



Pre-course Dossier v1 (3/3/17)

Morocco Mountain Medicine Expedition

23 – 29 September 2017

Welcome to the Team!

Style & overview of the course

This note will help you decide to join us and prepare if you do! We're trialling a revised pre-course dossier format – less detail and clear advice with limited options and more information and documents as downloads on the course webpage that is not repeated here.

Updates/news will be emailed with discrete subject headings so you can find them easily.

See the **DOWNLOADS** section on the course webpage to access:

- This dossier
- Participant Declaration
- Morocco 2017 Teaching Team details
- Pre-course reading bundle

<http://wildernessmedicaltraining.co.uk/medics-series-courses/morocco-mountain-medicine-expedition/>

This note tells you **what you need to know, do and pack to prepare**. Please read it now (before emailing your questions).

It's a brilliant week in a special place. Delegates (up to 30) are mainly doctors but OHPs, medical students and laypeople sometimes attend. We are careful to promote this trip as an "expedition". This implies a certain degree of flexibility is needed to cope with any uncertainties. Morocco is a poor country and facilities are basic and unreliable. It is NOT a "tour" which you can dip in or out of or where we can accommodate special requests. If you appreciate this you will enjoy the expedition much more. Think TEAM!

Course structure, content and Toubkal ascent description

Please see the course webpage.

WMT teaching team

Download details of the great teaching team we have lined up from the course webpage.

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Fitness to participate – declaration form

You will be required to submit a “**participant declaration**” form on arrival. Download it from the course webpage now please and contact us immediately if you have anything to disclose such as any serious medical condition or concern. What you might consider a medical condition under control at home might pose different challenges in a remote country with poor medical facilities and no mountain rescue at high altitude. Better to discuss this with us first so we can investigate and advise. This is good governance.

WMT terms & conditions

By booking, you have agreed to our terms and conditions here:

<http://wildernessmedicaltraining.co.uk/terms-and-conditions/> These terms apply even if you wish to cancel or defer your participation due to injury/illness, failure to obtain leave, changes in rotas, failure to obtain a travel visa (if required) or any other reasons.

Inbound flight details & airport transfers to Imlil 23 September – action point

Marrakech (Menara) airport to Imlil group transfers are included Saturday 23 September. Please send us an email (not your flight confirmation documents) with your inbound flight details when you have these; date and time of arrival and full flight code. Use www.skyscanner.net – to search for flights.

Transfers are normally only offered late afternoon/early evening so if you arrive on an early flight, you’ll have to wait or visit the city and return to the airport to meet a WMT transfer at a time we designate (it’s an easy and cheap taxi ride). However, if there are many people (at least a car load) planning to arrive at 09.05 on the Gatwick EZY8895 flight, we’ll consider putting on a transfer then BUT any services (lunch/drinks) at the Kasbah will be at your expense. What we don’t do is sort out individual transfers so some waiting for others to arrive until there’s a van/car load must be expected.

The latest flight we will meet is EZY8897 from Gatwick landing at 20.20. It can take an hour to get through immigration and it will be too late for supper when this group gets to the Kasbah 1.5 hours’ drive away.

Transfers outside of those offered are at your own expense.

A plea!

If we don’t receive your flight details when requested, the default setting is to put you on the last transfer of the day. The most administratively unrewarding task of this trip is sorting out these transfers! Please help make this uncomplicated.

Passport validity & visas

If you have a British, American, Canadian or Irish passport, you don’t need a visa for Morocco but your passport must have six months’ validity remaining when you enter the country. If you have any other passport you should check that you don’t need a visa via this web link: <http://www.wordtravels.com/Travelguide/Countries/Morocco/Visa>

Insurance – action point

Insure this trip now! You must be covered trekking to 4167m. Check if your insurer considers this course a “work” trip which they might not cover. Most “free” travel insurance you get with a credit card do not include “hazardous activities”. WMT will not advance funds or make any financial guarantees on your behalf to facilitate your rescue, medical treatment or repatriation. Any costs we do incur will be re-charged to you.

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Insurers

<http://www.snowcard.co.uk/> UK residents only

Europeans, including Brits, can consider getting insurance through the French Alpine Club http://www.ffcarn.fr/assurance.html#.VNCa_fl_v9U or the Austrian Alpine Club <http://aacuk.org.uk/p-mountain-rescue-search-insurance>.

Fitness

Fitness is vital to being a mountain medic. People who aren't used to walking for five days straight really struggle in Morocco. Don't let it be you. Get active now.

Travel health advice

Visit this webpage for pre-travel medical advice:

<http://www.fitfortravel.nhs.uk/destinations/morocco.htm>. A vaccination certificate is not required.

Changed your email address? Tell us!

Paying the course fee balance

Please promptly pay any balance of course fees when you are requested to via the automated database. You can pay the balance any time – just ask us for an online payment link.

Facebook event

Join this course on FB and use it as a pre-course forum

<https://www.facebook.com/events/415309575468305/>

Accommodation

In true expedition style, you will be accommodated in communal "Berber salons" at the Kasbah (single gender rooms not guaranteed). These are rather plush, comfy rooms, with narrow beds more akin to sofas. You should read this useful page to acquaint yourself with this style of sleeping quarters

<http://www.kasbahdutoubkal.com/accommodation/kas/berbersalon.html>. There is also the popular option to sleep on the many roof terraces under the stars (with mattresses and all bedding/pillows provided of course). Single occupancy, private rooms or rooms for couples cannot be provided. Accommodation in the mountain refuge is more basic but clean and warm. Blankets are provided. A sheet sleeping bag liner is highly recommended.

<http://www.nomadtravel.co.uk/c-169-sleeping-bag-liners.aspx> about £12 for a cotton liner.

In Marrakech we use a traveller's hotel very close to the main souk and you will be in twin or triple en suite rooms for one night (Thursday) after the trek. We do not give you details of this hotel before the expedition because we do not want you contacting our hotel directly and potentially confusing our arrangements with them. We will ask you ON ARRIVAL if you need post-expedition accommodation and will try to sort it then but we can't guarantee this so make your own plans if certainty is important to you.

Meals & special diets

The first meal included in the fee is supper on Saturday. The last meal is breakfast on Friday. Please advise WMT of any special dietary needs but note that vegan diets or gluten free supplies cannot be provided for. The Kasbah says "We cater for vegetarians but the meals may be more limited" (rice, couscous and vegetables). We have little control of meals served

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once we're up the mountain at the mountain refuge. We suggest everyone brings some personal favourite snacks for the mountain phase. All meat served is halal.

Alcohol

Alcohol is NOT available at the Kasbah but they have a "bring your own" policy.

Dress code – around the Kasbah and Marrakech

The dress code is informal. Women – please consider conservative clothes (long sleeves and trousers).

Extra costs – most everything is included in the fee except extra personal drinks and snacks and a taxi from Marrakech back to the airport at the end of the expedition.

What you must bring

- head torch
- socks, pants, t's
- warm hat
- thermal shirt
- fleece jacket
- waterproof jacket and trousers
- gloves
- sun glasses
- sun hat
- water bottle/bladder
- sun block/insect repellent
- insurance details/cash/credit card
- lightweight duvet jacket or vest
- daypack/backpack (20-30 litres)
- trekking shoes or boots (not just trainers)
- sandals
- personal meds, toiletries, ear plugs
- water purification supplies (or buy bottled water/sodas when trekking)
- antiseptic hand gel / wet wipes
- Compeed, foot tape or other blister supplies
- alcohol – optional
- personal snacks
- trekking poles – highly recommended (not allowed in hand luggage)
- sheet sleeping bag liner (not a sleeping bag) – optional but recommended
- documents - proof of insurance/cash/credit card/passport

Towels are provided at the Kasbah and the Marrakech hotel. Washing facilities are very limited at the refuge.

Please follow this list. You really do need a warm hat, gloves and waterproofs! Layers are always better than one bulky garment. The daily temperatures can range widely. You can leave excess belongings at the Kasbah during the trekking phase. You don't need any climbing equipment, sleeping mattresses, tents etc. We don't have access to spare clothing or shops locally. Leave valuables/jewellery at home. If in doubt, leave it out.

CPD credits We estimate this course is valid for at least 15 CPD credits.

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RESEARCH & READING

Pre-course reading

There's a pre-course reading bundle online at the course webpage. Also, the Oxford Handbook of Expedition and Wilderness Medicine 2nd edition is a useful book. It's also available as an iPhone app and Kindle book.

Country background information

Surf the web and check out Lonely Planet

<http://www.lonelyplanet.com/worldguide/destinations/africa/morocco/>. Morocco is a Muslim kingdom which has a bearing on things like dress code, availability of alcohol, judicial and police powers etc.

BMJ & Adventure Medic reviews

To help manage your expectations we encourage you to read these course reviews.

- Dr Alison Evans' BMJ review of her 2007 experience in Morocco with WMT.
<http://careers.bmj.com/careers/advice/view-article.html?id=2151>
- Laura Irwin's and Reza Noori's review of their 2013 experience
<http://www.theadventuremedic.com/courses/wmt-morocco-mountain-medicine-expedition-course/>

Other Morocco contacts

The Kasbah du Toubkal's UK owners run a Marrakech based agency called www.mountain-voyage.com if you want to do other activities.

WMT emergency contact telephone in Morocco

Barry's UK mobile is +44 7967 032930.

Action points:

- Download the participant Contact us with medical concerns
- Sort travel insurance now
- Tell us your inbound flight details
- Get fit!

We look forward to working with you.

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v1 3/3/17

