



# MOUNTAIN MEDICINE

## Lecture Topics

[www.wildmedadventures.com](http://www.wildmedadventures.com)

Introduction to Wilderness/Expedition Medicine

Foot Gear & Care of the Feet

Clothing Selection for Wilderness Survival

Medical Kits for the Mountains

Altitude Illness & AMS

HAPE

HACE

Frostbite

Eye Injuries & Prevention

Recognition and Management of Hypothermia

Ultrasound in a Remote Setting (with workshop)

Fractures & Dislocations in the Field (with workshop)

Wilderness Case Discussions & Overview

Wilderness Scenarios and Improvisation

Ropes, Knots, Carries & Outdoor Skills