



## **More information**

# **Morocco Mountain Medicine Expedition & Toubkal Trek**

**Thanks for downloading more information about this great week in Morocco. We hope this answers your questions and that you'll join us.**

## **2014 Dates & Fees**

### **Morocco Mountain Medicine Expedition 20-26 September**

The fee is £600 + €250 payable in-country. Meet at Marrakesh airport by 6.30pm on Saturday 20<sup>th</sup> September. Includes local transfers, all accommodation, meals and the guided trek. Worth up to 15 CPD credits.

### **Morocco Trek Only Option 22-26 September**

All are welcome to join us to climb Mt Toubkal 4167m. The fee is £330 + €200 payable in-country. Meet at Marrakesh airport by 6.30pm on Monday 22<sup>nd</sup>. Includes local transfers, all accommodation, meals and the guided trek.

## **CPD Credits**

We estimate the full expedition is valid for at least 17.5 CPD credits.

## **Overview**

Imlil, just 60km from Marrakesh, is at the foot of Mt. Toubkal. We stay here at the Kasbah du Toubkal, a fabulous auberge (hostel) and hotel. The food is authentic and the Berber hospitality is warm and genuine. This is a comfortable base where we'll prepare for the ascent of Toubkal with lectures and practical outdoor training sessions. It's a beautiful but fairly tough trek but doesn't involve ropes. After the climb we head straight to Marrakesh for the final night and meal together and where a visit to the souk (market) is a must. Many delegates extend their stay for the weekend.

## **BMJ review**

Read Dr Alison Evans' BMJ review of her 2007 experience in Morocco with WMT.

<http://careers.bmj.com/careers/advice/view-article.html?id=2151>

## **Who comes?**

This expedition attracts doctors of all grades, nurses and OHPs. Delegates have travelled from as far afield as Canada, the USA and South Africa to join us! For many people, this is their first experience of foreign mountain travel (and even their first mountain trek).

More information about WMT's Morocco Mountain Medicine Expedition & Toubkal Trek

### **Faculty & instructors**

Our expedition team are seasoned mountain travellers and mountain medicine experts.

### **Outline Itinerary**

#### Saturday

- Main party arrives/transfer to Imlil & Kasbah du Toubkal
- Welcome & dinner
- Relax on the roof tops - time to use the hamman (sauna)

#### Sunday

- Lectures, acclimatisation trek and practical sessions

#### Monday

- Lectures and practical sessions around the Kasbah
- Trek only guest arrive pm for dinner

#### Tuesday

- Trek to mountain refuge

#### Wednesday

- Ascend Toubkal – return to refuge

#### Thursday

- Descend to Kasbah (collect left luggage)
- Lunch in Imlil. Transfer to Marrakesh hotel
- Final dinner together – formal farewells

#### Friday

- Breakfast included. Private sightseeing as time permits
- Transfer to airport as required – depart Morocco – or stay and play!

### **Detailed content: lectures & practical training sessions**

#### Planning and Pre-expedition considerations

- Travellers with special needs
- Don't get sued – legal liability & insurance
- Immunisations & anti-malarials
- Choosing a medical kit
- Water purification

#### Mountain Medicine

- Altitude illness
- Avalanche Dangers
- Hypothermia & cold injury
- Heat illness

#### Managing Injuries in the Field

- Incident management – more than just medicine

More information about WMT's Morocco Mountain Medicine Expedition & Toubkal Trek

- Trauma on expeditions
- Moving & straightening the injured
- Practical fracture management, improvised stretchers & collars
- Foot care

#### Mountain Skills

- Travelling light: kit selection, packing & waterproofing
- Use of radios in an emergency
- Navigation essentials: reading the terrain, use of map & compass
- Ropes/anchors & security on steep ground techniques
- Using GPS
- Safe river crossings

#### **Other important topics**

- Human dynamics on expedition
- Joining an expedition – being the right stuff and what next?

#### **Timings**

Meet at Marrakesh Menara Airport by Saturday late afternoon to be collected for a group transfer. The expedition concludes with breakfast Friday morning in Marrakesh.

#### **Trek only option – Monday to Friday**

This option continues to be popular with family and friends who wish to join us after the main lecture and training phase has concluded. Our delegates are always a friendly bunch so joining in on your own is easy.

#### **Accommodation & meals**

The first three nights are spent in Berber suites (posh dorms) at the fantastic Kasbah du Toubkal [www.kasbahdutoubkal.com](http://www.kasbahdutoubkal.com). Two nights are then spent at a mountain refuge at 3200m. This is bunk bed accommodation and blankets are provided so you don't need to bring a sleeping bag but a sleeping bag liner is recommended. There are flush toilets. The final night is spent in traveller's hotel in central Marrakesh. All accommodation is shared and it is not practical to offer any single supplements. All meals are included from dinner the day you arrive to a final breakfast on Friday in Marrakesh.

#### **Getting to Marrakesh**

Many low-cost European carriers fly directly to Marrakesh. From the UK try:

[www.easyjet.com](http://www.easyjet.com)

[www.ryanair.com](http://www.ryanair.com)

[www.royalairmaroc.com](http://www.royalairmaroc.com)

[www.skyscanner.net](http://www.skyscanner.net) - try this first to search for you

#### **Kit & Equipment**

We'll advise you what to bring but nothing specialised is required other than suitable trekking clothes and windproof/waterproof jackets and pants, a daypack, head torch and light trekking boots (not trainers and not heavy leather mountain climbing boots!).

#### **Fitness & previous mountain experience**

Mount Toubkal is a long, trek to over 4000m with easy scrambling involved. We break the mountain phase down into three days of activity. Most groups do it in two days which is doable but why – it's no fun! We always adopt steady pace and aim to get everyone to

the top as we have done on ALL previous Morocco expeditions. This compares impressively well with other organised trekking groups we meet which says a lot about the ascent style we promote. You only have to carry a day sack with personal items. Blankets are provided at the refuge so there's no camping or tenting equipment needed and sleeping bags are not required. You are welcome to join us even if you have never mountain trekked so long as you are moderately fit and fully able bodied.

### Passports & Visas

You'll need a full passport with six months validity. British passport holders don't require a visa. Others should check if you require a visa. [www.morocco.com](http://www.morocco.com)

### Availability & booking a place

Please go to the website course page and follow the BOOK THIS COURSE instructions. 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. The expedition is limited to 30 participants.

### The full expedition fee includes:

- lecture programme, materials, field manual & tuition
- escorted Mt. Toubkal mountain trek
- Marrakesh airport group transfers to the mountain venue (Saturday or Monday only)
- transfer to Marrakesh after the climb
- full board accommodation (shared and mountain refuge) including all soft drinks at the Kasbah, all meals, Marrakesh hotel and final group dinner

Anything not expressly mentioned is excluded. Sorry but there are no student or nurse discounts on this event.

**The trek only fee includes:** airport transfers (Monday), one night Kasbah du Toubkal dinner, bed, breakfast, mountain guiding, all other meals to breakfast on Friday, 2 night's mountain refuge accommodation, transfer to Marrakesh and one night Marrakesh hotel.

All fees **exclude** personal insurance to include trekking to 4200m (mandatory), flights, personal equipment (full advice provided), gratuities and items of a personal nature like extra snacks/drinks and bottled water on the mountain. VAT does not apply. Transfer supplements apply if you do not arrive when group transfers are organised for the main parties on the day(s) stated.

### Questions?

Please email [wmt@wildernessmedicaltraining.co.uk](mailto:wmt@wildernessmedicaltraining.co.uk) or call 01539 823183. We hope you can join us.

