

More information about Expedition Medicine & Fields Skills in Chamonix (summer)



More information (revised August 2013)

Expedition Medicine & Field Skills in Chamonix (summer) – 14th year!

Thanks for downloading this file 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

Frequency: once a year in summer

Next course: 16-20 June 2014

Fee: £550 tuition only

Please note: always see the course website page for the most up to date information especially with regard to dates, fees, programme and faculty.

CPD Credits

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

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 & programme

Please see below for the 2013 programme we ran. 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 BBQ (normally on Friday) and optional glacier trekking experience offered on Friday (for those who can't stay and do this on Saturday) and Saturday.

Teaching team

We normally confirm each year's teaching team 4-5 months in advance. For an example of the calibre of our people please see below for the biographies of the team who taught the last course.

The fee includes

- Diverse programme over five days
- A bound set of comprehensive notes
- 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 normally required for the mountain bivouac – about €25.

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 or Saturday at the end of the course

We always 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 is a fantastic for local info like pictures, webcams, accommodation options and more. 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
- British Airways www.ba.com
- Swiss Air www.swiss.com
- use www.skyscanner.net to search for you!

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

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 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, Tacconnaz, 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'Ile 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

Les Molliasses 00 33 4 50 53 16 81 email jean-luc.burnet@libertysurf.fr

Local Hostel 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 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
- www.alpinebeds.com
- 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.

More information about Expedition Medicine & Fields Skills in Chamonix (summer)

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 or call 01539 823183.

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

On a final note – this course always sells out by March normally and in 2013 we had a waiting list of 30+. Book early to avoid disappointment!

Barry Roberts,
Commercial Director
Wilderness Medical Training™



June 2013 teaching team

Dr Harvey Pynn, Course Medical Director MA FCEM DMM (UIAA) DMCC DTM&H

Harvey is a Consultant in Emergency Medicine at Bristol Royal Infirmary and an Honorary Consultant in Pre-Hospital Emergency Care with Great Western Air Ambulance. He has undertaken several operational tours across the Middle East whilst serving in the Armed Forces. Harvey has been teaching on WMT courses since 2004. Harvey has completed more than 10 expeditions worldwide – mainly in mountain and jungle areas (both as leader and doctor). He holds the Mountain Leader award and is an ALS, APLS and BATLS Instructor. Harvey has particular interests in trauma, environmental and tropical medicine and has completed the diplomas in mountain medicine and medical care of catastrophes. He completed the diploma in tropical medicine in London in 2011. As WMT's Head of Research & Publications Harvey co-edited a 3000 word WMT article for the British Mountaineering Council's Summit Magazine (no. 55 autumn 2009 edition – online at www.thebmc.co.uk) involving six authors, a task akin to herding fish. More recently, he has edited a chapter in the Oxford Handbook of Expedition and Wilderness Medicine. On the expedition front, in April 2010 Harvey completed the gruelling Marathon de Sables in Morocco for the charity Mencap and more recently took part in a medical research expedition to the Cordillera Real of the Bolivian Andes. Harvey also leads WMT's Jungle Medicine UK weekend courses and the Emergency Medicine for Hostile Environments course.

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, climbing and leading canoe expeditions in Canada in his late teens – 30+ years. He is formerly a Director of Raleigh International and has 25+ diverse international expeditions under his belt, mainly to the mountains in Kenya, Uganda, Tibet, Nepal, Pakistan and Greenland. He is an advanced diver, paraglider pilot, skydiver, a climber, qualified Day Skipper, a ski instructor and ski mountaineer. He writes regularly and is the co-author of Staying Alive Off-piste, a Kindle book, a contributing author to the OUP expedition medicine handbook (3 chapters) and author of many adventure magazine features. Barry is also a corporate leadership and team development consultant. 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 continues to work with The North Face on a variety of projects. Expedition highlights include reaching the summit of Everest in 2004 and in 2006 leading the first winter ascent of the highest mountain in the Arctic (Gunnbjørnsfjeld in Greenland) from which he paraglided off. He has a great affinity to Chamonix and has climbed, skied, traversed and paraglided in the area for 12 years. Barry is a Fellow of the RGS and a Member of the Alpine Club.

Luc Bellon – UIAGM Mountain Guide

Luc is French and a charming Chamonix based internationally qualified high mountain guide and ski instructor with an extensive background in mountain rescue as a former mountain policeman with the PGHM. He has worked extensively with Barry Roberts running ski courses and corporate events in Chamonix and he has supported WMT's Chamonix courses in summer and winter for the past 6 years. Luc will also lead the guide's team for the optional Ice Experience activities.

Tim Burton

Tim Burton is an experienced expedition guide and photographer specialising in Polar Regions. A qualified International Mountain Leader, he has collectively spent more than 4 years on private, commercial and scientific expeditions to the Antarctic and Arctic and loves ski-mountaineering, paragliding and creatively recording expedition life through a lens. After making a swift escape from teaching into the professional expedition world, Tim has worked as an expedition guide in the Polar Regions for the likes of the British Antarctic Survey and US Antarctic Program among others. Combining scientific, personal and commercial work together, so far it's 17 summer expeditions, two Antarctic winters and counting! He is an avid photographer and often gives inspirational talks about life and work in cold places on WMT courses and elsewhere. Career highlights include an unsupported ski traverse of the Greenland Ice cap, paragliding off the summit of Mont Blanc, a long, dark winter as Base Commander in Antarctica and watching a polar bear walk up to his tent after eating all his food whilst attempting a British first in Spitsbergen at the age of 19! His interest in wilderness medicine is fuelled by living and working in some of the most remote and inhospitable places in the world.

Dr Claire Lehman

Claire was the doctor for the British Antarctic Survey at their largest base Rothera from 2009-2011. She also has experience of warmer climes with expeditions to India with Raleigh International in 2008 and to Kilimanjaro and Island Peak in Nepal in 2012. Claire has recently completed an MSc in Public Health at the London School of Hygiene and Tropical Medicine and is currently working as a General Practitioner and Public Health Physician in the UK. Outside of work Claire keeps active cycling, skiing and sailing with the occasional bit of yoga to redress the over activity balance!

Dr. Daniel Morris BSc (Hons) MBChB FRCSEd(Ophth) MFSEM(UK) FRGS

Dan is a Consultant Ophthalmologist in Cardiff and Clinical Lecturer at Cardiff University. He trained in St Andrews, Manchester, Glasgow and Newcastle with an orbital fellowship in Vancouver. He is a Founder Member of the Faculty of Sport and Exercise Medicine and a Fellow of the Royal Geographical Society.

Dan is an international authority on the effects of high altitude on the eye and has published and presented widely on this subject, including a contribution to the Oxford Handbook of Expedition and Wilderness Medicine. During his training he took time out to organise four separate research expeditions in Nepal, Bolivia, Tibet and Colorado, collecting the highest ever eye data on Mt Everest.

Dan is also passionate about world blindness, running an eye project in Kenya with the Samburu tribe and recently starting a community link between the Vale of Glamorgan and the people of Tororo in Uganda.

Currently enjoying exploring the Welsh wilderness with his three young daughters, Dan has just completed a national ocular trauma study and is exploring new ways to measure retinal blood flow at high altitude.

Nigel Williams

Since 1997 Nigel has been Head of Training / Deputy Principal at the Scottish National Outdoor Centre, Glenmore Lodge. During his first career in the army he spent a number of years based in Norway teaching mountaineering and cross country skiing. He

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commanded the remote sub Antarctic Island of South Georgia just after the Falkland war and took part in 5 major Himalayan expeditions including 2 to Everest where he reached 8000m on four occasions without oxygen. He likes the Arctic and cold climates having spent more than 365 nights of his life snow holing!

Since leaving the military in 1993 Nigel has worked in outdoor education and enjoyed further expeditions in the Himalayas, Alaska, Morocco and Greenland including a 26 day crossing of the Ice cap following Nansens' original 1888 route.

Nigel's outdoor qualifications include the Mountaineering Instructors Certificate (MIC), International Mountain Leader (IML), BASI Nordic ski instructor and Level 3 orienteering coach.

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Expedition Medicine & Fields Skills 2013

Time	Lectures/topics	Time	Presenter
	Monday		
09.00	Registration	30	
09.30	Welcome address	30	BR/HP
10.00	Outdoor scenario benchmarking exercise	60	All
11.00	Coffee/tea	15	
11.15	Expedition medical planning	60	HP
12.15	Navigation	30	NW
12.45	Research on expeditions	30	DM
13.15	Lunch		
14.25	meet at Les Gaillard (St. Gervais train @13.55 to Les Pelerins)		
14.30	<u>Round robin of outdoor training sessions</u>		
	Vehicle scene safety, extrication, bivouac gear demo	60	BR
	River crossings + rope handling/care, coiling, knots	60	NW/TB
	Practical splinting	60	DM/CL
	Navigation 1 (introduction)	60	NW/TB
	Jungle camp craft, hygiene, water purification, gear selection	120	HP
18.00	Close		
20.00	Working for BAS - British Antarctic Survey	30	CL
20.30	Ol' Malo Kenya Eye Project	30	DM
	Tuesday		
08.45	Hypothermia & frostbite	45	CL
09.30	Diving expeditions - practical considerations	15	BR
09.45	Acute mountain sickness	45	HP
10.30	Coffee/tea	15	
10.45	Human dynamics	30	BR
11.15	Eye problems	45	DM
12.00	Avalanche safety	30	BR
12.30	Heat illness & Never Stop Sweating MDS experience	45	HP
13.15	Lunch		

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14.25	meet at Les Gaillard (St. Gervais train @13.55 to Les Pelerins)		
14.30	Round robin of outdoor training sessions - continued from Monday		
18.00	Close		
20.00	Everest: My Way	60	BR
	Wednesday		
08.30	GI disease - managing diarrhoea & the acute abdomen	30	HP
09.00	Orthopaedics	45	HP
09.45	Coffee/tea	15	
10.00	Tropical medicine, bites and stings	60	HP
11.00	How to further a career in expedition medicine	20	BR/HP
11.20	Expedition menu planning & bivouac briefing	10	BR
11.30	Disperse to shop/pack		
13.30	Clear lecture room		
14.00	Meet @ La Flegere lift station in Les Praz		
15.00	<u>Round robin of outdoor training sessions</u>	3 x	
	Snow travel & ice axe use	75	LB/BR
	Navigation (2)	75	NW/TB
	Use of radios, ETHANE, helicopter safety, Gamov bag	75	HP/CL
	Navigation (GPS)	75	NW/TB
	Rope work, anchors & belays	75	LB/BR
	Moving, lifting, straightening, packaging, rope stretchers	75	HP/CL
18.45	Set up bivy & cook		
	Thursday		
	Breakfast & pack up		
08.15	Round robin of outdoor training sessions continued	3 x	
12.00	Lunch	30	
12.30	Final emergency exercise	90	
14.00	Descend to Chamonix		
	Friday	90	All
08.30	Guided mountain walk - meet @ train station		
09.00	Glacier trek - meet @ Coqouze Sports shop downstairs		
17.00	BBQ/drinks @ Le Robinson		
	Saturday		
09.00	Glacier trek - meet @ Coqouze Sports shop downstairs		
	Teaching team		

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	BR - Barry Roberts		
	HP - Harvey Pynn		
	DM - Dan Morris		
	TB - Tim Burton		
	NW - Nigel Williams		
	CL - Claire Lehman		
	LB - Luc Bellon		