

Mt. Elbrus - Russia

July 2020

Schedule of Activities

Dates: July 11th - 25th, 2020

***** Conference Starts on July 12th but most flights to St. Petersburg will require leaving on July 11th*****

Day 1: Sat.: July 11th:

Travel Day / Depart Home Country: Plan arrival for July 12th in St. Petersburg

Day 2: Sunday July 12th

	Arrive in St. Petersburg and Check-In Hotel (Try to Arrive before 4pm)
7:00 pm	Faculty Dinner and “Intro to Wilderness Medicine” Ben Mattingly, MD, FAWM
8:00 pm - 9:00pm	Medical Kits for the Backcountry Ben Mattingly, MD, FAWM This lecture will review the key components of a medical kit and specifically relate it to typical mountaineering/hiking injuries and prevention.

Day 3: Monday, July 13th

	Conference Schedule
7:00 am	Breakfast
8:00 - 9:00 am	Frostbite Ben Mattingly, MD, FAWM
9:00-10:00 am	Head Injuries & Concussions Mike Cavanagh, PA-C

10- 5:00pm	Tour of St. Petersburg
6:00 - 7:00 pm	Altitude Illness Ben Mattingly, MD, FAWM
8pm	Dinner / Hotel

Day 4: Tuesday, July 14th

	Conference Schedule
7am	Breakfast
8:00 - 9:00 am	Fractures & Dislocations Mike Cavanagh, PA-C
9:00 - 9:30am	HAPE Ben Mattingly, MD, FAWM
9:30 - 10:00am	Eye Injuries Mike Cavanagh, PA-C
10:00am - 5:00pm	Travel to Vody / Mt. Elbrus (Town of Terskol) (Flights and transportation)
6:00 - 7:00pm	Overview of Avalanche Injuries and Prevention Mike Cavanagh, PA-C This lecture will discuss the prevention, risk and injuries sustained in avalanches and their victims.
7:30pm	Dinner

Day 5: Weds. July 15th

	Conference Schedule
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7:00-8:00am	Breakfast
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8:00 - 9:00am	HACE Ben Mattingly, MD, FAWM
9:00 - 10:00am	Splinting Workship Ben Mattingly, MD, FAWM & Mike Cavanagh, PA-C
11:00am - 3:00pm	Acclimatization Hike to peak Terskol (3100M)
3:00pm	Break
6pm	Dinner

Day 6: Thursday. July 16th

	Conference Schedule
7 am	Breakfast
8:00 - 9:00 am	Hypothermia Ben Mattingly, MD, FAWM
9:30 - 3 pm	Lunch & Acclimatization Hike to Mt. Cheget (3400M)
6 pm	Dinner

Day 7: Friday, July 17th

	Conference Schedule
7:00 am	Breakfast
8:00 - 9:00 am	Ultrasound in Wilderness Setting Ben Mattingly, MD Discuss handheld ultrasound and how it can help triage and diagnose problems in austere environments and particularly in high altitude environments

10:00am - 3:00pm	Lunch and Transport to Basecamp: Sleep in Huts at (3800M)
7:00 pm	Dinner

Day 8: Sat., July 18th

	Conference Schedule
7:00 am	Breakfast
8:00 - 9:00am	Ropes, Carries & more (Work-Shop) Ben Mattingly, MD, FAWM & Mike Cavanagh, PA-C
Afternoon - Evening	Acclimatization Hike to Pastukhov Rocks (4800M) Sleep at Huts (3800M) Self-Arrest Practice
7:00 pm	Dinner

Day 9: Sunday, July 19th

	Conference Schedule
7 am	Breakfast
8:00 - 9:00am	Ultrasound Work-Shop Ben Mattingly, MD, FAWM & Mike Cavanagh, PA-C
9:00am - evening Splints / Scenarios 1:00pm - 3:00pm	Relax Day Snow / Ice Practice More Improvised splints, litters, and carries / rescue scenarios / self-arrest Ben Mattingly, MD, FAWM & Margaret Kincaid, MD Teach how to construct devices to help transport and splint injured patients and also how to contact rescue services.
7pm	Dinner

Day 10: Monday, July 20th

	Conference Schedule
Alpine Start	Summit Day: Climb to West Summit via South Side - 5642M Descent to North Side Base Camp - (2500M)
Evening	Dinner and Bed Early

Day 11-12: Tues./Weds, July 21/22nd

Day 11/12	Conference Schedule
	<i>Reserve Days</i>
	Lectures if needed because of time constraints

Day 13-15: Thurs/Friday/Sat. July 23/24/25th

July 23	Drive to Town of Kislovodsk (3-4 hours): Overnight
July 24	Drive from Kislovodsk to Mineralnye Vody Airport: Stay in St. Petersburg Last Meal Together / Evaluations / Summary of Course
July 25	Day in St. Petersburg / Transfers to Airport / Flights Home