



# MOUNTAIN EMERGENCY MEDICINE COURSE SUMMER

**including canyoning and AHEMS topics according to  
DiMM regulations (ICAR, ISMM, UIAA)**

## Course details and equipment list

### Requirement

- Working as a healthcare professional or as a rescuer for a medical/rescue organization
- Active mountaineer
- 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.

### Schedule

This program will change according to weather and snow-conditions. We kindly request that we stay flexible and adapt according to those factors. Course includes in the program canyoning and Helicopter Emergency Medical Services (HEMS) part two.

### Included in the course

Course fee, helicopter flight time, accommodation (hotel & mountain hut), hotel night starting from the night before the course starts. Single room while in Zermatt, multiple beds while in Ticino for canyoning training.

During the course days in Zermatt: breakfast and lunch.  
During the course days in Ticino: breakfast and dinner (lunch inside the canyon in form of snacks).

### Equipment list

- Mountaineering clothes, please note that cold temperatures can be possible year-round in Zermatt
- Gloves (technical)
- Mountaineering boots
- Helmet
- Harness
- Sunglasses
- Sunscreen 50+
- Head lamp
- Backpack
- 2 HMS carabiners
- 2 Screws gate or triple lock carabiners
- 2 Prusik slings
- 1 Band sling (approx. 240cm)
- Belay/abseil device
- 2x 6mm 2m Cords
- 2x 6mm 5m Cords
- 2 Carabiners

Please contact us 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  
+41 27 570 70 70 or by e-mail  
at [training@air-zermatt.ch](mailto:training@air-zermatt.ch)