



Mt Kenya Mountain Medicine Expedition

Mount Kenya National Park, 15-27 September 2019

Info package v2018_0422

This information may be subject to change.

Contact gela@wildmedix.com or ross@wildmedix.com for the latest update.

Introduction

There is no better way to learn expedition medicine than to take part in an expedition, and no better place to learn mountaineering than on a mountain. Combining the two concepts, WildMedix presents a Mountain Medicine Expedition on Mount Kenya, Africa's second highest peak, home to the highest alpine climbing on the continent, and the highest *via ferrata* in the world. A lofty wilderness of volcanic spires, beautiful tarns, hidden valleys and high glaciers, Mt Kenya is an excellent place to gain personal and professional insight into high altitude medicine. It features an 'easy' trekking peak (Point Lenana, 4985 m) which does not require technical mountaineering to gain the summit, but offers the opportunity to learn safe movement on rock and glaciers, and an option of a technical climb to the highest summit, Batian (5199 m). Free of the ruthless competition between tour operators aiming for the quickest turnaround on the mountain found on Kilimanjaro, it is a true wilderness experience – wild, remote, breath-taking, and multifaceted.

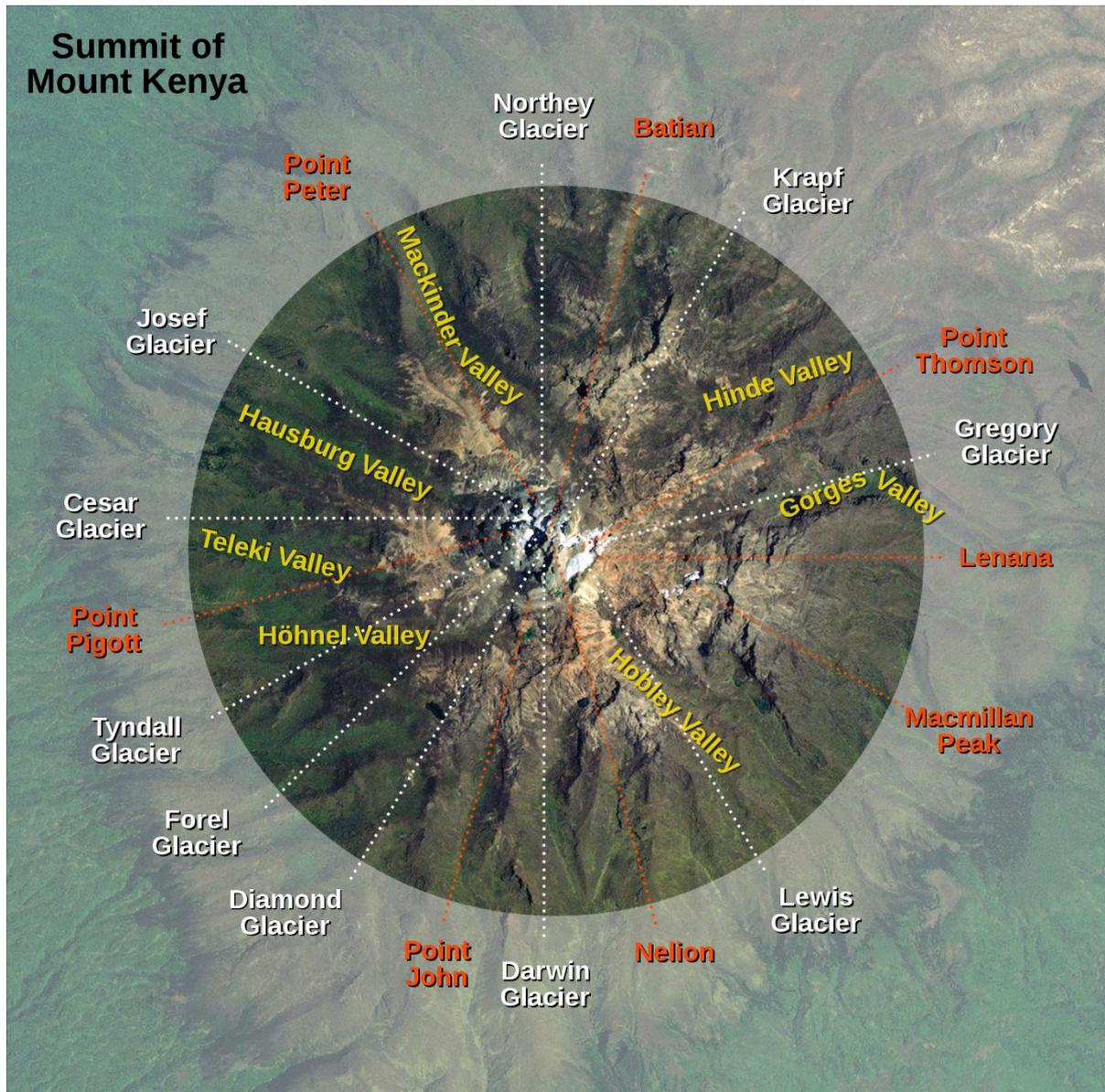
Over the course of the expedition experts in the fields of mountaineering, wilderness and expedition medicine will cover topics ranging from training and preparation to work as an expedition medic, wilderness health and hygiene, common African infectious diseases, wilderness trauma management, high altitude physiology and medicine, backcountry and mountaineering skills.

While the course is aimed at medical professionals, we also encourage suitably skilled volunteers with an interest in remote and wilderness medicine, especially mountain medicine, to join us. We are also offering a 'trek-or-climb-only' option, where non-medical friends and family can join the expedition at



a reduced cost. Trek-only participants will take part in the same itinerary but will not undergo the lecture and practical training sessions (leading to lots of time to relax or to acclimatise, if your goal is to climb Batian).

An adequate baseline level of fitness is necessary and hiking experience is advisable, but prior mountaineering or climbing skills are not required, unless you wish to join the technical party to climb Batian. If you are uncertain about your suitability, please contact us for advice.



Why not Kilimanjaro? Well, because we've listened! Mt Kenya is a wilder, more 'expedition-like' experience, offers more freedom, and, importantly, is about 40% of the cost of an expedition of similar duration and training on Kili. However, if you really want to tick Kilimanjaro off your bucket list, speak to us about arranging a climb to follow immediately upon our descent from Mt Kenya. It is the only time we would recommend a quick Kili itinerary, as you will be already very well acclimatized after more than 6 days above 4000 m, and less than an hour's flight from Nairobi.

If you'd prefer something a little more sedate to relax afterwards, talk to us about the option of a short safari before you fly home.



About the Expedition

Preparation for the WildMedix Mountain Medicine Expedition will begin well before your departure, when you receive the required reading material and a navigation workbook. After flying into Kenya, you will be transferred by road to the Chogoria Bandas (2900 m) – a simple mountain lodge with cabins tucked in the rosewood forests – where you will spend three nights acclimatising, already high on the slopes of Mt Kenya. We will get to know the group over dinner on the first night. The next two days will be spent covering a series of lectures and practical sessions on wilderness, mountain and expedition medicine, and sorting gear for the climb. On the morning of Day 4 we will begin our trek up the Chogoria Gorges route to Lake Ellis (3460 m), our campsite for the first night of the trek, with the option of a short side trip up Mugu Hill to see views of the Giant’s Billiard Table.

The Chogoria route is considered the most spectacular route up Mt Kenya and, as it has a slightly longer and more gradual ascent, it is perfect for acclimatisation. This side of the mountain is quieter and wilder than the more well-frequented southern routes and gives a great opportunity for seeing wildlife. Possibilities include large game (eland, zebra, buffalo and even elephant are occasionally seen) as well as Colobus and Sykes monkeys. Keep your ears open for the eerie cry of the tree-hyrax, described in the classic true story, *No Picnic on Mt Kenya!*

From Lake Ellis we ascend to Lake Michaelson (4100 m), a picturesque alpine tarn known for its trout fishing, and then on to Simba Tarn (4650 m). This is a spectacular few days of walking with sweeping views up the Gorges Valley and your first view of the impressive “Temple”, a dramatic rock feature that marks the head of the valley. At both Lake Ellis and Lake Michaelson we will have time for practical skills training and simulation in the field, covering aspects of backcountry skills, mountaineering, navigation, communication, patient assessment and care. In the evenings, we will have short lectures and discussions on wilderness and expedition medicine topics.

On the following mountain day, we climb to the Austrian Hut (4700 m), with spectacular views across the Lewis Glacier to the peaks. Our slow ascent and acclimatisation mean that by now we are ready to summit Lenana (4985 m) and explore the Lewis Glacier. This provides the perfect opportunity to practice glacier techniques for those who want to. The next day is spent circumnavigating the high peaks and all the famous landmarks, to reach Kami Tarn on the opposite side of the mountain.

After arriving at Kami, the group will enjoy a well-earned rest day with spectacular views of the North Face of Batian. This day may include an amphitheatre gear stash for the technical climbing party, or a warm up climb on one of the nearby peaks, as well as some further practical skills training for the whole group. From here, the technical climbing party will be very well acclimatised to climb Batian, while the rest of the group is able to explore some more of the summit circuit or enjoy a well-earned rest. After a final night at Kami, the party will descend to Mackinders camp for a final night on the mountain. The next morning we exit the park via the Naro Moru route down the Teleki Valley. We will be picked up at the Met Station and travel back to our accommodation in Nanyuki for a celebratory dinner. The last morning will see heartfelt goodbyes as we return to the airport and begin travel home.





Expedition costs, inclusions and exclusions

Costs:

The expedition fee is USD 2950 per person. This includes all training, the expedition itself, and the specific items listed in the section below. Group size is limited to guarantee personal and focused attention on all participants. Please note that the camping on the mountain is in shared tents; this is not negotiable for safety reasons. Accommodation in town is in shared rooms, but a single room supplement is available. The trek-or-climb-only option expedition fee is USD 2200, and includes all items except the textbooks, lectures and practical/simulation exercises, and course completion certificate. Repeat WMX customers and/or Wilderness Medical Society members are eligible for a discount on the expedition fee.

Course fee includes:

- Commemorative multifunctional headwear
- Prescribed textbook (*Oxford Handbook of Wilderness and Expedition Medicine*)
- Prescribed navigation workbook (Andrew Friedemann's '*Navigation Anyplace Wild*')
- Local accommodation and all meals from dinner on the evening of arrival until the course dinner on the final day before departure
- Park, nature conservation, trekking and rescue fees (required by Mt Kenya National Park)
- Guide and cook fees (guides are required, and their salaries help uplift communities)
- Tented and/or hut accommodation on the mountain
- Group equipment (tents, mattresses, cooking equipment)
- Eating utensils, plates, etc.
- Course completion certificate

You need pay your own:

- Flights to and from Kenya
- Travel and medical insurance (compulsory)
- Soft and alcoholic drinks
- Tips for guides and porters (budget to pay at least USD 200)





Required & Advised Equipment

Required (Compulsory) Equipment

These items are an indication of what will be required and what is not negotiable. WildMedix has negotiated a discount for the expedition members from Venture Forth International should you wish to purchase additional items. A detailed kit list will be provided when you sign on for the expedition.

- Duffle bag: You may wish to consider a small bag for items remaining at the lodge.
- Rucksack: You will be carrying your equipment, including rain gear, water, snacks for the day and personal items such as a camera.
- Sleeping bag: aim for a comfort rating of between -5° and -10° C with a liner
- Hiking boots: waterproof mid-weight mountaineering or trekking boots are advisable. The terrain is very varied and includes rough loose scree; temperatures on the summit can drop below -15° C. No running shoes!
- Hard shell rain jacket and adequate rain pants
- Warm (fleece or down) top/insulation layer
- Water bottle or hydration system (minimum 3 litre capacity)
- Insulating and shell gloves
- Balaclava and/or beanie and buff
- Thermal underwear
- Hiking socks
- Trekking shirts and pants
- Personal toiletries
- Personal medication
- Small personal first-aid kit
- Headlamp with extra batteries (needs to function for >6 hours in biting cold on summit day)
- Sunscreen and lip balm
- Sunglasses
- Hat or peak cap

Advised equipment

- Trekking poles
- Compass (WildMedix will supply maps for exercises)
- GPS
- Camera
- Small hiking pillow
- Gaiters
- Trail mix, hiking snacks, and lots of chocolate to share with your instructors.
- Dorland's Medical Dictionary and/or Harrison's Internal Medicine, 16th Ed.

These items are a guide; we will help you refine your kit list as the expedition approaches.



Programme/Itinerary

This program may change due to weather or operational considerations. The practical skills training and lecture program will vary according to the speed of the group's progress.

WildMedix Mountain Medicine Expedition - Mount Kenya, September 2018				
Day	Date		Description	Overnight
Program is subject to change due to operational considerations, weather conditions and acclimatisation!				
1	15-Sep-19	Sun	Arrival. Direct transfer to Chogoria	Chogoria Bandas
2	16-Sep-19	Mon	Chogoria Bandas. Lectures and practical skills	Chogoria Bandas
3	17-Sep-19	Tue	Chogoria Bandas. Lectures and practical skills	Chogoria Bandas
4	18-Sep-19	Wed	Trek: Chogoria to Lake Ellis (Afternoon prac)	Lake Ellis
5	19-Sep-19	Thu	Trek: Lake Ellis to Lake Michaelson (Afternoon prac)	Lake Michaelson
6	20-Sep-19	Fri	Trek: Lake Michaelson to Simba Tarn (Morning prac)	Simba Tarn
7	21-Sep-19	Sat	Summit Lenana, explore Lewis Glacier (Ice techniques)	Austrian Hut
8	22-Sep-19	Sun	Austrian Hut to Kami (\pm circumnavigate peaks)	Kami Tarn
9	23-Sep-19	Mon	Rest or amphitheatre acclimatisation/gear stash	Kami/Bivvy
10	24-Sep-19	Tue	Summit Batian and descend (possible bivvy)	Kami/Bivvy
11	25-Sep-19	Wed	Descend to Mackinders Valley and camp	Mackinders
12	26-Sep-19	Thu	Trek: Met station for collection. Transfer to Soames.	Soames
13	27-Sep-19	Fri	Transfer to airport	



Reserving a Place & More Info

The expedition's FaceBook event page is a good source of continued updates. Visit <https://www.facebook.com/events/436730220203230/> to join the page.

If you are seriously considering joining the expedition and would like to reserve a place, you can assist us with capturing your details using this online form: <https://tinyurl.com/WMXMtKenya19>

Due to our commitment to providing personalised instruction and building a lasting working relationship with our expedition participants, the group size is capped. Please contact us ASAP to secure your place:

Dr Ross Hofmeyr ross@wildmedix.com +2784 549 9259 (SA Mobile)

Gela Tölken gela@wildmedix.com +2728 393 0407 (SA Mobile)

We will provide you with details to pay a deposit, which will secure your participation. The deposit amount is USD 1950 or ZAR 26250, and can be paid to our account in SA or in the UK for overseas payments. **Spaces are quite limited, so please make arrangements to pay the deposit soonest.**

If you are looking to establish costs for flights, we recommend using a search engine such as Momondo (www.momondo.com) or Expedia (www.expedia.com) to search for the destination airport, Jomo Kenyatta International (IATO code 'NBO'). You should plan to arrive on Sunday 15 September 2019, and depart on September 27.

Please contact us to answer any of your questions!

