



## **Pre-course Dossier v2 (updated 24/4/18)**

### **Morocco Mountain Medicine Expedition**

**29 September – 5 October 2018**

Welcome to the Team!

Updated information is in RED.

#### **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 2018 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 that 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. If you have nothing to declare in advance, please do not send us your form.

### **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.

### **Inbound flight details & airport transfers to Imlil 29 September – action point**

Afternoon/early evening Marrakesh (Menara) airport to Imlil group transfers are included Saturday 29 September. Use [www.skyscanner.net](http://www.skyscanner.net) – to search for flights.

If you arrive early, 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). Our transfers do not meet every inbound flight delegates are on so some waiting for others to arrive until there’s a van/car load must be expected. You are not invited to arrive early at the Kasbah under your own transfer arrangements.

The **latest flight we will meet is EZY8891 from Manchester landing at 20.15**. 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.

### **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. <http://www.snowcard.co.uk/> for UK residents only are reputable but be sure any policy covers your personal needs.

### **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.

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### **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.

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

Please promptly pay any balance of course fees when you are requested to via the automated database. You can also 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/1923613581281987/>

### **Accommodation**

In true expedition style, you will be accommodated in communal “Berber salons” at the Kasbah (single gender rooms not guaranteed). These are 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 Marrakesh 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 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** is NOT available at the Kasbah but they have a “bring your own” policy.

### **Dress code – around the Kasbah and Marrakesh**

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 on the trail, drinks in Marrakesh and your taxi from Marrakesh back to the airport at the end of the expedition.

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### 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 / flip flops
- 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 Marrakesh hotel. Washing facilities are very limited at the refuge – bring wet wipes. 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.

### Charity project – bring used children's winter clothing

In 2017 we asked delegates to bring good quality, clean children's winter clothes to donate to the local community. Winters are harsh in the Atlas Mountains. We amassed about 60kg of donations which was extremely well received. Please join us this year in doing the same.

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

### 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 2<sup>nd</sup> 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

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Muslim kingdom which has a bearing on things like dress code, availability of alcohol, judicial and police powers etc. To help manage your expectations we encourage you to read 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 Marrakesh based agency called [www.mountain-voyage.com](http://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.

**Changed your email address? Tell us!**

### **Action points:**

- Download the participant declaration & contact us now with medical concerns
- Sort travel insurance now
- Tell us your inbound flight details as soon as you've booked flights
- Get fit!

We look forward to working with you.

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