

More information about WMT's weekend UK Mountain Medicine course



More information

Mountain Medicine

Thanks for downloading this file about this great weekend course.

When & where? 4-5 June 2011 in North Wales (after which held annually, normally in late spring/early summer)

Fees: £295 (special rate of £250 for nurses, paramedics & undergraduate medical students)

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.

Venue & travel – Snowdon Bunkhouse

<http://www.snowdonhouse.co.uk/bunkhouse.html>

Snowdon Bunkhouse (next to Snowdon House)

Nant Peris
LL55 4UL

The bunkhouse venue is basic, much like a mountain both, but adequate for our needs. (We used it in 2009, it was then upgraded and we used it again in 2010.) The bunkhouse also serves as the

More information about WMT's weekend UK Mountain Medicine course

lecture room. There are two outside toilets and a shower block (with hot showers!). The sleeping quarters are communal and mixed sex. If you've recently been working nights and prefer the privacy of your own tent you are most welcome to bring one. Camping is charged for in addition (£5 per night per person payable directly to the venue). There is no drying room.

The venue is on the A4086, halfway between Capel Curig and Caernarfon.

Map: <http://www.snowdonhouse.co.uk/directions.html> and click on Snowdon House (the Bunkhouse is next door)

For local transportation & buses: <http://www.traveline-cymru.info/> or <http://www.snowdoniagreenkey.co.uk/index2.asp?id=5>

By rail: www.thetrainline.com – the nearest station is Bangor and there are fast trains from Euston (3.5hrs or shorter with no changes). It is 13 miles to Nant Peris from Bangor. There are buses on Fridays but it seems not on Sundays.

By road

Visit the AA's route planner http://www.theaa.com/travelwatch/planner_main.jsp and plug in the post code **LL55 4UL**

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
- a pair of collapsible trekking/hiking poles – bring if you have them but don't buy them if you don't
- 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.

More information about WMT's weekend UK Mountain Medicine 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.

Arriving before or staying to play? http://www.snowdonhouse.co.uk/things_to_do.html

Mountain Medicine teaching team

Dr Jon Dallimore MBBS (London) MSc MCEM MRCGP DCH DRCOG Dip. Mountain Med. FFTM (RCPS Glasgow), WMT Medical Director

Jon has spent more than two years in the field on 25 expeditions as doctor and/or leader. These expeditions have varied from the jungles of Sulawesi, Belize, Thailand and Ecuador to the deserts of Sinai, Namibia and Kenya and to the high mountains of East Africa, the Arctic and the Himalayas. Jon completed the UIAA Diploma in Mountain Medicine in September 2004 and is now a UK executive faculty member. Jon has an MSc in travel medicine, is a member of the RGS medical cell and a contributing author and co-editor of the new Oxford Handbook of Wilderness and Expedition Medicine. In addition to his WMT commitments, Jon has developed a portfolio medical career, working as a specialty doctor in the Emergency Department at Bristol Royal Infirmary, as a part-time GP and as an advisor to six expedition companies. Jon is also a lecturer at Bristol University and advises medical students on their overseas electives and is an ALS and ATLS instructor. Jon is an International Mountain Leader (IML) and a member of the Alpine Club.

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 and a contributing author to the OUP expedition medicine 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 (Gunnbjornsfjeld 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 was co-edited by Dr Jon Dallimore, WMT's Medical Director with contributions from 12 other WMT instructors. It is also available as an iPhone app.

Join the WMT facebook group to connect with fellow students

Please join our facebook group and sign up to this event to connect with fellow students before and after the course. WMT's facebook group url is:

<http://www.facebook.com/group.php?gid=36170466860>

Fees: £295 (special rate of £250 for nurses, paramedics & undergraduate medical students)

Fees includes

- Diverse two-day programme of instruction indoors and out
- A bound set of comprehensive notes

More information about WMT's weekend UK Mountain Medicine course

- All food/teas/coffees
- Two night's bunkhouse accommodation
- Use of group equipment
- VAT at 20%

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 - complimentary WMT courses

Mountain Medicine is ideally complimented by our Medic-series Jungle Medicine course (2 days), 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 or call 01539 823183.

We hope you can join us on Mountain Medicine!

Yours sincerely,

Barry Roberts
Commercial Director
wmt@wildernessmedicaltraining.co.uk
Revised 4th April 2011



More information about WMT's weekend UK Mountain Medicine course



Mountain Medicine – provisional programme

4th-5th June 2011, North Wales

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
- Rope stretchers – practical exercise

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

