**WMT Comparison Table for Chamonix Winter Courses 2022**

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| **Course title & dates** | **Mountain Medicine on Skis 15-22 January** | **Adventure Medicine on Skis, Skins & Crampons 23-30 January** | **Expedition Medicine 28 Feb – 4 March** | **Mountain Medicine on Skis 5 – 12 March** |
| **Course duration** | 6 days | 6 days | 5 days | 6 days |
| **Medical programme** | 5 days mountain practical sessions, 5 après ski tutorials 5-6.30 | 2 x mountain practical sessions + 6 days après ski tutorials 5-6.30 | 4 days après ski tutorials/lectures 3.30 – 6.30 | 5 days mountain practical sessions. 5 après ski tutorials 5-6.30 |
| **Difficulty** | Strenuous | Moderate | Easy | Strenuous |
| **Number of free skiing days** | 0 | 3 days | 5 days + weekends either side | 0 |
| **Guided ski days with instruction** | 6 days including an intro to ski touring | 1 alpine skiing day in Courmayeur, 1 day intro to ski touring | None – but plenty of time for free skiing every day | 6 days including an intro to ski touring |
| **Other guided mountain activities (included or optional)** |  | Glacier expedition -specialised equipment kit & train included | Optional glacier expedition 5 March (€100 pay in country, inc. kit & train) |  |
| **Transportation to ski slopes** | 6 ski days | 5 ski days | No but there are frequent free buses | 6 ski days |
| **Courmayeur, Italy ski safari day** | Usually 1 day | 1 day with lunch, ski instruction & bus included | 1 day with an outdoor medical session, bus & lunch included | Usually 1 day |
| **Accommodation / meals / refreshments** | Luxury chalet - twin rooms, self-catered | Luxury chalet - twin rooms, self-catered, hot tub | No accommodation. 1 lunch. Tutorial refreshments included | Luxury chalet - twin rooms, self-catered, hot tub |
| **Social activities** | Curl up or party in the chalet, self-cater or drink & eat out | Curl up or party in the chalet, self-cater or eat out | Watering hole meeting points daily to see live bands, party, dance on tables | Curl up or party in the chalet, self-cater or drink & eat out |
| **Mountain equipment included in fee** | 6 days loan of transceiver, shovel & probe | Glacier expedition kit & one day touring boots & skis |  | 6 days loan of transceiver, shovel & probe |
| **Ski passes** | Not included on any courses – a Chamonix day pass is €58.50 | | | |
| **Other benefits** | Detailed pre-course dossier, reading bundle, 200+ page Medic manual, CPD included in all courses | | | |
| **Fee (deposit) / special rates** | £1289 (£350) | £1295 (£645) | £550 (£250) / Med students, nurses, paramedics: 15 places @ £450 (£199) | £1290 (£349) |

**Course web page links for full details and online registration:**

<https://www.wildernessmedicaltraining.co.uk/medics-series-courses/mountain-med-on-skis/>

<https://www.wildernessmedicaltraining.co.uk/adventure-medicine-on-skis-skins-crampons/>

<https://www.wildernessmedicaltraining.co.uk/medics-series-courses/expedition-medicine-in-chamonix-winter-2/>

See this special announcement <https://mailchi.mp/wildernessmedicaltraining.co.uk/winter-chamonix-courses>