



## **Pre-course Dossier v1 (20/3/17)**

### **Expedition Medic, Grasmere**

#### **9-11 June 2017**

##### **Introduction**

Welcome! This dossier is essential reading at your earliest convenience to help you prepare and manage your expectations. An ACTION list at the bottom. This is an *expedition* medical training course with a jungle/tropical and mountain theme and the style of the weekend reflects this; it will be a fun, practical and hands on team experience. We expect up to 20 delegates normally including medical students, nurses and doctors of all grades.

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

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

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

You need to be fully able bodied and capable of walking 10-15km in the hills to attend this course. Delegates are 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 controlled medical condition at home might pose different challenges in the hills on a bad weather day. This is to fulfil our duty of care to you and is good governance.

##### **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.

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### **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.

### **CPD credits**

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

**Full attendance** is required to receive a WMT certificate.

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

A comprehensive manual is issued on the course. The manual and PowerPoint presentations are not made available in advance or electronically – sorry!

### **Venue & travel advice**

The course is based at the splendid **Grasmere Hostel** (Broadrayne Farm) just outside of Grasmere Village in the Lake District.

**Directions** - from this hostel website page <https://grasmerehostel.co.uk/contact>

### **Sat Nav**

Grid Ref: NY 336 094 for Sat Nav - postcode is LA22 9RU (please note that there are several properties with the same postcode within 100 metres of the hostel). There is a reasonable amount of parking at the hostel but car sharing is encouraged.

### **Driving from the South**

Leave the M6 at junction 36. Travel through Windermere and Ambleside and past Grasmere right to our driveway. We are just over 1 mile north of Grasmere village, on the main A591. We are 400 yards north of the Traveller's Rest pub (park here if you can't at the hostel), just past a bend in the road. The farm is on the right going north and is sign-posted on the roadside at the bottom of our drive (both to Broadrayne Farm and to Grasmere Hostel).

### **Driving from the North**

Leave the M6 at junction 40. Travel west along the A66 to Threlkeld, turn left onto the B5322 and travel south until you reach the A591. Turn left towards Windermere, travel past the Kings Head Hotel and Thirlmere Lake. We are at the bottom of the

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long hill that brings you down into Grasmere valley. Turn left into our driveway immediately before the large road sign that says double bend.

### Trains, Buses & Coaches, Air

**Rail** - There is main line service from London, Manchester, Birmingham, Glasgow, and Edinburgh to Oxenholme (The Lake District), with connecting services to Windermere. See [www.thetrainline.co.uk](http://www.thetrainline.co.uk)

**Bus** - Stagecoach buses operate from Windermere rail station. The 555 service drops you off nearly at our door. The 556 & 599 terminate in Grasmere village.

**Coach** - National Express operate a daily coach service (570) from London, Milton Keynes, Coventry & Birmingham to Grasmere

**Air** – Manchester airport has good train services to Windermere

See also this hostel page for FAQs <https://grasmerehostel.co.uk/faq>

To avoid any confusion, we ask that you don't contact the hostel directly. The hostel owner (Dave) lives on site and runs a tight ship (hence the standard of the hostel). Arriving early (before 6pm), bringing dogs, inconsiderate parking are some of his hot buttons!

### Arrival & departure

Accommodation is included Friday night and the **earliest arrival is 6pm on Friday**. We will email a door code a few days before the course. Please arrive by midnight at latest and if this isn't possible, arrive Saturday morning by 8.30 (you need to make a lunch). Please tell us if you will be arriving Saturday. Most likely students will be in the nearest pub on Friday night – the Traveller's Rest.

No meal or formal meet and greet is arranged Friday night to allow students to trickle in. **We'll kick off the course formally at 9am Saturday**. You will be free to depart by **4pm on Sunday** when we must vacate the hostel. Please make your travel plans accordingly. If you have a train to catch home, there's almost certainly going to be other students in cars who can drive you to the Windermere train station to save you waiting for a bus or pre-booking a taxi. This can be easily arranged on the weekend or in advance via Facebook (see below).

### Warning

THIS IS ALSO THE WEEKEND OF THE GREAT NORTH SWIM SO ALLOW A GENEROUS AMOUNT OF TRAVEL TIME IF ARRIVING FROM THE SOUTH VIA AMBLESIDE SATURDAY MORNING. ONLY BOOK A FLEXIBLE TRAIN TICKET.

### Meals & special diets

Food is included from breakfast Saturday to lunch Sunday. Help yourself to brews anytime. Breakfast is serve yourself after which the ingredients are laid out for

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students to make their own packed lunch. Dinner is prepared together and is wholesome and plentiful. Any help cleaning up and washing up is appreciated. 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. Telling us on the day that you can't eat xxxxx after we have already shopped is not helpful! You are welcome to use the kitchen Friday night. Feel free to bring personal snacks and a stash of your favourite herbal infusion caffeine free organic tea bags if you can't do without.

### **Accommodation**

There are shared rooms of various sizes, including bunk beds. We can't guarantee single sex rooms as this depends on the final make up of genders but we'll do our best to avoid this. Please let us know if you have friends/colleagues you'd prefer to room with (or not!) and we'll do our best to accommodate such requests. See the hostel website for photos of the rooms. We'll put a rooming list on each bedroom door on arrival so you know what room you've been assigned. Please adhere to this as rooms/beds are not randomly assigned!

### **Programme & course content**

Normally Saturday is spent high in the fells and teaching is mountain themed and Sunday is spent closer to the hostel and forest/jungle themed but flexibility is vital for a course that is largely outdoor based. We reserve the right to chop and change the programme and running order as the conditions dictate. Please see the course web page for a content outline but appreciate there is no fixed schedule.

### **What to bring?**

There will be a substantial outdoor element to the course and no easy retreat to indoor facilities (or spare gear to borrow). Please bring adequate warm, wet weather clothing and suitable footwear. Factor in your own experience with our list and recommendations and the weather forecast on the weekend. All bedding/linen is provided (and the hostel forbids bringing in personal linen/sleeping bags). Check the weather before packing! A towel is NOT provided. You can rent one from the hostel if required. The hostel has a drying room.

### **Equipment & clothing required**

- thermal shirt/fleece jacket
- trekking/hiking trousers/leggings (no jeans or cotton shirts on the hill)
- waterproof jacket and trousers
- gloves/warm hat
- water bottle/water bladder
- head torch
- small rucksack for day hiking (not practical to share daypacks)
- 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

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- personal snacks
- compass/GPS (if you already have them and want to practice with your own kit)
- flask – if you want a hot drink on the hill
- large bin liner – for stowing any wet gear for the journey home
- cash for the pub
- For fire lighting, don't wear your nice Gore-tex jacket! Bring a "gardening" jacket/trousers

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

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.

### **Connecting with other delegates via WMT's Facebook page**

The best (and only) way to contact other delegates is via this Facebook link

<https://www.facebook.com/events/259325931179211/>

Please use this facility to ride share or maybe hook up with other delegates who may be arriving early or staying to explore the area.

### **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 on the course web page. The Oxford Handbook of Expedition and Wilderness Medicine 2<sup>nd</sup> edition is a useful book (also available as an app and e-book).

### **Teaching team**

**Dr Harvey Pynn** MA FCEM DMM (UIAA) DMCC DTM&H, WMT Medical Director

Harvey is a Consultant in Emergency Medicine at Bristol Royal Infirmary and an Honorary Consultant in Pre-Hospital Emergency Care with Great Western Air Ambulance. He has undertaken several operational tours across the Middle East whilst serving in the Armed Forces. Harvey has completed more than 10 expeditions worldwide – mainly in mountain and jungle areas (both as leader and doctor). He holds the Mountain Leader award and is an ALS, APLS and BATLS Instructor. Harvey has interests in trauma, environmental and tropical medicine and has completed the diplomas in mountain medicine and medical care of catastrophes. He completed the diploma in tropical medicine in London in 2011. Amongst his many publications, Harvey recently edited a chapter in the Oxford Handbook of Expedition and Wilderness Medicine. On the expedition front, in April 2010 Harvey completed the gruelling Marathon de Sables in Morocco for the charity Mencap and more recently took part in a medical research expedition to the Cordillera Real of the Bolivian Andes. Harvey was appointed WMT Medical Director in August 2013 after 10 years of teaching, developing and directing WMT courses.

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

Baz has maintained a long-standing interest in adventure and wilderness medicine since ski patrolling, climbing and leading canoe expeditions in Canada starting at 15. As a co-founder of WMT and has taught WMT courses for 25+ years. He was a Director of Raleigh International and has 25+ diverse international expeditions under his belt, mostly as the leader, mainly to the mountains in East Africa, the Greater Ranges and Greenland. He is an advanced diver, paraglider pilot, skydiver (now retired), a qualified Day Skipper, ski instructor and ski mountaineer. He is the co-author of *Staying Alive Off-piste*, a contributing author to the OUP expedition medicine handbook (3 chapters) and author of many adventure magazine features. From '04 to '08 he was sponsored by The North Face. Expedition highlights include attempting Everest and the first winter ascent of the highest mountain in the Arctic (Gunnbjornsfjeld in Greenland) from which he paraglided off. His last big overseas trip was in Oct. '16 when he returned to Bir, India to paraglide along the southern fringe of the Himalaya flying with vultures and eagles.

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

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

Please text Barry Roberts on 07967 032930. Don't EMAIL. Include your name in the text. If you don't get a reply, we didn't get your text!

### **Questions?**

Please direct questions by email to WMT 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. Please tell us if you DO NOT plan to arrive Friday night.
- Let me know any roommate preferences

We look forward to working with you.

Barry Roberts

Commercial Director

Wilderness Medical Training

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

