



MOUNTAIN EMERGENCY MEDICINE COURSE WINTER

including the AHEMS topics according to DiMM regulations (ICAR, ISMM, UIAA).

Course details and equipment list

Requirement

- Active mountaineer and skier with basic skills (getting from point A to point B with skis)
- Working as a healthcare professional or as a rescuer for a medical / rescue organization
- You must be able to master the following knots prior the course: Italian hitch, figure of 8, clove hitch, overhand slip knot, fisherman knot, prusik

Pretest

You will receive a pretest approximately 4 weeks before course starts by e-mail. You can either send it back electronically or turn it in on the first day before the course starts.

Course program

Download the detailed course program on our website. This program will change according to weather and snow-conditions. We kindly request that we stay flexible and adapt according to those factors.

Included in the course

Course fee, helicopter flight time, accommodation (hotel & mountain hut), hotel night starting from the night before the course starts.

During the course days in Zermatt: breakfast and lunch.

During the course days in the mountain hut: breakfast and dinner.

Equipment list

- Winter clothes for extreme minus temperatures
- Gloves (technical plus a pair of warm ones)
- Watch cap plus face mask

- Helmet
- Harness
- Boots that will fit crampons
- Crampons
- Sunglasses
- Sunscreen 50+
- Head lamp
- Backpack
- Sleeping inlet (for the mountain hut)
- Touring skis with skins and ski crampons
- Touring ski boots
- Ski poles
- Avalanche transceiver
- Avalanche shovel (non-plastic)
- Avalanche probe
- 2 HMS carabiners
- 2 Screws gate or triple lock carabiners
- 2 Prusik slings
- 1 Nand sling (approx. 240cm)
- Belay / Abseil device
- 4 Standard carabiners

If available but not mandatory:

- 2 Ice screws
- More carabiners
- Ice axe

Please contact the course instructor by e-mail if you have any questions regarding the equipment. Gear rental shops are available in Zermatt.

Point of contact

Air Zermatt Training Center
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