chamonix.com](http://www.chamonix.com) is a fantastic for local info like pictures, webcams, accommodation options and more. [www.chamonix.net](http://www.chamonix.net) is better for info about getting to Geneva and Chamonix, flight options from anywhere in the world, airport transfers and more. You need to fly into Geneva, Switzerland.

### **Some scheduled UK flights to Geneva**

- Easyjet [www.easyjet.com](http://www.easyjet.com)
- BMI Baby [www.bmibaby.com](http://www.bmibaby.com)
- British Airways [www.ba.com](http://www.ba.com)
- Swiss Air [www.swiss.com](http://www.swiss.com)
- Thomsonfly [www.thomson.co.uk/flights](http://www.thomson.co.uk/flights)
- use [www.skyscanner.net](http://www.skyscanner.net) to search for you!

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### **Airport transfers**

Allow 1½ hours to get to Chamonix by transfer minibus. Visit this link for [Chamonix – Geneva Airport Transfers](#) – about £25-£30 each way for door to door mini-bus services, depending on number of passengers and time of booking. Mountain Dropoffs give WMT students 10% off - use discount code WMT01.

### **Geneva car hire**

Groups might consider hiring a car. Bear in mind too that a return minibus transfer from the airport is £50+ that could be put towards car hire. It is 100km from the airport to Chamonix and about £8 return for motorway tolls. From the UK, you might try:

- [www.auto-europe.co.uk](http://www.auto-europe.co.uk)

### **Accommodation**

People's tastes and budgets will differ and there are options in Chamonix to suit everyone. It's easy to organise a visit to Chamonix and piece together the transfers and accommodation individually. Catered chalet packages aren't very common in summer but ½ board hotel packages are. We suggest it's best to start by visiting [www.chamonix.com](http://www.chamonix.com) for lists of hotels, B&B, hostels, apartment and chalets. Hotels are listed by star rating. Not all service providers will be listed on this website so it might pay to surf as well. The tourist office produces a guide to accommodation, including camping called Les Carnet de l'Hebergement.

**Location, location, location!** Ask where the accommodation is in relation to the Musee Alpin which is in the town centre, behind the fire station. Accommodation is not available at the course venue. Beware of properties advertised as being in Chamonix when in fact they are in the "Chamonix Valley" and in one of the outlying villages like Les Houches, Servoz, Taconnaz, Les Praz or Argentiere for example. If you want to enjoy the nightlife, then you really need to be in Chamonix town. Late night buses are infrequent or non-existent and taxis are very expensive. The trains stop early too. It's also possible to camp within easy walking distance of town, near the hospital.

### **Camping** - close to the town centre

L'île des Barrats tel/fax 00 33 4 50 53 51 44

Les Arolles tel. 00 33 4 50 53 14 30 email [jean-luc.burnet@libertysurf.fr](mailto:jean-luc.burnet@libertysurf.fr)

Les Mollisasses 00 33 4 50 53 16 81 email [jean-luc.burnet@libertysurf.fr](mailto:jean-luc.burnet@libertysurf.fr)

### **Local Hostel** [www.gitevagabond.com](http://www.gitevagabond.com)

We've once again reached an agreement with the town centre Gite le Vagabond to reserve the hostel for WMT delegates for the course week in 2012. Their summer B&B rate €24.80. Contact: Gite Bunkhouse Le Vagabond tel. 00 33 4 50 53 15 43 between 8-10.30am and after 4.30pm (French time, one hour ahead of the UK). Bookings only by phone - 50% deposit required. You'll need to mention you're on the WMT course. You can self cater here and like most hostels, the bar/office is closed during the day and there is no lounge room, just the self catering kitchen and dining table area.

### **Other Chamonix Hostels**

Visit [www.hostelbookers.com](http://www.hostelbookers.com) to search for other hostels including the Hostel-Chalet-Gite Chamoniard Volent which past delegates have recommended as cheap and cheerful.

### **Private apartment/chalet hire**

- [www.homeaway.co.uk](http://www.homeaway.co.uk)

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- [www.alpinebeds.com](http://www.alpinebeds.com)
- [www.myfrenchchalet.com](http://www.myfrenchchalet.com) has offered WMT students 10% off property hire (apartments and chalets) – email owner Elaine Smith from their website before you book online and pay online to secure the discount

### Visas

If you don't hold a full British passport you should check if you need a visa for Switzerland and/or France. If you require a Swiss visa you can exit the airport from the French sector to avoid having to get one.

### Availability & booking a place

Please go to the website course page and follow the BOOK THIS COURSE instructions <http://wildernessmedicaltraining.co.uk/expedition-medicine-field-skills-in-chamonix-summer-2>. We only take bookings and payment online and don't take provisional bookings. Make sure you have leave organised before you book and pay. There is availability as long as the BOOK THIS COURSE button is displayed so you don't need to check availability with WMT. Course places are limited and it always sells out.

### Questions

Please email [wmt@wildernessmedicaltraining.co.uk](mailto:wmt@wildernessmedicaltraining.co.uk) or call me on 01539 823183 or 07967 032930.

This is a great, satisfying course and I hope you can join us.

Barry Roberts,  
Commercial Director  
**Wilderness Medical Training™**



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### **Confirmed 2012 teaching team**

**Dr Jon Dallimore** WMT Medical Director - course director

MSc, MRCGP, MCEM, DCH, DRCOG, Dip Mount Med, FFTM RCPS (Glasg)

Jon is a GP and staff doctor in the Emergency Department of Bristol Royal Infirmary.

Jon's expedition experience started twenty years ago and since then he has spent more than two years living and working in the field as a doctor and/or leader. He has worked in the deserts of Namibia, Sinai and Northern Kenya; the jungles of Sulawesi, Belize, Thailand and Ecuador; and high altitude climbs and treks to Nepal, Greenland, Pakistan, Iceland, Morocco, East Africa and the Andes. Jon is an international Mountain Leader, a member of the Alpine Club and a member of faculty on the UIAA Diploma in Mountain Medicine. Jon is medical consultant to five British expedition companies and advises medical students at the University of Bristol on their overseas electives. He is a co-editor of the Oxford Handbook of Expedition and Wilderness Medicine (published September 2008).

**Barry Roberts** BSc BEd, WMT Commercial Director - course manager

Barry is a professional expedition leader who has maintained a long-standing interest in wilderness medicine since ski patrolling in Canada in his late teens. Barry has 25 diverse international expeditions to his credit, mainly to the mountains. He is an advanced diver, paraglider pilot, skydiver, a climber, qualified Day Skipper, a BASI ski instructor and ski mountaineer. He is formerly a Director of Raleigh International. He is the co-author of [www.stayingaliveoffpiste.com](http://www.stayingaliveoffpiste.com) and a contributing author to the OUP expedition medicine handbook. From '04 to '08 he was sponsored by The North Face and he has lectured widely to corporate and public audiences about his expedition life. He now writes all the technical product copy for their European e-commerce websites. Expedition highlights include reaching the summit of Mount Everest in May 2004 and paragliding off Gunnsbjornsfjeld in Greenland after guiding the first winter ascent in 2006. He has lived part-time in Chamonix since 1998. Barry is a Fellow of the RGS and a Member of the Alpine Club.

**James Moore** RN BSc (Hons) Dip TN Dip TM (A)MFTM FRGS

James is a Matron/Emergency Nurse Practitioner. He is an APLS & ALS instructor. He has worked as an expedition medic in locations such as Borneo, the Sinai, North and Central Africa and South America. In addition to this he was part of a small relief operation in Sri Lanka after the Tsunami Disaster in 2004 and more recently provided medical cover for the BBC's Extreme Dreams Expedition, filmed in Papua New Guinea with Ben Fogle. He has qualifications in Tropical and Travel Medicine and consults for several expedition companies. James is a contributor to Oxford Handbook of Expedition and Wilderness Medicine and an Associate Member of the Faculty of Travel Medicine. James is a very active WMT's associate and contributes to our full range of courses and delivers private courses. James is equally comfortable in the mountains as he is in a jungle hammock. He runs Travel Health Consultancy. He recently provided medical support for actress Joanna Lumley's African adventures for TV last autumn.

**Luc Bellon**

Luc is an authentic French IFMG mountain guide and ski instructor who supports the course during the mountain bivouac phase and optional glacier trekking day. He has worked with WMT for many years and he never fails to impress delegates with his grasp of idiosyncratic British phrases like "cream crackered knackered"!