

WMT Morocco 2018 Programme

Teaching team; Barry Roberts (Expedition Leader), Dr Duncan Gray (Expedition doctor), Nigel Williams (Safety consultant, MIC, IML), Instructor Dr Charlotte Verney

Sunday – 9am start in the conference room (casual dress)

- Intro welcome, who's who and what's happening – Barry
- Polar Academy - expedition planning case - Nigel
- Altitude illness - Charlotte
- Navigation - Nigel

Lunch at Kasbah – change into trekking clothes/shoes

PM – acclimatisation trek - **SET 1** of outdoor training sessions

Return Kasbah - break – hammam

Pre-dinner lecture: Tropical medicine overview - Charlotte

Evening insight lecture – Duncan and/or Barry

Monday – 8.30 start – dressed & packed for trekking

2nd acclimatisation trek (picnic lunch) - group task in Imlil

Return Kasbah - Set 2 of outdoor training sessions

Break – hammam

Pre-dinner lecture: Environmental injury - heat, hypothermia & frostbite - Duncan

Evening insight lecture: Charlotte

Outdoor training sessions

SET 1

- Trauma assessment & donut / basic fracture management - Charlotte/Duncan
- Navigation - Nigel
- Security on steep ground - Baz

SET 2

- Advanced fracture management (Kendrick, pelvic binder) - Duncan/Charlotte
- River crossing/radios/personal kit/packing & waterproofing, trekking poles - Nigel
- Using GPS - Baz

Tuesday – Wednesday: ascend to Refuge Mouflon, climb Toubkal / **refuge workshops/case discussions:** medical kits, primary care, women's health at altitude, mental health, mountain leader training, heuristics, end of expedition quiz!

Thursday return to Imlil for lunch, depart for Marrakesh, end of course dinner, farewells and close.
Friday breakfast - last meal included.