



Expedition Medicine - Chamonix

2nd – 6th March 2020

Pre-course Dossier v2 (revised 4/11/19)

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. This note is mainly administratively to help you make flight and accommodation plans and doesn't aim to repeat most of the information available on the webpage

<http://wildernessmedicaltraining.co.uk/medics-series-courses/expedition-medicine-in-chamonix-winter-2/> (you'll also find this Dossier there under downloads).

Programme

The exciting 2020 programme with daily timings is now available on the webpage under PROGRAMME.

Join the delegate WhatsApp group

This is the best way to converse with other delegates to share apartment hire, arrange ski lessons together and such. You have to OPT IN via the link. WMT uses this during the course but not before so don't send questions via this link as they will be missed.

<https://chat.whatsapp.com/Ea631fuSWe7EDQ50vEvE33>

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. Join the event on FB as another route to contacting each other <https://www.facebook.com/events/559224198218070/>.
- 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 7th March - €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
- 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>. There is no merit in trying to organise transfers with other delegates though this gets attempted and clogs up the WhatsApp group! Book your return transfers 2-4 weeks before the course or ASAP for EasyBus.

Insurance – WMT terms & conditions / deposit payments

Get travel insurance in place now in case you need to cancel. Read this blog (25/10/19) for current advice <https://wildernessmedicaltraining.co.uk/travel-insurance-brexite/> Here's a link to WMT's terms and conditions you've agreed to about cancellations/refunds. <http://wildernessmedicaltraining.co.uk/terms-and-conditions/>.

Call for abstracts - poster competition

Our first poster competition was a great success in 2019 and added to the educational robustness of the course so will be repeated in 2020. Visit this blog page to see the 2019 results and a link to view the 12 impressive posters submitted <https://wildernessmedicaltraining.co.uk/chamonix-poster-competition-and-winner/> 2020 abstract submission guidelines are live on the webpage under Downloads and via this blog post <https://wildernessmedicaltraining.co.uk/call-for-abstracts-posters-expedition-medicine-2-6-march-chamonix/> We hope you'll contribute.

Programme timings & flights

For the purposes of organising your visit (flights and accommodation), 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). The final timetable will be published and loaded onto the webpage in the new year.

Receipts – spam folder

PDF receipts for payments are automatically generated and emailed. Please download your receipt now as they are not available on the server indefinitely. Most people need these for tax purposes. Check your spam folder for WMT emails. Add wmt@wildernessmedicaltraining.co.uk to your safe sender list.

Registration on day 1

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. Hot drinks are 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**. You can book online at their website but you'll get a better price if you only pre-book via email and pay at the shop <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 (west end of town). Tell Alex you're with WMT. 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>

If you plan to ski in Chamonix for more than the course week consider the Rapid Card <https://www.montblancrapidcard.com/en/information-adhesion> We aim to 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 (about 15 euro per person for the bus). Details on arrival.

Teaching team - course director

WMT's Medical Director, EM Consultant, air ambulance doctor and expedition leader/medic **Dr Harvey Pynn** is the course director. As usual we've lined up a dream team of instructors and guest speakers and details are on the webpage.

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. Bring on ski season!

Barry Roberts

WMT Commercial Director

wmt@wildernessmedicaltraining.co.uk

www.wildernessmedicaltraining.co.uk

