

	Date dd/mm/yy	Time	Duration (hours)	Title of Activity	Presenter/Credentials
Week 1	16/11/2021	18:00	1	Welcome	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
	16/11/2021	19:00	1	Careers in Expedition Medicine	Dr Lizzie Thorne (@theadventurodoctor)
Week 2	23/11/2021	18:00	1	Extreme Exercise Physiology	Professor Steven Harridge
	23/11/2021	19:00	0.5	Compartment Syndrome	Professor Steven Harridge
	23/11/2021	19:30	0.5	Training for Wilderness Adventures	Jack Galsworthy; Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
Week 3	30/11/2021	18:00	1	Physics and physiology of depth	Dr James Clark
	30/11/2021	19:00	1	Dive Medicine and Disorders	Dr James Clark
	30/11/2021	20:00	0.5	Dive medicine case scenarios	Dr James Clark & Neil Lodhia
	04/12/2021 - SATURDAY	10:00	1	Pre-hospital patient assessment	Dr Michael Conroy FAWM, Laura Appleton & Neil Lodhia
	04/12/2021 - SATURDAY	11:00	1	Emergency Airways	Dr Michael Conroy FAWM, Laura Appleton & Neil Lodhia
	04/12/2021 - SATURDAY	12:00	0.5	Management of thoracoabdominal injuries	Dr Michael Conroy FAWM, Laura Appleton & Neil Lodhia
	04/12/2021 - SATURDAY	12:30	0.5	Management of head injuries	Dr Michael Conroy FAWM, Laura Appleton & Neil Lodhia
	04/12/2021 - SATURDAY	14:00	1	Clothing selection for wilderness survival	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
	04/12/2021 - SATURDAY	15:00	1	Solar Injuries and Protection	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
Week 4	07/12/2021	18:00	1	Backpacking skills	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
	07/12/2021	19:00	1	Leave no trace camping	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
Christmas & Exam Break					
Week 5	25/01/2022	18:00	1	Physiological effects of G-forces on the human body and how to mitigate against this	Dr Ross Pollock
	25/01/2022	19:00	1	Medical considerations for air travel	Dr Ross Pollock
	29/01/2022 - SATURDAY	10:00	1	Overview of medical emergencies in the wilderness	Laura Appleton, Neil Lodhia & Barbara Pavlou (TC Officers); Jack Galsworthy, James Carr, John Urquidi & Will Calkin (TC advisers)
	29/01/2022 - SATURDAY	11:00	0.5	General Wound Management in the Wilderness	Laura Appleton, Neil Lodhia & Barbara Pavlou (TC Officers); Jack Galsworthy, James Carr, John Urquidi & Will Calkin (TC advisers)
	29/01/2022 - SATURDAY	11:30	1	Improvised Medical Techniques	Laura Appleton, Neil Lodhia & Barbara Pavlou (TC Officers); Jack Galsworthy, James Carr, John Urquidi & Will Calkin (TC advisers)
	29/01/2022 - SATURDAY	14:00	1	Lifting and Moving Injured Persons	Laura Appleton, Neil Lodhia & Barbara Pavlou (TC Officers); Jack Galsworthy, James Carr, John Urquidi & Will Calkin (TC advisers)
	29/01/2022 - SATURDAY	15:00	2	Improvised Splints, Lifts and Carries	Laura Appleton, Neil Lodhia & Barbara Pavlou (TC Officers); Jack Galsworthy, James Carr, John Urquidi & Will Calkin (TC advisers)
	29/01/2022 - SATURDAY	17:00	2	Wildrness Survival	Jack Galsworthy and Neil Lodhia
Week 6	01/02/2022	18:00	1	Physics and Physiology of Altitude	Wing Commander Dr Peter Hodgkinson
	01/02/2022	19:00	1	High Altitude Disorders and Overview of HAPE & HACE	Wing Commander Dr Peter Hodgkinson
	01/02/2022	20:00	0.5	Overview of HAPE & HACE	Wing Commander Dr Peter Hodgkinson
Week 7	08/02/2022	6:00:00 PM (Time TBC)	1	Medical Challenges on the Moon, Mars and Beyond	Dr Shawna Pandya
Week 8	15/02/2022	18:00	1.5	Cold Injuries/Recognition & Management of Hypothermia	Dr Monika Puskeppeleit
Week 9	22/02/2022	18:00	1	Overview of Search and Rescue	Dr Benjamin Abo FAWM
	17/02/2021	19:00	1	Wilderness Toxicology	Dr Benjamin Abo FAWM
Week 10	26/02/2022 - SATURDAY	09:30	1	Military Medicine	Major Natalie Taylor
	26/02/2022 - SATURDAY	10:30	0.5	ICE MAIDENS expedition	Major Natalie Taylor
	26/02/2022 - SATURDAY	12:00	1	Blast Injuries and Haemorrhage Control	Surgeon Commander Sam Hutchings
	26/02/2022 - SATURDAY	14:00	2	Mass Casulty Situations Simulation/Moulage	Surgeon Commander Sam Hutchings
	26/02/2022 - SATURDAY	16:00	1	Haemorrhage Control Techniques	Surgeon Commander Sam Hutchings
Week 11	08/03/2022	18:00	1	General Wilderness Medical Kit & Evaluating Fitness	Dr Russell Hearn FAWM
	08/03/2022	19:00	1	Water Purification	Dr Russell Hearn FAWM
Week 12	15/03/2022	18:00	1	Climbing Injuries & Management of Hand/Wrist Injuries	Jon Urquidi & Neil Lodhia
	15/03/2022	19:00	1	Fractures and Dislocations	Jon Urquidi & Neil Lodhia
	15/03/2022	20:00	1	All Purpose Ropes and Knots	Jack Galsworthy, Jon Urquidi & Neil Lodhia
	17/03//2022 - THURSDAY	18:00	3	Possible Vauxwall climbing trip/social?	All
Week 13	23/03/2022	18:00	1	Surviving at Sea - Breaking the World Record!	Jack Galsworthy
	23/03/2022	19:00	1	Health Maintenance at Sea, Seasickness, Ocean Paddling Related Injuries	Jack Galsworthy
	23/03/2022	20:00	1	Medical Emergencies at Sea	Jack Galsworthy
Week 14	26/03/2022 - SATURDAY	10:00	1	Planning for Group Travel	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
	26/03/2022 - SATURDAY	11:00	1	Genera Field Sanitation and Hygeine Measures	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
	26/03/2022 - SATURDAY	12:00	1	Survival Signalling	Neil Lodhia
	26/03/2022 - SATURDAY	14:00	3	Land Navigation	Neil Lodhia
	26/03/2022 - SATURDAY	17:00	1	Survival Shelters	Neil Lodhia
Week 15	29/03/2022	18:00	0.75	Performing Research in Wilderness Medicine	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
	29/03/2022	18:45	1	Wrap Up Session	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
	29/03/2022	19:45	2	End of Course Social	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers
Easter Break					
Optional:	23/04/2022	10:00	3	Wildrness Medicine OSCE	Laura Appleton, Neil Lodhia & Barbara Pavlou, Training Course Officers