



## ***Expedition Medicine - Chamonix***

**16<sup>th</sup> – 20<sup>th</sup> January 2017**

### ***Welcome Note V1***

Welcome to WMT's exciting flagship and largest Medic course set in Europe's premier mountain playground. This note will help you decide to join us and to prepare if you do! This detailed document aims to answer the vast majority of questions people have asked over the years - please read this before emailing yours.

Information is grouped under the following main headings:

- BEFORE THE COURSE
- ON ARRIVAL/DURING THE COURSE
- AFTER THE COURSE
- SNOW SPORTS
- OTHER INFORMATION
- TEACHING TEAM - appended

Really important recommendations and suggestions are highlighted in BLUE.

NOTE: WMT cannot be responsible for the reliability of services provided by the third party companies we mention. These references are made in good faith but if you have any trouble let us know and we'll do our best to help.

**Programme** – please refer to the website course page for the provisional programme and timings. <http://wildernessmedicaltraining.co.uk/medics-series-courses/expedition-medicine-in-chamonix-winter-2/>

### **BEFORE THE COURSE**

#### **BUDGETTING**

The course fee covers tuition, a course manual, tea/coffee breaks during class time and a glass of wine during the early evening insight lectures. So you'll need to budget for:

- Accommodation & food, beers

## Expedition Medicine in Chamonix 16-20 January 2017 - Welcome Note v1

- Ski rental, ski pass
- Travel insurance
- Flights and airport transfers
- The optional glacier trekking day offered on Saturday after the course

### TRAVEL & ACCOMMODATION

#### Where to start?

[www.chamonix.com](http://www.chamonix.com) is a fantastic website for local information including pictures, webcams, accommodation options and more. [www.chamonix.net](http://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](http://www.skyscanner.net) to search for you!
- Easyjet [www.easyjet.com](http://www.easyjet.com)
- BMI Baby [www.bmibaby.com](http://www.bmibaby.com)
- Jet2 [www.jet2.com](http://www.jet2.com)
- British Airways [www.ba.com](http://www.ba.com)
- Swiss Air [www.swiss.com](http://www.swiss.com)

#### Airport transfers – getting to Chamonix from Geneva airport

We've taken on a new airport transfer partner - Chamonix Valley Transfers. They promise outstanding service and competitive prices for a door to door, meet your flight operation. They've created a dedicated WMT branded booking page so use this link to book (and then they know you're a WMT client). One advantage over Mountain Dropoffs and Easybus is they'll let you pay cash (Euros) to the driver if you don't want to input credit card details. 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/>

WMT also has a discount arrangement with [www.mountaindropoffs.com](http://www.mountaindropoffs.com) – use code WMT01 (case sensitive) to get 10% off (excluding really antisocial hours). They run a reliable and friendly shared mini-bus service, direct door to door.

*Easybus* runs to a timetable (as opposed to meeting your flight) and has a central drop off and pickup point which is the main Chamonix bus station by the bowling alley on Avenue de Courmayeur.

<http://www.easybus.co.uk/en/geneva-airport/geneva-to-from-chamonix>

Book early to get the cheapest fares.

Visit this link for other transfer company options

<http://www.chamonix.net/english/transport/transfers.htm>.

**Location, location, location!** Ask where the accommodation is in relation to the venue - **Salle du Bicentenaire** next to the Musee Alpin (alpine museum) in the town centre, behind the fire station. Accommodation is not available at the Bicentenaire and WMT does not get involved in arranging accommodation for delegates. **Beware of properties advertised as being in Chamonix** when in fact they are in the "Chamonix Valley" and in one of the outlying villages like Les Houches, Servoz, Taconnaz, Les Bosson, Les Praz or Argentiere for example. *If you want to enjoy the nightlife, then you really need to be in Chamonix town.* Late night buses are infrequent or non-existent and taxis are

## Expedition Medicine in Chamonix 16-20 January 2017 - Welcome Note v1

extremely expensive. Booking “out of town” accommodation is the source of much disappointment every year for delegates who don’t heed our advice or who are lured by the (often) cheaper prices out of town – there’s a reason they’re cheaper!

### **Local hostel** [www.gitevagabond.com](http://www.gitevagabond.com)

In a great location but sometimes shoddy admin and normally they only run a half board package in winter (nice, hearty evening meals though). Probably not cheaper than shared apartment hire and cooking for yourselves.

### **Other Chamonix hostels**

Visit [www.hostelbookers.com](http://www.hostelbookers.com) to search for other hostels, apartments etc including the Hostel-Chalet-Gite Chamoniard Volent [http://www.chamoniard.com/infos\\_GB.php](http://www.chamoniard.com/infos_GB.php) that past delegates have highly recommended as cheap and cheerful.

### **Private apartment/chalet hire**

- [www.holiday-rentals.co.uk](http://www.holiday-rentals.co.uk)
- Air B&B
- [www.myfrenchchalet.com](http://www.myfrenchchalet.com) has offered WMT students 10% off property hire (actually they deal mostly in apartments and only a few chalets) – email Elaine Smith the owner from their website before you book/pay online to secure the discount and mention WMT)
- For the BEST value, a shared apartment and self-catering has to be the cheapest option. We suggest you use the WMT Facebook event to co-ordinate shared apartment/chalet hire with other delegates. This has work very successfully in the past.

### **Ski Breezy’s catered chalet**

There are many catered chalets about but many change hands frequently or at least have different staff every season so the only catered chalet we have 100% confidence to recommend is Ski Breezy’s, which is normally taken over by WMT delegates during the course week. Visit [www.skibreezy.com](http://www.skibreezy.com) or email [info@skibreezy.com](mailto:info@skibreezy.com). Breezy (whose proper name is Catherine) and husband Al are great cooks and hosts. The chalet is near the hospital and a 15 walk into town (but closer to the central bus station). They don’t offer in-resort transportation to the slopes each day. Possibly best suited to delegates with a car.

## **ON ARRIVAL/DURING THE COURSE**

### **Registration**

This will take place from 14.30 – 15.00 on Monday at the course venue. We start promptly at 15.00.

**Print this town & valley map** and use it when researching accommodation:

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

Other maps here including excellent virtual tours:

[http://www.chamonix.com/maps\\_14\\_en.html](http://www.chamonix.com/maps_14_en.html)

**Finding the Venue – Salle du Bicentenaire GR20F – on the town planVille pdf mentioned above**

## Expedition Medicine in Chamonix 16-20 January 2017 - Welcome Note v1

The Salle du Bicentenaire lecture theatre is BESIDE THE MUSEE ALPIN (Alpine Museum) at 89 avenue Michel Croz, in the pedestrian zone alongside the river – opposite the huge North Face store display window. Go to the front doors at the end of the building by the river and up the wide stone steps – we're there. If you can find McDonalds you are nearly there! The venue is a comfortable cinema with plush chairs but it does suffer from a lack of female loos but we normally get permission to use the museum toilets next door to handle the over flow (no pun intended).

### Insurance

Have travel insurance in place now in case you need to cancel. Some "free" travel insurance with a bank account or credit card EXCLUDES snow sports. Here's a link to WMT's terms and conditions you've agreed to with regard to cancellations/refunds.

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

### Footwear for the outdoor training

Make sure you have warm footwear for the outdoor half day, suitable for walking in the snow. Snowboard boots are fine. Ski boots are less suitable as it's usually very icy in the local park but are better than street shoes or trainers which are unacceptable.

Additional **HOUSE NOTES** are sent before the course.

## AFTER THE COURSE

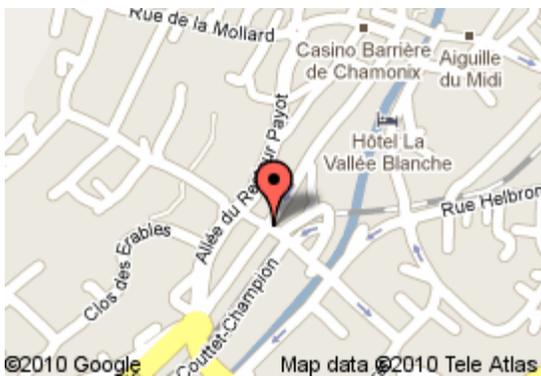
### Saturday 21<sup>st</sup> January - Optional Session - Essential mountain travel and glacier skills - €140

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

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

No prior experience is required although you need to be moderately fit and properly dressed to enjoy the day (and you will be out all day whatever the weather and temperature!). 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. 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.

## SNOW SPORTS



### Ski/board hire discount – 40%

We have been offered a generous 40% reduction on ski/board hire from our long-time snow sports partners **Coqouz Sports** in Chamonix - 306 Rue Paccard - west end

## Expedition Medicine in Chamonix 16-20 January 2017 - Welcome Note v1

of town, (open 0830 – 1930 Friday - Sunday) opposite Millet. Quote reference code **WMT or mention you are Barry's client** at the time of taking the equipment to get the discount, Introduce yourselves to the team downstairs; Jean-Francois the owner and technicians.

If you have specific requirements and want to book skis in advance (especially if travelling in a group), email Jean-Francois (Jeff) in advance with your requirements and remind him you're on the WMT course. [jeff@mountainshop.com](mailto:jeff@mountainshop.com)

### Ski stations & lift passes

There are 4 main lift stations in the Chamonix Valley (and all but Flegere have nursery slopes at the valley floor at 1000m, open subject to snow cover). Most of the main skiing is higher, above 2000m. There's also **Les Planards** which is a separate valley floor beginner lift station near town and close to the venue. **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 and less suited to beginner and nervous intermediate skiers. **Le Tour/Domain de Balme** is furthest away (10 km) and fabulous for intermediate skiers (and the off piste can be great). **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. Bus services are good and included with a multi-day pass (the drivers never check for passes). Passes can be purchased at the Montener train station in town and all lift stations (but not at the Tourist Office) and now online at [www.compagniedumontblanc.fr](http://www.compagniedumontblanc.fr) but first you need to obtain a reusable hands-free electronic card. Buying multi-day passes in advance is a gamble depending on the weather. See this page for a full summary: <http://www.compagniedumontblanc.co.uk/en/lift-passes>

Please see below for 2016 Chamonix Le Pass prices (2017 prices haven't been published yet). There is a 4 hour pass that replaces the half day (morning or afternoon) pass. The (much) more expensive **Mont Blanc pass** includes skiing in Courmayeur (Italy), Les Houches, the Aiguille du Midi cable car (gateway to the Vallee Blanche), the Montener train (exit from the Vallee Blanche) and the top cable car of Grands Montets (reservations usually required, done online, free). Unless you are a hardcore off piste skier you may not get any more value out of the Mont Blanc pass so [consider the Chamonix Le Pass](#) - BUT - see below for **Rapid Card** information.

Duration – consecutive days	Chamonix Le Pass – price in Euros – normal adult rates
4 hours	43.50
1 day	49
2 days	96
3 days	136
4 days	180
5 days	225
6 days	246
7 days	279.50

If you are a beginner and only intend to ski/board at the valley floor smaller ski stations it's better to buy cheaper day tickets at the slope rather than Le Pass.

## Expedition Medicine in Chamonix 16-20 January 2017 - Welcome Note v1

Chamonix lift stations use “hands free” electronic passes. These are reusable plastic cards (non-refundable €3) that can be recharged on line to save you queuing each day. The 4-hour pass cannot be charged online so you have to queue daily.

Consider buying the **Chamonix Rapid Card**. This is a pay as you go smart card that gives you a discounted full Mont Blanc pass which covers the top lift of Grandes Montets, Les Houches as well and the Aiguille du Midi (but not Courmayeur for 46 Euro (normally 60) and a 7<sup>th</sup> day free. The card costs 20 Euro if bought before 30 Nov (after 50). Aside from the potential savings, the other advantage is that you don't have to queue for a lift pass each day. There's also a student rate for those 30 and under.

<http://www.compagniedumontblanc.co.uk/en/lift-passes/chamonix-rapidcard>

### **OTHER INFORMATION**

#### **CPD credits**

We estimate this course is valid for at least 17.5 CPD credits. For more information on CPD please consult this webpage <http://wildernessmedicaltraining.co.uk/accreditation-medic-courses>.

#### **Communicating with other course delegates via Facebook**

Visit this link: <https://www.facebook.com/events/940138549402630/> - see also for minor course updates and responses to questions posted online.

**Pre-course reading** is emailed after Christmas.

#### **Attendance**

Attendance certificates are not awarded if you don't attend the full course which we hope seems fair!

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

I hope this satisfies most of your queries. You can expect a final email update with the confirmed programme/team, house notes and pre-reading post-Christmas. Tell us if you change your email address! We look forward to meeting you.

All the very best,

Barry Roberts

WMT Commercial Director

[wmt@wildernessmedicaltraining.co.uk](mailto:wmt@wildernessmedicaltraining.co.uk)

[www.wildernessmedicaltraining.co.uk](http://www.wildernessmedicaltraining.co.uk)





## **TEACHING TEAM**

**Dr Harvey Pynn** MA FCEM DMM (UIAA) DMCC DTM&H, WMT Medical Director  
Harvey is a Consultant in Emergency Medicine at Bristol Royal Infirmary and an Honorary Consultant in Pre-Hospital Emergency Care with Great Western Air Ambulance. He has undertaken several operational tours across the Middle East 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 BATLS 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 edited a chapter in the Oxford Handbook of Expedition and Wilderness Medicine. On the expedition front, in 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.

**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 and has taught WMT courses for 24 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. 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 sponsored by The North Face. Expedition highlights include attempting Everest and the first winter ascent of the highest mountain in the Arctic (Gunnsbjornsfjeld in Greenland) from which he paraglided off. His next trip in Oct. '16 is to return to Bir, India to paraglide along the southern fringe of the Himalaya flying with vultures and eagles.

**Dr Daniel Morris** BSc (Hons) MBChB FRCSEd(Ophth) MFSEM(UK) FRGS  
Dan will be the course Medical Director and he is a Consultant Ophthalmologist in Cardiff and Clinical Lecturer at Cardiff University. He trained in St Andrews, Manchester, Glasgow and Newcastle with an orbital fellowship in Vancouver. He is a Founder Member of the Faculty of Sport and Exercise Medicine and a Fellow of the Royal Geographical Society. Dan is an international authority on the effects of high altitude on the eye and has published and presented widely on this subject, including a contribution

## Expedition Medicine in Chamonix 16-20 January 2017 - Welcome Note v1

to the Oxford Handbook of Expedition and Wilderness Medicine. During his training he took time out to organise four separate research expeditions in Nepal, Bolivia, Tibet and Colorado, collecting the highest ever eye data on Mt Everest. Dan is also passionate about world blindness, running an eye project in Kenya with the Samburu tribe and recently starting a community link between the Vale of Glamorgan and the people of Tororo in Uganda. Currently enjoying exploring the Welsh wilderness with his three young daughters, Dan has just completed a national ocular trauma study and is exploring new ways to measure retinal blood flow at high altitude.

### **Dr Lucy Obolensky** MB ChB MRCS DTH&M DSEM

Lucy is a GP and A&E staff grade in the Southwest, but her passion lies in running hospital partnerships in Kenya. Lucy she set up her first clinic in Kenya in 1997 and since then has founded the charity EGHO (Exploring Global Health Opportunities) which supports a number of health and social programmes throughout Kenya. Lucy maintains an active interest in wilderness medicine and enjoys working with challenging groups including disabled and adolescents. Lucy's expedition experience includes trips across Africa, India, Tibet, Central and Southern America and Scandinavia with a variety of clients and companions. Lucy enjoys a variety of sports, particularly anything water based and is a keen long distance triathlete, rower and adventure racer. Her latest adventure was travelling through Africa with her 16-month old son.

### **Zoë Burton** MBBCh FRCA MSc (Mtn Med) BSc DTM&H – to be confirmed

Zoe's career path has involved trauma and aeromedical work in Kwa-Zulu Natal (South Africa) and with AMREF's Flying Doctor service in Kenya. She originally went on a BES (British Exploring Society) expedition and subsequently worked as a leader and expedition medic taking teenagers to the Peruvian Amazon and Arctic Svalbard. She was lead expedition doctor on the Hidden Valley Medex Research Expedition (2008). Zoe has an MSc in Mountain Medicine and the Diploma in Tropical Medicine. Her interests lie in paediatric and developing world anaesthesia and she is heavily involved in teaching in Africa, pioneering a visiting lecturer programme in Ethiopia and running conferences in West Africa. Personal exploration has involved sailing across the Atlantic, ski-touring in the high Arctic and extensive travel in Africa, South America, Kyrgyzstan and India. She has spent the last two seasons working in Antarctica with Tim Burton, whom she married in March 2015. Zoe is currently a Paediatric Anaesthetic Fellow in Sheffield, England.

### **Tim Burton** – to be confirmed

Tim Burton is an experienced expedition guide and photographer specialising in Polar Regions. A qualified International Mountain Leader, he has collectively spent more than 4 years on private, commercial and scientific expeditions to the Antarctic and Arctic and loves ski-mountaineering, paragliding and creatively recording expedition life through a lens. After making a swift escape from teaching into the professional expedition world, Tim has worked as an expedition guide in the Polar Regions for the likes of the British Antarctic Survey and US Antarctic Program among others. Combining scientific, personal and commercial work together, so far it's 17 summer expeditions, two Antarctic winters and counting! He is an avid photographer and often gives inspirational talks about life and work in cold places on WMT courses and elsewhere. Career highlights include an unsupported ski traverse of the Greenland Ice cap, paragliding off the summit of Mont Blanc, a long, dark winter as Base Commander in Antarctica and watching a polar bear walk up to his tent after eating all his food whilst attempting a British first in

## Expedition Medicine in Chamonix 16-20 January 2017 - Welcome Note v1

Spitsbergen at the age of 19! His interest in wilderness medicine is fuelled by living and working in some of the most remote and inhospitable places in the world.

### **Dr Rose Drew** MBChB (Hons), FRCA, DTM&H

Rose Drew is an anaesthetic registrar and works in Sheffield. Originally, a delegate on WMT's Moroccan Mountain Medicine Expedition, she has gone on to work on a number of diverse expeditions around the world in jungle, marine and polar environments. Her expedition travels have taken her to Costa Rica, Nicaragua, Ethiopia, Honduras and on the Peruvian Amazon. More recently, Rose has had a two year out of programme career break to work for the British Antarctic Survey. She spent 16 months working and living in Antarctica, including a seven month winter with only 18 others on base. She is a contributing author to 2<sup>nd</sup> edition of the OUP Handbook of Expedition and Wilderness Medicine. Rose is studying for a Masters in Remote Healthcare at the University of Plymouth and is currently writing up her dissertation from her Antarctic research on carbon monoxide exposure from burning stoves inside tents.

### **Chris Buckley** MSc BSc (Hons) FGS Polar Logistics & Outdoor Instructor

Chris has been working on polar research expeditions since 2009 and has worked across Antarctica, Greenland, Alaska and the Russian Arctic providing logistics and technical support for scientific research projects and offshore surveys, including a 16 month stint with the British Antarctic Survey, where he worked on field projects at the South Pole, Pine Island Glacier and the Ellsworth Mountains. In Antarctica he was a coxswain on the diving boat, advanced first aider and a member of the Search & Rescue team. Back home he is a keen cyclist, skier and kayaker, and has worked as a white-water kayak guide in Scotland and Europe. Chris is currently training to be a Building Surveyor, and is a freelance event manager for outdoor adventure races. He has previously been head of water-safety for some of the largest white-water kayaking races in the UK, and managing partner in an outdoor pursuits coaching and first aid training business. Recent adventures include kayaking across Scotland through the Great Glen, cycling coast to coast non-stop, and finally a Lands End – John O'Groats bike trip.

### **Carron Scrimgeour**, EM Consultant, Sallanche – to be confirmed

Carron has a French mother and a British father and was schooled bilingually in Paris. He studied medicine at Edinburgh Medical School and was a house officer in Falkirk. Between 2002-2004 he studied emergency medicine in France, initially in Moutiers, working mountain rescue from the Courchevel base. From 2004 onwards he worked in Chamonix/Sallanches emergency medicine, progressing to consultant level in 2010. Between 2006 and 2012 he was a member of the esteemed PGHM (Peloton de Gendarmerie de Haute Montagne), the full time mountain rescue team in Chamonix and was awarded the "Medal of Mountain rescue" in 2009. A keen climber, biker and skier, Carron has been on the ski-mountaineering circuit for the last 10 years and completed all the major races. He has been competing for the UK since 2006 and was/is the 2012 and 2014 Great Britain champion.

