



Expedition Medicine - Chamonix

21st – 25th January 2019

Pre-course Dossier v1 (13/10/18)

Attention: read this note before booking the course, flights or accommodation

Welcome to WMT's exciting flagship Medic course set in Europe's premier mountain playground. This is your go-to advice note to prepare to attend. Information and advice included (in alphabetical order) is based on 20 years of living and delivering courses in Chamonix.

Ancillary information that is updated in the lead up to the course (timetable, confirmed teaching team) is signposted as available under Downloads on the course webpage (<http://wildernessmedicaltraining.co.uk/medics-series-courses/expedition-medicine-in-chamonix-winter-2/>) (you'll also find this Dossier here).

Abstracts – new in 2019

Abstracts should focus on recent research, interesting case studies or expeditions in the role of medic covering the entire spectrum of wilderness medicine. Accepted abstracts will be presented as posters at the meeting with a selection chosen for oral presentations. The best oral presentation will receive an award. Notification of acceptance will be sent to the principal author after 1 December 2018. Abstracts will be scored by a panel of the conference faculty using a validated scoring system from RCEM. You don't have to attend the course to submit an abstract. Spread the word!

Submission guidelines here:

<http://wildernessmedicaltraining.co.uk/wp-content/uploads/2018/03/WMT-call-for-abstracts-Jan-2019-Chamonix-course-submission-guidelines.pdf>

Accommodation options

Local **hostels** include www.gitevagabond.com and the Hostel-Chalet-Gite Chamoniard Volent http://www.chamoniard.com/infos_GB.php. Visit www.hostelbookers.com to search for other hostels. For **apartment and chalet hire** try:

- www.holiday-rentals.co.uk, Air B&B
- www.myfrenchchalet.com - 10% off property hire to WMT delegates. Email MFC from their website before you book/pay online to agree the discount.
- For the BEST value, share an apartment and self-catering with other delegates. Contact each other via <https://www.facebook.com/events/333684254072102/>
Activity in this regard seems to happen closer to the course (from December

onwards) and relies on individual initiative to book a property, then advertise the beds available to fellow delegates.

- Also see the download on the course webpage re: delegate accommodation recommendations.

CPD, pre-reading, reflective log & University of Plymouth credits

We estimate this course is valid for at least 20 CPD hours. For more information on CPD please consult this webpage <http://wildernessmedicaltraining.co.uk/accreditation-medic-courses>. A **Pre-course reading PDF bundle** is available on the course webpage under DOWNLOADS. Add pre-reading to your CPD time. We'll provide delegates with a Reflective Log journal. This course earns credits towards the University of Plymouth's Global and Remote Healthcare programmes.

<http://wildernessmedicaltraining.co.uk/plymouth-university-accreditation-in-global-remote-healthcare/>

Course venue, your accommodation, town map

Book your accommodation within walking distance of the town centre and venue - the **Salle du Bicentenaire** next to the Musee Alpin (alpine museum) in the town centre, behind the fire station. You'll may find cheaper accommodation in more outlying areas (such as Les Houches and Les Praz) but they are not well served by public transportation, especially in the evenings.

Here's a useful map

<https://www.chamonix.net/english/maps/chamonix-town>

Salle du Bicentenaire is in grid reference 20F. No Wi-Fi at the venue. The postcode won't help you find it! Beware of bogus claims as to how short a walk it is from some properties into town. It's a long valley

https://www.chamonix.net/sites/default/files/Attachments/map_1%20%281%29.jpg



Glacier trekking expedition, optional Saturday 26th January - €140

This full day out is always very popular and a sell out. With internationally qualified mountain guides you will access the Mer de Glace glacier by mountain railway and cable car to learn the essentials of safe winter glacier travel including:

- Glacier rope work
- Use of crampons and ice axe
- Snow and ice anchors
- Ice climbing
- Crevasse rescue

No prior experience is required although you need to be fit and properly dressed to enjoy the day. Ski clothes will suffice plus you need your own small backpack. All technical kit (axes, crampons, harness, helmets), including mountain boots, is provided. For **insurance** purposes you are going glacier trekking with a qualified IFMGA high mountain guide to a maximum altitude of 2000m. The latest you will return to town is 5pm. It's not possible to return earlier unsupervised if you need to be back earlier to fly home. Not for experienced alpinists. We'll ask you to pre-book by email a few weeks before the course and you pay on day one during registration, not in advance. Book your travel accordingly.

Flights & airport transfers

www.chamonix.com is a fantastic website for local information including pictures, webcams, accommodation options 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. **Flights to Geneva (from the UK)**

- 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

WMT's transfer partner is **Chamonix Valley Transfers** who provide door to door airport transfers. <http://wilderness.cvt.ski/transfers/>. There's also Easybus that only drops off/picks up at the central bus station <http://www.easybus.co.uk/en/geneva-airport/geneva-to-from-chamonix>. Other transfer options <http://www.chamonix.net/english/transport/transfers.htm>.

Insurance – WMT terms & conditions / deposit payments

Get travel insurance in place now in case you need to cancel. Here's a link to WMT's terms and conditions you've agreed to about cancellations/refunds. <http://wildernessmedicaltraining.co.uk/terms-and-conditions/>.

Programme timings & flexibility

The timetable will be published and loaded onto the webpage (usually early January at the latest). For the purposes of organising your visit (flights and accommodation), note that we aim to deliver the course 2.30 – 7.30pm Monday, Tuesday, Thursday and Friday, with a half-day outdoors on Wednesday (the group is split between morning or afternoon sessions). We reserve the right to change the timetable (most likely if there is prolonged bad weather when we may run a full day of teaching to free up a full day for skiing when the weather improves).

Receipts – spam folder

Receipts for payments are automatically generated and a PDF link is emailed. Please download receipts immediately as they are not available on the server indefinitely. Most people need these for tax purposes. Check your spam folder for WMT emails.

Registration on day 1 / promptness / ski kit

Registration takes place 14.30 – 15.00 on Monday at the course venue with a prompt 1500 start. Come straight from the slopes with ski kit to the course any day (leave skis OUTSIDE). If you're late, we'll admit you to the building only when there's a break in the programme to avoid disturbing others. Coffee/tea is not available at the start of each day. Bring water. Brevent is the nearest ski station to Chamonix. Best to ski here on Monday to be sure of getting to the venue on time. Some buses stop at the Alpina Hotel; get off here which is close to the back of the venue (the river is a good navigation handrail). Best to find the venue and scope out the vicinity BEFORE 3pm on Monday!

Ski hire discount – 40%

We have been offered a generous 40% reduction on ski/board hire from our long-time snow sports partners based in the cellar of the Arcteryx store in Chamonix - 306 Rue

Paccard - west end of town, opposite the Millet store. Quote reference code **WMT or mention you are Barry's client** at the time of taking the equipment to get the discount.

We also recommend **Chamonix Ski**. Book online at their website <http://www.chamonixski.com/index.php> Their shop is in the cellar of a residential building that is a 5-minute walk from the main ski bus station by the bowling alley (west end of town). In the Additional Information field please add in "WMT" so Alex and Tim at the shop know you're WMT clients. contact@chamonixski.com mobile tel +33 (0)6 74 19 44 73

Ski lessons

<http://www.chamonix.com/ski-schools.32,en.html> – ESF Chamonix is by far the biggest ski and snowboard school.

Ski passes & ski domains

It's essential to appreciate that there are two tiers of lift passes; the Chamonix Le Pass and the more expensive Mont Blanc Pass. The difference in coverage is that the Mont Blanc Pass also includes Courmayeur, Italy and Les Houches, a short distance down the valley from Chamonix which is a good option in foul weather (when the higher lifts in Chamonix might shut during big storms). If you don't buy a multiday pass, you can go where you want and only pay for what you use. There's also a 4-hour pass to consider. The valley level beginner slopes and drag lifts are cheaper to use than the Le Pass cost.

In short, our advice is don't buy any pass in advance.

<https://www.montblancnaturalresort.com/en/nos-forfaits> We normally run an optional coach trip to Italy for a day (usually Tuesday or Thursday) for a change of scenery and more great skiing in Courmayeur (15 euro per person for the bus). Details on arrival.

Teaching team

WMT's Medical Director, EM Consultant, air ambulance doctor and expedition leader/medic **Dr Harvey Pynn** is the course director. Please see under Downloads on the course webpage for full teaching team details, biographies and mugshots.

WMT emergency contact telephone during the course +44 7967 032930.

Minor email updates will be sent out in the lead up to the course. I hope this note helps you plan effectively. We look forward to meeting you in Chamonix.

Barry Roberts

WMT Commercial Director

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www.wildernessmedicaltraining.co.uk

