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***Expedition Medic* programme 14– 15 July 2018, Windermere (3/7/18)**

Teaching team: DG - Duncan Gray, CV - Charlotte Verney, BR – Barry Roberts, WH – Wild Human

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| **Timings** |   | **Instructors** |
|  | **Saturday** |   |
| 9.00 - 9.15 | Welcome & staff introductions | BR |
| 9.15 – 10.00 | Bench marking exercise  | ALL |
| 10.00 - 10.45 | Expedition medical planning | CV |
| 10.45 - 11.15 | Pain management in the wilderness – discuss over coffee/tea | CV |
| 11.15 – 12.15 | Environmental injury – heat, cold, freezing | DG |
| 12.15 - 1.00 | Lunch |   |
| 1.00 - 3.00 | GPS & SOS trackers / Jungle living **OR** WH master class | BR / WH |
| 3.00 | Break |  |
| 3.30 – 4.15 | Tropical problems | CV |
| 4.15 – 5.00 | Altitude illness & PAC | CV/DG |
|  | Evening seminar to be confirmed |   |
|  |  **Sunday** (strike personal tents & pack up before classes start) |   |
| 8.45 – 9.30 | Medical kit discussion  | DG |
| 9.30 – 12.00 | 3 session rota - wilderness orthopaedics / trauma / rope work |  |
| 12.00 – 12.45 | Lunch |   |
| 12.45 – 2.00 | Rota continued | ALL |
| 2.00 - 2.45 | Life as an expedition medic – insight talk | CV |
| 2.45 | Break |  |
| 3.00 - 3.15 | So you wanna be an expedition medic? | ALL |
| 3.15- 4.00 | Final questions, evaluation, certificates, close, depart camp 4pm | ALL |