



## More information

# Mountain Medicine

**Thanks for downloading this file about this great course.**

**When & where?** The 2013 course will be held 13-15 September in North Wales. This course is normally held between spring and late September.

**What does it cost?** £295

### The fee includes:

- Diverse two-day programme of instruction indoors and out
- A bound set of comprehensive notes
- All food/teas/coffees Saturday breakfast to lunch Sunday
- Two night's bunkhouse accommodation
- Use of group equipment
- VAT at 20%

### Venue & Travel

The course venue is Ben's Bunkhouse. <http://www.bensbunkhouse.co.uk>. Please see their website for location and travel details.

### CPD Credits

We estimate this course is valid for at least 12 CPD credits. See this webpage about Accreditation <http://wildernessmedicaltraining.co.uk/accreditation-medic-courses>

### Style of the course

This is an *expedition* medical training course and the style of the weekend reflects this; it will be a fun, practical and hands-on team experience. We don't expect you to know much at all about expeditions or mountain living but we do hope you will get fully involved with our encouragement and supervision. We expect up to 18 delegates normally ranging from lay people, medical students, nurses to doctors. The instructors are fun, expert and approachable. We want you to learn as much as possible from this short, intense experience in North Wales. We obviously can't teach you everything about mountain travel and medicine – and it's not a climbing course – but we can give you an exciting insight into this field in a practical, accessible way.

### Outline programme

Please see below for the outline programme. We aim to cover everything listed but the running order may change due to weather or other conditions.

### **Fitness**

You need to be reasonably fit to cope with the training and walking on the hillside. Full mobility is required.

### **What to Bring?**

Factor in your own experience with our list and recommendations:

- socks, underwear, t-shirts etc.
- thermal shirt/fleece jacket
- trekking/hiking trousers (no jeans)
- waterproof jacket and trousers
- gloves/warm hat
- duvet jacket or vest
- water bottle/water bladder
- sun block
- sun glasses
- sun hat
- camera – optional
- head torch
- sleeping bag
- pillow (or use your sleeping bag stuff sack with a jacket stuffed inside)
- rucksack for day hiking
- trekking shoes (running shoes are not adequate and neither are full weight winter climbing boots) – high cut shoes for ankle support are recommended
- ear plugs (for snorers!)
- toiletries, including some Compeed or other blister treatment
- towel
- personal snacks
- compass (if you already have one)
- flask – if you want a hot drink on the hill
- wine for dinner Saturday
- notebook/pen (a manual is provided)
- large bin liner – for stowing your wet gear for the journey home!

We discourage students from spending a lot of money on Gucci kit before a course. You don't need to go to a specialist camping shop to buy foam mattresses, head torches etc. DIY shops and ASDA sell adequate, cheap gear. You will ALWAYS learn about the gear of choice of our instructors during the course.

### **Catering**

All food/meals are provided as well as tea/coffee from Saturday breakfast. The meals will be simple but hearty. We aim to accommodate special diets.

### **Check in time & meeting place Friday night**

Accommodation is available Friday night as we expect most people will arrive then and we meet in a local pub.

**Mountain Medicine teaching team – to be confirmed in the course Welcome Note which is sent out when a booking is made. Normally these are the instructors:**

### **Barry Roberts BSc BEd, WMT Commercial Director**

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. He is formerly a Director of Raleigh International. 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 has written many feature magazine articles, is co-author of [www.stayingaliveoffpiste.com](http://www.stayingaliveoffpiste.com) and a contributing author to the OUP expedition medicine

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handbook. From '04 to '08 he was sponsored by The North Face and has written their European product website copy for the last two years. Expedition highlights include reaching the summit of Mount Everest in May 2004 and in 2006 leading the first winter ascent of the highest mountain in the Arctic (Gunnbjørnsfjeld in Greenland) from which he paraglided off. That expedition nearly ended in tragedy after a polar bear attack but despite this he recently returned to in Greenland in '09 and '10. Barry is a Fellow of the RGS and a Member of the Alpine Club.

### **Recommended reading**

The Oxford Handbook of Expedition and Wilderness Medicine. It is also available as an iPhone app.

### **Availability & booking a place**

Please go to this website course page and follow the BOOK THIS COURSE instructions. <http://wildernessmedicaltraining.co.uk/mountain-medicine-2-day-medic-course-2>. We only take bookings and payment online. There is availability as long as the BOOK THIS COURSE button is displayed so you don't need to check availability with WMT before booking. We only run this course once a year and spaces are limited so we recommend you book in good time. When you book, you receive an auto-email with a link to the pre-course Welcome Note and a payment confirmation.

### **What next? - other WMT courses**

Mountain Medicine is ideally complimented by Expedition Medicine & Field Skills (5 days, Chamonix-summer), Expedition Medicine (5-days, Chamonix-winter) and the Morocco Mountain Medicine Expedition Mt. Toubkal trekking phase (5 days). Please see the website for details and dates.

### **Questions?**

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

We hope you can join us on Mountain Medicine!

Yours sincerely,

Barry Roberts  
Commercial Director  
[wmt@wildernessmedicaltraining.co.uk](mailto:wmt@wildernessmedicaltraining.co.uk)  
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### Mountain Medicine – provisional programme

#### Friday

- 1900 onwards – meet WMT staff in the pub – accommodation provided  
2400 latest arrival

#### Saturday

- 0730 Breakfast  
0830 What is expedition medicine? Course overview.  
Choosing and packing personal equipment  
0900 Mountain navigation theory – maps, grid references, bearings, navigation strategies  
1000 On the hill  
- Medical kits and safety equipment – group shelters, walking rope, blizzard bags  
- Bearings, macro/micro navigation  
- Moving, straightening, lifting of injured casualties and improvised splints  
  
1700 Mountain weather and helicopter safety  
1800 Acute mountain sickness – prevention and treatment. Portable altitude chambers  
1830 Dinner  
2000 Inspirational evening lecture  
2100 Pub

#### Sunday

- 0800 Breakfast  
0830 Avalanche safety  
0900 Thermal injury – hypothermia, frostbite, cold water immersion  
1000 On the hill  
- Security on steep ground – ascent of Y Garn  
- Party leadership  
- Water purification and human waste disposal  
- Radio communications  
- Introduction to use of GPS  
- Safe river crossing  
  
1600 Joining an expedition  
1700 Final questions, close, depart

