

Information Pack

Alpine Medicine Course

Mt Kosciuszko, New South Wales



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RISK | MEDICAL | EXPEDITIONS



The Location

The Snowy Mountains in NSW Australia is one of the most unique alpine environments in the world.

The landscape itself is defined by gumtrees, wildflowers and limestone gorges and is home to Australia's largest mainland peak, Mt Kosciuszko.

The Course

The Alpine Medicine Course is designed to safely immerse participants in an alpine and backcountry environment . We will combine mountaineering and medicine, teaching you the skills you'll need to succeed in this extreme environment while developing both your backcountry skills and medical responses.

The Course aims to introduce participants to the challenges of working in a backcountry environment and introduce strategies to manage conditions and injuries that can occur. These lessons will be delivered through lectures, case studies, and hands-on safety skill sessions.

The week long Course culminates in a winter ascent of an Australian peak. While no prior technical climbing experience, this course requires a good level of physical fitness and some grit to achieve the summit.

The expedition will be facilitated by experienced climbers and clinicians with a passion for alpine and backcountry environments.

The expedition is limited to 8 participants.



Topics Covered

- Alpine safety / Snowshoeing
- Snow camping
- Mountaineering skills
 - Crampon technique
 - self-arrest training
 - climbing efficiency techniques
- Ice climbing (condition dependent)
- Rappelling
- Snow anchors & running protection
- Avalanche awareness
- Expedition medicine planning
- Non-Freezing injury
- Hypothermia management
- Low resource trauma management
- Prolonged field care
- Evacuation techniques
- Water purification
- Improvised shelters
- Wound and skin care
- Musculoskeletal injury.



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Inclusions

- 5 nights accommodation (snow camping and cabin)
- Personal mountaineering gear (snowshoes, crampons, ice axe, helmet, harness)
- Ropes, anchors, carabiners
- Ascending, belay devices
- All meals, stoves, fuel, cooking equipment
- Alpine / medical instructors
- Mountaineering guides
- All Course material
- Expedition duffel bag
- Expedition fleece
- National park permits
- Alpine Medicine Certificate
- Academy Transcript

Exclusions

- Travel
- Personal winter clothing
- Boots
- Sleeping bag
- Pack



DATES

25th - 29th of July 2025

COST

\$6635

**Deposit
\$950**

**Final payments are due 13 weeks prior to departure - 22nd
of April.**



T&Cs

Explora Medicine reserve the right to update, change or modify these terms and conditions at its discretion without prior notice and you agree to abide by the most recent version implemented. In the event that any changes are made, the revised terms and conditions shall be posted on this website immediately. Please check the latest information posted herein to inform yourself of any changes. Once you have reviewed the itinerary and information provided by Explora on the upcoming expedition, to secure your place you will need to do the following:

- Pay a \$650 non-refundable deposit that goes towards your complete package price;

Full payment due

Full payment of the balance is to be paid in full 12 weeks prior to the departure date. If your booking is made within 60 days of the departure date, then the full amount is payable at the time of booking.

Authority on expedition

An expedition leader is designated, for the safety of all team members and the decision of the expedition leader is final on all matters likely to affect the safety or well-being of any person participating in the trip.





Cancellation by Explora

We may cancel an expedition if minimum numbers are not met. We may cancel an expedition at any time up to 21 days before departure for administrative reasons. We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to Explora to an alternate departure date or alternatively receive a full refund. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, and travel insurance excess or non-refundable flights.

Cancellation by the traveller

A cancellation will only be effective when we receive written confirmation of the cancellation. If you cancel your expedition or placement:

- 90 days or more prior to departure, we will retain the initial deposit
- 60 days or less prior to departure, we will retain the deposit and 50% paid by you in connection with the booking.
- 21 days or less prior to departure, we will retain the deposit and 100% paid by you in connection with the booking.
- If you leave an expedition or placement for any reason after it has commenced we are not obliged to make any refunds for unused services. All monies paid are non-refundable after commencement.
- If you fail to join a journey, join it after departure, or leave it prior to its completion, you are not entitled to a refund of any payments made by you.

Acceptance of risk

You acknowledge that the nature of the trip is adventurous and participation involves a high degree of personal risk. You will be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all possible relevant travel information and the nature of your itinerary. Passengers must ensure that they are suitably fit to allow full participation in the trip. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements and recommendations for your destination. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

You acknowledge that Explora has provided you with a risk warning and these risks include, but are not limited to:

- Personal injury and loss (including financial loss) and damage;
- Personal injury and loss (including financial loss) resulting from your actions, and/or actions of others; and
- Loss or damage to personal property whether it be lost, stolen, damaged or destroyed.

You acknowledge that you fully understand these risks and participate freely and accept the risks involved.

You agree to release and indemnify Explora, you will not hold responsible Explora, its officers, employees, volunteers or agents from all claims and liabilities whatsoever, associated with your participation in any Explora project or activity.

You state that you are physically and mentally capable of participating and that you have fully read this form, in particular the 'acceptance or risk'.

Release and waiver of liability

In consideration of Explora accepting your booking application and in consideration of you being permitted by Explora to join the expedition to the extent permitted by law:

You release, waive, discharge, hold harmless and agree to indemnify Explora and its volunteers, guides and other representatives and the land management authorities in the countries in which the expedition is conducted from all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services, lost profits, consequential, exemplary, indirect or punitive damages or otherwise which may arise out of or occur during your travel in connection with the expedition or any activities conducted in conjunction there within unless caused by the wilful negligence or wrongful act of Explora and its volunteers; and regardless of the situation or circumstances giving rise to the claim you waive any claims you have, or may at any time have, against Explora and its volunteers and you agree, by accepting the additional inherent dangers and risks associated with the expedition, not to make any claim against or seek any compensation from Explora and its volunteers in respect of any personal injury, illness or death suffered by you or damage to or loss of property sustained by you as a result of your participation in the expedition.

Medical Disclosure

- You declare and warrant that
- You are in good health and mental and physical fitness at the time of booking this expedition;
- You have disclosed to Explora every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, that is relevant to Explora decision to permit you to go on the expedition;
- Immediately upon any adverse change in your health or fitness that may be likely to affect Explora decision to permit you to go on the expedition, you will notify Explora in writing of any such adverse change.
- Explora may exclude you from a tour staff deems it necessary. You acknowledge that the obligation to disclose under this condition continues from the time of booking the expedition through to departure and extends for the duration of the tour.
- You have taken the necessary precautions to immunise/vaccinate for the destination you are travelling to.

If you fail to comply with the duty of disclosure in this condition and if Explora would not have permitted you to undertake the tour, or continue participation of the tour, had you made full disclosure under this condition, Explora will not be liable, except to the minimum extent required by law, for personal injury, death or property damage or loss incurred by you



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