



Mountain Medicine on Skis - Chamonix

3rd – 7th February and 3rd – 7th March 2019

Pre-trip Dossier – v1 (26/08/18)

Welcome to this exciting course set in Europe's premier skiing playground. This note will help you prepare or answer your questions if you are thinking about joining us. Please read this at the earliest opportunity and note the **ACTION POINTS**. This is not a ski holiday or an ordinary course and the devil is in the detail in making this formula work and delegates arriving prepared as we've asked.

Be sure to check the website for details that are not included or repeated here especially about the ski standard required. <http://wildernessmedicaltraining.co.uk/medics-series-courses/mountain-med-on-skis/> and this special FAQs newsletter <http://eepurl.com/-0Q25>

Not booked yet?

If you have not already signed up for the course, always see the website for the latest information, places available and to book and pay securely online. Registered delegates will be kept up to date directly by email.

Course structure – applies to both courses

Saturday – 5pm earliest group accommodation available, arrive in time to sort personal hire equipment

Sunday – ski day 1, early evening formal meet and greet and course kick off and 1st medical lecture

Monday - Thursday – ski days 2-5, medical tuition on slope each day, evening tutorials Mon-Weds.

Thursday – final course day that concludes 5pm. (6pm earliest realistic departure from Chamonix if returning home - for flights no earlier than 9pm)

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Saturday – depart group accommodation (normally by 10am latest)

Budgeting

The course fee covers instruction, some equipment on loan (not skis), medical tuition and 2 course books (WMT's Medic manual and Staying Alive Offpiste).

So, you'll also need to budget for:

- Accommodation
- Food, beers, drinks/snacks
- Ski equipment rental
- Ski passes (cheapest using the Rapid Card)
- Travel insurance
- Flights/baggage and airport transfers

TRAVEL

Where to start? www.chamonix.com is a fantastic website for local information including pictures, webcams and more. www.chamonix.net is better for info about getting to Geneva and Chamonix, flight options from anywhere in the world, airport transfers and more. *You need to fly into Geneva, Switzerland.*

Some scheduled UK flights to Geneva

- use www.skyscanner.net to search for you!
- Easyjet www.easyjet.com
- BMI Baby www.bmibaby.com
- Jet2 www.jet2.com
- British Airways www.ba.com
- Swiss Air www.swiss.com

Visas

Full British, Irish or other EU passport holders don't need a visa for Switzerland and/or France. Other passport holders should check.

Geneva Airport – Chamonix transfers

CVT - Chamonix Valley Transfers – is our local partner. They've created a dedicated WMT branded booking page so use this link to book (and then they know you're a WMT client). Prices may vary depending on the time of day of your pick up and how late you leave it to book. <http://wilderness.cvt.ski/transfers/> We suggest booking transfers only when we've confirmed your accommodation details/address. They run a door to door service.

Shared apartment accommodation Saturday to Saturday

We propose to put you in shared town centre shared apartments with others on the course – or one chalet if we can find one big enough and cost effective (quite difficult). We know this works well.

You will most likely need to share a room (we aim for same gender only) and bathrooms. The latest to book might get a sofa bed in the lounge! You should budget £200 to £250 for this accommodation. We'll book the accommodation for 7 nights as most people usually make a week out of their visit. Accommodation is normally available from 5pm

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and departure is normally by 10am. Bear these timings in mind for flights as early check in and late check/left luggage can't be counted on. The cost of the accommodation is divided equally amongst everyone regardless of the number of nights you are staying (otherwise it gets very complicated). You can eat it or out. Sometimes the group orders in pizzas to eat during the evening lecture.

If you do not want to participate in the group accommodation, this course probably isn't for you and you should discuss your needs with WMT's Barry Roberts BEFORE you book and pay – call +44 7967032930.

RESOURCES & USEFUL ADVICE

Here's a handy town & valley map

<http://www.chamonix.com/pdf/planVille.pdf>

Other maps here including excellent virtual tours:

<http://www.chamonix.com/maps,14,en.html>

Insurance

Make sure you are properly insured for guided on and off piste skiing including glacier skiing. Bring your EHIC (European Health Insurance Card) with you, if applicable to your country of residence. Beware that the BMC (British Mountaineering Council) will consider this a "work" trip if you are being subsidised in any way or counting towards CPD and they won't insure you. "Free" travel insurance from a bank or credit card often excludes snow sports, especially off piste skiing. Tell your insurers you will be doing off piste glacier skiing with an IFMGA guide. We will ask for your insurance details on arrival. WMT will not advance funds to rescue you or for medical treatment. **Get insurance now** in case you must withdraw from the course for an insurable reason (as 2 people did in 2017 and 1 in 2018). Here's the link to WMT's terms and conditions which you have agreed to, including for cancellation.

<http://wildernessmedicaltraining.co.uk/terms-and-conditions/>

Snowcard insurers

<http://www.snowcard.co.uk/> UK residents only – Snowcard WILL insure our medics to come on this course even if you are being funded – they consider this non-manual business travel – best to speak to them about your specific needs, cancellation cover required, duration of travel etc. **Tel. 01295 660836.**

KIT LIST

General advice:

- Pack as you would for a normal ski holiday or ski touring trip. Apply your own experience. Please ask questions if you're uncertain or are going to "splash the cash" to get new gear!
- Dress in layers. A thick "Spyder-type" ski jacket is not a flexible garment and NOT suitable for this course.
- Follow out kit list and advice! If unsure – ask.
- See our new GEAR GUIDE on the website under KNOWLEDGE
<http://wildernessmedicaltraining.co.uk/gear-guide/>

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You will need:

- balaclava/warm hat
- ski helmet – very strongly recommended
- thermals/fleece layers/ski socks
- **ski pants and jacket/shell** (preferably hooded)
- ski gloves and/or mitts, thin liner gloves
- sun glasses & **ski goggles**
- sun block
- ski pack – 20 to 30L **rucksack***

These items in red are the ones that delegates frequently get wrong or don't bring/normally use. Consult our Gear Guide then ask if still not sure.

You will also need to bring or rent:

- ski boots
- skis
- poles (ideally with fat baskets which are better in powder and loose off piste snow)

These items will be loaned to you as required – you are welcome to bring your own if you have them:

- avalanche transceiver, shovel, probe

* Everyday you will need to ski with water, snacks, goggles and spare clothes as a minimum. Some days you may also need skins, crampons, an ice axe, shovel etc. Therefore, a proper ski pack is required. Choose a pack that you can lash skis on the back of, has compression straps for tightening the load, a comfortable, secure waist belt and shoulder straps and a chest strap. Any decent shop that sells skis should be able to advise you. Basically, you need a pack suitable for a ski mountaineering day tour. You cannot share a pack with your mate/boy-girl friend.

See our new GEAR GUIDE online <http://wildernessmedicaltraining.co.uk/gear-guide/>

Really important advice - what skis to use?

We strongly recommend skiing in downhill boots and skis for the majority of the course – NOT in ski touring equipment. Ski touring kit is generally lighter and softer and therefore not suitable (or designed) for piste skiing when snow conditions can be hard. You will progress further if you heed this advice. We may only be on touring skis for one day of the course so it is cheaper to rent touring kit for a day than pay to fly it out. Our ski shop partners have excellent, new Salomon skis with Dynafit pin bindings. If you plan to invest in new equipment, the first item should be downhill ski boots. Get them custom fitted and buy them in resort so you can get them tweaked after each day of skiing until they fit just right. Book an appointment in advance. We recommend

<http://www.thebootroom.fr/eng/Home.html>

Skis & ski hire

Please only use **Chamonix Ski** to rent downhill skis and boots. Their shop is in the same building where the course instructors live and the course vehicles are parked so it makes it easy to help you change/return skis and we know the owner Alex well. If you plan to bring your own downhill skis, they should be reasonably new (less than 5 years).

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Better to rent new, modern skis than spend a fortune on baggage charges to bring out your old planks.

Check Chamonix Ski prices online but EMAIL them directly in good time to reserve kit for the best price. <http://www.chamonixski.com/index.php> If you book online, they have to pay a commission to the website so can't offer you the best price.

Do a dummy booking on their website to see the ski pack options and info required and EMAIL this to Alex with your dates/timings with your complete details and tell him you're on a WMT course. contact@chamonixski.com mobile tel +33 (0)6 74 19 44 73

If for some reason you're tempted to rent from another shop – please don't! You will have to sort out problems on your own and changing them if you don't like them etc.

WMT will provisionally reserve **touring skis** for you at another partner shop because Chamonix Ski doesn't rent touring skis (normally for day 5 only). We will ask for your boot size and ski length before the course. You pay for the hire of the skis on the day.

Ski Stations

There are 4 main lift stations in the Chamonix Valley. Most of the main skiing is higher, above 2000m. **Brevent** is above town and linked to **Flegere** (2 km up the valley).

Grands Montets is 8 km up the valley and is the largest station, with access to a lot of off piste skiing and glacier skiing. **Le Tour/Domain de Balme** is furthest away (10 km) and fabulous (but under rated) for off piste and access to some great short ski tours.

Les Houches is *down* the valley 4 km and is not included in the **Chamonix Le Pass** (but included in the **Mont Blanc Pass**) which is the domain most likely to be open during severe weather and high avalanche risk. We normally also ski in Courmayeur (Italy) and Megeve, especially if lifts are shut in Chamonix due to bad weather.

Lift passes & the Chamonix Rapid Card – action point

The ski pass options in the Chamonix area are complicated so, without trying to explain why, we ask that each delegate buys the **Chamonix Rapid Card**. This is a pay as you go smart card that gives you discounts and every 8th day free so if you might be doing more than one trip to Chamonix this year it'll be worth it in terms of cost saving.

It costs 50 Euro to buy the card and the main advantage is that nobody will be queuing for lift passes each day so EVERYONE must have a card. The rapid card is valid everywhere mentioned above except in Italy, where you will need to buy a day pass. **Do not** buy the card before December 2018 (that only buys you a card valid this year). Buy it between 1st December and 21st December when the registration fee is only €25. I will email out a reminder at this time.

It takes a few weeks to process the Rapid Card and for you to receive your hands-free card in the post so don't leave it to the last minute. Sign up for the card here [https://www.montblanrapidcard.com/en/forfait-ski/adhesion-rapidcard-1454/?sk\[1\]\[age\]=35](https://www.montblanrapidcard.com/en/forfait-ski/adhesion-rapidcard-1454/?sk[1][age]=35) It only takes one person to not get the card (or leave it too late) to keep everyone else waiting each day. Please don't let it be you!

Helmets are highly recommended for piste and off piste skiing. Fewer people ski with a helmet when ski touring but this is becoming more common.

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Get fit

<http://www.skiclub.co.uk/skiclub/infoandadvice/category.aspx?categoryID=11#.VJNZzXA>

Some previous course delegates will admit they weren't fit enough to get the most out of WMT's most physically demanding course.

CPD credits

For medics, we estimate this course is valid for at least 12 CPD credits. For more information on CPD please consult this webpage

<http://wildernessmedicaltraining.co.uk/accreditation-medical-courses>

Balance payments are due promptly 8 weeks before the course please. We will send you an email link to pay online via a secure payment page.

Communicating with other course delegates

See who else is going and chat about pre-trip fitness, ski gear, life!

February course

March course

Weather and Snow Reports - www.chamonix.com

ACTION POINTS

- buy the RAPIDCARD online between 1st-21st December
- sort travel insurance

I hope this satisfies most of your queries. Please email any questions any time. You can expect periodic email updates. We hope you are looking forward to the course and we look forward to skiing with you.

All the very best,

Barry Roberts

WMT Commercial Director

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TEACHING TEAMS Winter 2019 courses

February & March

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 he has managed and 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, including 3 major ski touring expeditions. 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 a brand ambassador for The North Face. Expedition highlights include climbing Everest and the first winter ascent of the highest mountain in the Arctic (Gunnsbjornsfjeld in Greenland) which he skied up and paraglided off.

Luc Bellon – UIAGM Mountain Guide

Luc is French and an internationally qualified high mountain guide (IFMGA) and ski instructor with an extensive background in mountain rescue as a former mountain policeman with the PGHM. He has worked extensively with Barry Roberts running ski courses and corporate events in Chamonix and he has supported WMT's Chamonix courses in summer and winter for the past 9 years.

February course medical instructor

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

Harvey is a Consultant in Emergency Medicine at Bristol Royal Infirmary and an Honorary Consultant and clinical governance lead in Pre-Hospital Emergency Care with Great Western Air Ambulance. He has undertaken several operational tours across the world 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 MOET Instructor. Harvey has particular 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 authored a paper with guidelines for expedition medics with the Faculty of Pre-hospital care at the Royal College of Surgeons of Edinburgh. He is a contributing author to the 2nd Ed of the Oxford Handbook in Expedition and Wilderness medicine. Harvey medically advises Nord Anglia education in their international outdoor education programme. He is the educational supervisor for several expedition medicine clinical fellows in Bristol and supervises a popular SSM for Bristol medical students learning about wilderness medicine. On the expedition front, in

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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.

March course medical instructor

Dr Charlotte Verney MBChB, BSc, MRCEM, MRCA, DiMM

Charlotte is an anaesthetic trainee, currently working as a Clinical Teaching Fellow, and previously was an emergency medicine trainee. Following her second foundation year, Charlotte took a year out to follow her dream of becoming an expedition doctor. She travelled to South Africa, Lesotho and Nepal working with both charity and commercial groups. Since then she has worked as the expedition doctor in Tanzania, Iceland and Uganda and gained the Diploma in Mountain Medicine (in Nepal), whilst continuing her medical training. She has also worked on large scale UK sports events including the London Triathlon, and a charity cycle from John O'Groats to Land's End, which she completed on her own bike a few years previously. Charlotte has loved skiing ever since she wore her first onesie aged 10 and to date, her ultimate expedition medic role was as school ski doctor in 2017 in Austria!

Charlotte is a regular contributor to WMT's Chamonix winter Expedition Medicine course and Morocco Mountain Medicine Expedition.



Mountain Medicine on Skis - Outline Programme Chamonix 2019

This programme is a broad guideline only and what is delivered on the day is a function of snow/weather conditions, safety and the fitness of the group. Always be flexible!

Ski & mountain programme

Day 1 – 8.15am meet, briefing and head out for a formal warm up ski (mandatory), 6-8pm formal kick off – evening welcome chat, intros and medical lecture, gear check

Day 2 – Polishing piste skiing skills; learning to flow, edge, ski with less effort, more grace, efficiency, speed and control, developing avalanche awareness, use of avalanche transceivers, victim search practice, medical training (see the Medical Programme)

Day 3 – Transitioning to off piste skiing; techniques and tricks, choosing a safe line back-country, route planning, navigation, using GPS, medical training; other skill training might include using an ice axe, rope-work, snow anchors, crevasse rescue

Day 4 – Basic introduction to using touring skis, looking after your skins, mastering the “kick turn”, practicing going up and down on a short ski tour, medical training

Day 5 – Final day – putting it all together – longer ski tour giving students more responsibility for trip planning and execution, teaching and coaching en route, medical training

Medical programme

Day 1 – Evening tutorial; scene safety, triage and management of the injured casualty in the remote winter environment. We'll delve into the physiology of trauma and the effect of the cold on the human body and techniques for mitigation will be discussed. Best practice pre-hospital and in hospital will be discussed.

Day 2 – Mountain session; we will put the learning of the previous evening into practice with a medical scenario in the 'field'

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Evening; frost nip, frostbite and non-freezing cold injury seminar covering the latest research that has informed the most up to date medical practices and reduced the need for early surgery. Case studies will illuminate and reinforce the theory.

Day 3 – Mountain session; triage practical in the avalanche setting

Evening; altitude seminar delving into the pathophysiology of Acute Mountain Sickness, High Altitude Cerebral Oedema and High Altitude Pulmonary Oedema. Review of treatments and discussion of ascent profiles and risk mitigation. Practical use and demonstration of the portable hyperbaric chamber.

Day 4 – Mountain session; femoral and pelvic fracture management, moving, lifting and carrying a seriously injured casualty improvising with the kit one would carry in the mountains

Evening; hypothermia seminar in which we interrogate the ICAR guidelines and discuss the role of techniques such as ECMO (extra corporeal membrane oxygenation)

Day 5 – Mountain session; we will combine mountain and medical skills to practically demonstrate how to care for a casualty for a more prolonged period in a hostile environment. Demonstration of snow scrapes, snow holes and other techniques.

Delegates receive WMT's comprehensive Medic course handbook which includes many other topics not discussed on the course. With a small course group and time permitting, the instructors are available throughout to discuss anything of interest on the chairlift, slopes, classroom or after hours in the pub.

