



## **Pre-course Dossier v1** (14/3/17)

### **All July 2017 courses Nr Windermere, The Lake District**

#### **Course 1**

Expedition Skills 10-16 July  
Expedition Skills (5-day option) 10-14 July  
Expedition Medic 14-16 July

#### **Course 2**

Expedition Skills 24-30 July  
Expedition Medic 28-30 July  
Far From Help 28-30 July

#### **Introduction**

Welcome! This dossier is applicable to ALL the July 2017 Lake District based courses listed above and is essential reading to help you prepare and manage your expectations. It's comprehensive because this is a complicated setup and this answers many FAQs. An ACTION list at the bottom.

See the **DOWNLOADS** section on your course web page to access:

- This dossier
- Participant Declaration
- Pre-course reading bundle (Medic courses only)

#### **Venue – camp site**

Everyone always loves learning in the outdoor setting of our camp alongside a beautiful remote tarn but it is not without its challenges. Toilet facilities are basic (slit latrines) and drinking water is brought in by 4x4 in jerry cans for example. The site is forested, steep and muddy in places and not at all “groomed” like a posh campsite. There is no “hot shower block”. There is a small Victorian boathouse for lectures and a very large dome tent like those used in disaster relief camps and generators to run data projectors but essentially it is an outdoor based course and we are at the mercy of the Lake District weather with no retreat to indoors. Personal camping equipment – tent or hammock/tarp, mattress and sleeping bag – is required but not provided. Please see the ***What you must bring*** list.

As such it is an ideal but rugged place to acquire a useful expedition skill set and to practice “in the field” in preparation for farther flung adventures.

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### **Woodsmoke partners - further information**

Visit Woodsmoke's website for more information about their activities <http://www.woodsmoke.uk.com/> and especially this FAQ page with notes about special dietary needs, alcohol on site, latrines and hygiene and such <http://www.woodsmoke.uk.com/p/v/fag/>.

### **Course structure and content**

Please see the web page for the course/module you are attending for more detail. All teaching on WMT modules starts Saturday morning (not Friday night).

### **The instructional teams**

Nearer the time, we'll post a download with staffing details.

### **Fitness to participate – declaration form**

You will be required to submit a “**participant declaration**” form on arrival (not by email please). [Download it 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 camp. Better to discuss this with us first in confidence so we can investigate and advise. This is to fulfil our duty of care to you and is good governance. Moderate fitness and good mobility is required.

### **WMT terms & conditions**

By booking, you have agree 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.

### **Travel insurance**

We strongly advise all students including non-UK visitors to take out suitable holiday/travel insurance as soon as you have paid a deposit/course fee.

### **Your email address**

Changed your email address? Tell us!

### **White list WMT's email address**

Please add [wmt@wildernessmedicaltraining.co.uk](mailto:wmt@wildernessmedicaltraining.co.uk) to your safe sender “white” list. All pre-course emails are sent from this address.

### **VAT receipts – download now**

A link to your receipt is included in the confirmation auto-email WMT sent to you. Print/download this for your records now as their online availability is time-bound.

### **Names for WMT course certificates**

We use the name you booked under, excluding any titles. If you booked as “Tim” and you'd prefer “Timothy” you need to tell us.

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### **CPD credits**

We estimate that *Expedition Medic* is valid for at least 12 CPD credits.

**Far From Help certificate validity** is for 2 years and includes Prescription Only Medicine (POM) authorisation for this duration.

**Full attendance** of a medical module is required to receive a WMT certificate.

### **Paying the course fee balance**

Please promptly pay any fee balance when you are requested to via WMT's automated database. You can make a balance payment any time – just ask us for an online payment link.

### **WMT course manual/presentations**

Comprehensive manuals are issued for WMT modules but these and PowerPoint presentations are not made available electronically.

### **Meals & special diets**

All food is cooked/prepared in the outdoors so catering for a large group is a challenge. Meals are wholesome and plentiful. Vegetarians and gluten free diets can be accommodated (but please tell us well in advance). For other special needs, please contact us before you book.

All meals and refreshments are included from lunch on Monday to lunch Sunday for full week delegates (or until lunch Friday for course 1, 5-day option participants). Dinner is provided for those arriving Friday at 7pm for WMT weekend modules.

Feel free to bring personal snacks and a stash of your favourite herbal infusion tea bags if you can't do without. Staff make shopping trips to replenish food stocks so it's usually possible for us to pick up something you need but this can't be done on demand. **Alcohol** is not permitted in camp. There are occasional pub visits on foot.

### **Programme**

Flexibility is vital for such an outdoor based course. We reserve the right to chop and change the programme and running order as the conditions dictate. There is always some down time too – to swim, canoe, fish or cosy up to the fire with a brew (bring a guitar!). Please see your course web page for a programme outline but appreciate there is no fixed schedule.

### **Personal equipment & clothing required**

Robust, practical outdoor clothing is essential – think *gardening clothes* as there are no points for style. It can be wet, muddy and cool or hot and sunny. You won't be hiking with your kit so it can be packed in a large duffel bag (no roller luggage please!). Camp life revolves around a roaring campfire so DON'T bring your best Gore-Tex jacket as sparks can fly. You must be properly equipped on arrival as we do not have spare kit or clothing or time/resources to take you shopping. There is no

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requirement for any smart clothes. Look at the [BBC Lake District mountain weather forecast](#) before you pack and travel.

### What you must bring

- head torch
- socks, pants, t's, sports bra
- warm hat
- thermal shirt
- fleece jacket /wooly jumper
- waterproof jacket and trousers
- trekking trousers / combat pants (no jeans)
- shorts
- swim suit
- gloves
- sun glasses
- sun hat
- water bottle/bladder
- sun block/insect repellent
- cash/credit card
- notebook & pencils
- lightweight duvet jacket or vest
- small daypack/backpack (20-30 litres) for keeping daily essentials to hand
- Wellington boots / trekking shoes or boots / old campfire trainers / sandals
- personal meds, toiletries, towel, ear plugs
- antiseptic hand gel / wet wipes
- basic personal first aid supplies
- personal snacks
- kitchenware – plate, bowl, cup and knife/fork/spoon or Spork, insulated travel mug
- 3-season synthetic sleeping bag
- personal tent or hammock/mosquito net and tarp
- camping mattress
- Ziploc bags & large bin bags (to keep kit dry or to pack wet kit for taking home)

Leave valuables/electronics/jewellery at home. If in doubt, leave it out.

**Please note:** you do not need to bring your own knives or any other cutting tools. You will be loaned such tools if required.

### Arriving from overseas by air?

Manchester airport is the closest international airport and has a direct train link to Windermere. See [www.thetrainline.co.uk](http://www.thetrainline.co.uk) Please consult us for further travel advice.

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### Contact other delegates via Facebook

All the course options for July in the Lake District are listed on WMT's FB events page but we suggest you sign up only to the *Expedition Skills – for Medics* event so you see all postings (from all weekend WMT delegates and all full course students)

**Course 1** <https://www.facebook.com/events/773739862774335/>

**Course 2** <https://www.facebook.com/events/749813215173596/>

### Ride sharing

Go green and try to share rides if you are driving. Contact other students via Facebook if you can offer a ride or need one.

### Pre-course reading

There's a pre-course reading bundle online at the Medic course web pages. The Oxford Handbook of Expedition and Wilderness Medicine 2<sup>nd</sup> edition is a useful book for everybody (also available as an app and e-book).

### Your inbound & outbound travel – please read this carefully!

Due to the logistical constraints of the 4x4 track and camp location it is not possible for us to collect or drive people out of camp at random hours. Your punctuality is imperative (and appreciated).

Many students arriving on past weekend only modules have grossly underestimate the time it takes to drive from down south to Windermere on a Friday night. Be realistic and don't stress! Better to book a B&B Friday night (or doss down in a field!) and join us fresh in the morning. If you are late Friday night, we'll ask you to walk to/park at the pub and we'll join you later with the delegates for a drink and take you to camp when the pub closes. Head torches at the ready! Our hard-working team needs a break and food too.

We only ask for your travel plans in advance if you won't arrive on a weekend module in time for dinner at 7pm so we don't cook for you (remember – it's a field kitchen so we don't want to cook more than is necessary). Otherwise we assume you'll be at one of the meeting points so it is YOUR responsibility to be on time and if you are going to be late, to contact us in good time by text only. You can expect a text reply but it won't be immediate if teaching is going on.

Camping at our site is not possible outside of the course dates.

### Arrival options for either 7-day course and course one 5-day option

**By vehicle:** meet 12.00 Monday at the Cuckoo Brow Inn, Far Sawrey

Look for us! Our staff will be in the garden or in the bar (if it is raining) and will show you where to park your car for the duration. The grid reference for this meeting point is 379955 on map sheet OL7 (1:25,000 Explorer) South East Lakes. For satnav/AA route planner, the Cuckoo Brow postcode is **LA22 0LQ**.

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**On foot:** meet 12.00 Monday at the ferry drop off – west side of the lake (having crossed as a foot passenger from Bowness).

The nearest train station is Windermere and Ferry Nab, Bowness is a short taxi ride, bus journey or 30-minute walk away. Use FB to organise train times to arrive with others and share a taxi.

### **Arrival options for only the WMT weekend modules**

**By vehicle:** meet 6pm Friday at the Cuckoo Brow Inn, Far Sawrey

**On foot:** meet 6pm Friday at the ferry drop off – west side of the lake (having crossed as a foot passenger from Ferry Nab, Bowness).

**Saturday:** meet 8am Saturday, at the Cuckoo Brow Inn, Far Sawrey.

We will pick you up from these locations as close to the times as possible. Wait – don't wander off please!

Delegate car parking near the Cuckoo Brow is off the main road at a private farm. It is reasonably secure and no charge but entirely at your own risk. Don't leave valuables in your car.

### **Departure**

We only have 4x4 vehicle space for luggage for a mass exodus from camp and delegates walk (20-30 minutes) to the road and car park. From here there are normally enough delegate cars leaving to help with shuttling those on foot to the train station or beyond via the ferry. It can take an hour or more to drive to Windermere station on a fine summer's day if there is a lot of holiday traffic on the ferry. If so, it's faster to drive around the lake via Ambleside.

Course one 5-day option: you will leave camp at 5.30pm on Friday

All others: you will leave camp at 4pm on Sunday

**We strongly advise you only book flexible train tickets due to likely traffic delays and ferry queues beyond our control.**

### **Ferry information**

Ferry Nab, Bowness, signposted Ferry to Hawkshead and Far Sawrey. Cars cost £4.40 and foot passengers 50p. <https://www.cumbria.gov.uk/roads-transport/highways-pavements/windermereferry.asp>

The ferry departs every 30 minutes. Once across the lake, follow the road uphill for just over one mile, and as you begin to descend the hill, the '[Cuckoo Brow Inn](#)' is on your right.

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**Local information** - <http://www.golakes.co.uk/>

Windermere (and train station) isn't actually on Lake Windermere but the tourist hub of *Bowness on Windermere* is, a mile or so down the road.

### **For problems on the day of travel?**

Please text Ben McNutt on 07703 002769 (or Barry Roberts on 07967 032930 if you can't reach Ben). Don't EMAIL. We're in the woods! Include your name in the text.

### **Questions?**

Please direct questions by email to WMT (not Woodsmoke or on FB which can go unnoticed) when you've digested this note. It's only me in the office so if the information you seek is in this document or on the WMT website you're unlikely to receive a reply. Sorry!

### **Action points:**

- Download the *participant declaration* & contact us now with medical concerns. Bring the completed form with you. (No form – no participation.)
- Arrange travel/cancellation insurance
- Advise us now re: special diets (including vegetarian and gluten free)
- Plan your travel. Attending a weekend WMT module only and not arriving by 7pm Friday for dinner? Please tell us.

We look forward to working with you.

Barry Roberts

Commercial Director

Wilderness Medical Training

w: [www.wildernessmedicaltraining.co.uk](http://www.wildernessmedicaltraining.co.uk)

