



Pre-course Dossier v2 (28/5/19)

Expedition Skills 8-12 July and Expedition Medic 10-12 July 2019, nr Windermere, Lake District

Introduction

Welcome! This dossier is essential reading to help you prepare and manage your expectations. We don't aim to repeat the information on the website. It's comprehensive because this is our most logistically complicated course. An ACTION list at the end.

See the **DOWNLOADS** section on the course web page

<https://wildernessmedicaltraining.co.uk/medics-series-courses/expedition-skills-2/>

to access:

- This dossier
- Participant Declaration
- Pre-course reading bundle

Venue – camp site

Everyone always loves learning in the outdoor setting of our camp alongside a beautiful remote tarn but it is not without its challenges. Toilet facilities are basic (slit latrines) and drinking water is brought in by 4x4 in jerry cans for example. The site is forested, steep and muddy in places and not at all “groomed” like a posh campsite. There is no “hot shower block”. There is a small Victorian boathouse for lectures and sometimes we use a very large dome tent like those used in disaster relief camps and generators to run data projectors. Essentially though it is an outdoor based course and we are at the mercy of the Lake District weather with no retreat to indoors. Personal camping equipment – tent or hammock/tarp, mattress and sleeping bag – is required but not provided. Please see the ***What you must bring*** list.

As such it is an ideal but rugged place to acquire a useful expedition skill set and to practice “in the field” in preparation for farther flung adventures.

Wild Human partners - further information

Wild Human – formerly Woodsmoke – are our course partners.

<https://www.wildhuman.com/>

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Course structure and content

Please see the web page for more detail.

The WMT instructional team

Dr Duncan Gray will lead the WMT medical module. He is an extremely well-travelled A&E consultant and GP. Keep an eye on the webpage for additional staffing updates.

Fitness to participate – declaration form

You will be required to submit a “**participant declaration**” form on arrival (not by email please). [Download it now please](#) from the webpage and contact us immediately if you have anything to disclose such as any serious medical condition or concern so we can discuss this with you well in advance. Moderate fitness and good mobility is required in this hilly, often muddy field camp.

WMT terms & conditions

By booking, you have agreed to our terms and conditions here:

<http://wildernessmedicaltraining.co.uk/terms-and-conditions/> These terms apply even if you wish to cancel or defer your participation due to injury/illness, failure to obtain leave, changes in rotas, failure to obtain a travel visa (if required) or any other reasons.

Travel insurance

We strongly advise all students including non-UK visitors to take out suitable holiday/travel insurance as soon as you have paid a deposit/course fee.

Your email address

Changed your email address? Tell us!

White list WMT’s email address

Please add wmt@wildernessmedicaltraining.co.uk to your safe sender “white” list. All pre-course emails are sent from this address.

VAT receipts – download now

A link to your receipt is included in the confirmation auto-email WMT sent to you. Print/download this for your records now as their online availability is time-bound.

Names for WMT course certificates

We use the name you booked under, excluding any titles. If you booked as “Tim” and you’d prefer “Timothy” you need to tell us.

CPD credits

We estimate that *Expedition Medic* is valid for at least 12 CPD credits.

Paying the course fee balance

Please promptly pay any fee balance when you are requested to via WMT’s automated database. You can make a balance payment any time – just ask us for an online payment link.

WMT course manual/presentations

Comprehensive manuals are issued for WMT modules but these and PowerPoint presentations are not made available electronically.

Meals & special diets

All food is cooked/prepared in the outdoors so catering for a large group is a challenge. Meals are wholesome and plentiful. Vegetarians and gluten free diets can be accommodated (but please tell us well in advance). For other special needs, please contact us before you book or BYO.

All meals and refreshments are included from lunch on Monday to lunch Friday (and from dinner Wednesday onwards for Expedition Medic delegates).

Feel free to bring personal snacks and a stash of your favourite herbal infusion tea bags if you can't do without. **Alcohol** is not permitted in camp. There are occasional pub visits on foot.

Programme

Flexibility is vital for such an outdoor based course. We reserve the right to chop and change the programme and running order as the conditions dictate. There is always some down time too – to swim, canoe, fish or cosy up to the fire with a brew (bring a guitar!). Please see the course web page for a programme outline but appreciate there is no fixed schedule.

Personal equipment & clothing required

Robust, practical outdoor clothing is essential – think *gardening clothes*. It can be wet, muddy and cool or hot and sunny. You won't be hiking with your kit so it can be packed in a large duffel bag (no roller luggage please!). Camp life revolves around a roaring campfire so DON'T bring your best Gore-Tex jacket as sparks can fly. You must be properly equipped on arrival as we do not have spare kit or clothing or time/resources to take you shopping. There is no requirement for any smart clothes. Look at the [BBC Lake District mountain weather forecast](#) before you pack and travel.

What you must bring

- head torch
- socks, pants, t's
- warm hat
- thermal shirt
- fleece jacket /wooly jumper
- waterproof jacket and trousers
- trekking trousers / combat pants (no jeans) / leggings
- shorts
- swim suit
- gloves
- sun glasses
- sun hat
- water bottle/bladder

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- sun block/insect repellent
- cash/credit card
- notebook & pencils
- lightweight duvet jacket or vest
- small daypack/backpack (20 litres) for keeping daily essentials to hand
- Wellington boots / trekking shoes or boots / old campfire trainers / sandals
- personal meds, toiletries, towel, ear plugs
- antiseptic hand gel / wet wipes
- basic personal first aid supplies
- personal snacks
- kitchenware – plate, bowl, cup and knife/fork/spoon or Spork, insulated travel mug
- 3-season synthetic sleeping bag
- personal tent or hammock/mosquito net and tarp (we have quite a few hammocks to lend)
- camping mattress
- Ziploc bags & large bin bags (to keep kit dry or to pack wet kit for taking home)

Leave valuables/electronics/jewellery at home. If in doubt, leave it out.

Please note: you do not need to bring your own knives or any other cutting tools. You will be loaned such tools if required and you'll get a knife to keep.

Family, guests, dogs, children, camper vans and personal 4x4 vehicles?

We are sorry but none of the above can be accommodated at camp.

Arriving from overseas by air?

Manchester airport is the closest international airport and has a direct train link to Windermere. See www.thetrainline.co.uk Please consult us for further travel advice.

Contact other delegates via Facebook

Here's the FB event link on our page

<https://www.facebook.com/events/328796577742162/>

Course Whatsapp group

Whatsapp seems to be better than FB for contacting other delegate so please join the group <https://chat.whatsapp.com/DqOUd55ZNsw9eiw62zR4Eb> WMT won't monitor this or use the group until a few weeks before the course so please use email to contact WMT.

Pre-course reading

There's a [pre-course reading bundle](#) online at the Medic course web pages. The Oxford Handbook of Expedition and Wilderness Medicine 2nd edition is a useful book for everybody (also available as an app and e-book).

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Ride sharing Go green and try to share rides if you are driving and you can offer a ride or need one.

Getting to the camp & pick up points & times – please read this carefully!

Due to the logistical constraints of the 4x4 track and remote camp location it is not possible for us to collect or drive people out of camp at random hours. Your punctuality is imperative (and appreciated). We are not offering an on-demand taxi services at all hours to get delegates to the camp.

Many students arriving for a morning start from distant parts grossly underestimate the time it takes to drive from down south to Windermere. Be realistic and don't stress! Better to book a B&B the night before (or doss down in a field!) and join us fresh in the morning.

It is YOUR responsibility to be on time and if you are going to be late, to contact us in good time by text only. You can expect a text reply but it won't be immediate if teaching is going on, nor will a special pickup be spontaneous.

Camping at our site is not possible outside of the course dates.

By vehicle: meet 10.00 Monday at the Cuckoo Brow Inn, Far Sawrey
Look for us! Our staff will be in the garden or in the bar (if it is raining) and will show you where to park your car for the duration. The grid reference for this meeting point is 379955 on map sheet OL7 (1:25,000 Explorer) South East Lakes. For satnav/AA route planner, the Cuckoo Brow postcode is **LA22 0LQ**.

On foot: meet 10.00 Monday at the ferry drop off – west side of the lake (having crossed as a foot passenger from Bowness).

The nearest train station is Windermere. Ferry Nab, Bowness is a short taxi ride, bus journey or 30-minute walk away.

We will pick you up from these locations as close to the times as possible. Wait – don't wander off please!

EXPEDITION MEDIC delegates: please meet as above, same locations at 6pm Wednesday 10th July.

Delegate car parking near the Cuckoo Brow is off the main road at a private farm. It is reasonably secure and no charge but entirely at your own risk. Don't leave valuables in your car.

Departure at 4pm

We only have 4x4 vehicle space for luggage for a mass exodus from camp **at 4pm** and delegates walk (20-30 minutes) to the road and car park. From here there are normally enough delegate cars leaving to help with shuttling those on foot to the train station or beyond, via the ferry. It can take an hour or more to drive to

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Windermere station on a fine summer's day if there is a lot of holiday traffic on the ferry. If so, it's faster to drive around the lake via Ambleside. The close of the course is a busy time and we cannot offer special rides for people wishing to depart early for flights/trains. **We strongly advise you only book flexible train tickets due to likely traffic delays and ferry queues beyond our control.**

Ferry information

Ferry Nab, Bowness, signposted Ferry to Hawkshead and Far Sawrey. Cars cost £5 and foot passengers £1. <https://www.cumbria.gov.uk/roads-transport/highways-pavements/windermereferry.asp> The ferry departs every 30 minutes. Once across the lake, follow the road uphill for just over one mile, and as you begin to descend the hill, the '[Cuckoo Brow Inn](#)' is on your right.

Local information - <http://www.golakes.co.uk/>

Windermere (and train station) isn't actually on Lake Windermere but the tourist hub of *Bowness on Windermere* is, a mile or so down the road.

For problems on the day of travel?

Please text (or WhatsApp) Ben McNutt on 07703 002769 (or Barry Roberts on 07967 032930 if you can't reach Ben). Don't EMAIL. We're in the woods! Include your name in the text.

Questions?

Please direct all questions by email to WMT (not Wild Human or on FB which can go unnoticed) when you've digested this note. If the information you seek is in this document or on the WMT website you're unlikely to receive a reply. Sorry!

Action points:

- Download the *participant declaration* & contact us now with medical concerns. Bring the completed form with you. (No form – no participation.)
- Arrange travel/cancellation insurance
- Advise us re: special diets (including vegetarian and gluten free)

We look forward to working with you.

Barry Roberts

Commercial Director

Wilderness Medical Training

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w: www.wildernessmedicaltraining.co.uk

