



ExChile Greatest Playground on Earth!
2009-2010 season

Wilderness Medicine 2010 Feb 21-Feb 27

Group Contact: **Kevin McGarvey**

Phone:

Email: kevinwmcgarvey@gmail.com

Guests:

Comments:

Overview:

National Geographic International Adventurist: [Seven days to the Futaleufu - Trailer](#)
 Slide shows: [Slide Shows](#)

Patagonia, Chile is an unparalleled outdoor classroom to teach practical and applied wilderness medicine skills. Not only is Patagonia one of the last frontiers of untouched remote wilderness on earth, it is a convergence of world class whitewater, mountains and ecology. Wilderness MedVentures believes Patagonia has the potential to attract a large number of physicians eager to experience pristine wilderness while gaining hands-on experience in wilderness medicine. Dr. Kevin McGarvey, one of the emergency physician instructors, has already done 6-weeks of University funded research in the Futaleufu Valley, working closely with Expediciones Chile's owner and guides to create an optimal teaching environment.

Futaleufu River Rafting from our Campo Tres Eco Camp lies at the heart of all of our multi-sport trips in Chile. This trip is based at our spectacular eco camp "Campo Tres Monjas" complete with a white sand beach at the confluence of the Futaleufu river and the Rio Azul. Watch the sun rise between the impressive spires of Tres Monjas peak overlooking the area.

Acclaimed as one of the most demanding rafting runs in the world, the Futaleufu River provides rafters the ultimate whitewater challenge. The river's name is derived from a local Mapuche Indian word meaning "big, big river" and it lives up to its billing in every respect. Since the early 1990s rafting in Chile has become synonymous with this river and it has beckoned an elite group of international rafters daring enough to tempt the Class V power of Futaleufu. The first time you connect to the intriguing power of this river you will know it is unlike any river you have rafted before. It has earned its reputation as The Greatest Whitewater on Earth!!!

Chile rafting is not the only thing you will find in this spectacular river valley. From our spectacularly located eco camp, you will get to experience a multi-sport vacation like none other. From here we will venture out on horseback, mountain bikes, sit-on top kayaks and on foot to explore this magical paradise. Our diverse selection of activities draws you to the most fascinating ecosystems in this Patagonia valley. Trekking, fly fishing, sea kayaking, canyoning, our whitewater kayak school, and guided whitewater kayak trips are all possibilities with our Chile rafting

program. Rafting in Patagonia has never been more comfortable or more customizable with the spectacular and strategic location of Expediciones Chile's eco camp.

Course Themes

- Preparation: To illustrate the risks apparent within specific wilderness settings and adventure activities and how to properly prepare and prevent those risks from creating medical emergencies.
- Application: To empower physicians with the basic knowledge and skills necessary to management medical emergencies in the wilderness setting.
- Improvisation: To challenge physicians to use creative, team-oriented means of treatment, stabilization, and transport in harsh environments with limited resources.
- Decision-Making: To learn how to assess and act in difficult clinical scenarios in remote wilderness settings where solutions are not always clear-cut.

Course Instruction led by:

[Wilderness MedVentures](#) with

[Continuous Medical Education](#) (CME) Accreditation for Physicians through [University of Arizona](#).

Day by Day:

Day 1 Friday February 19: Depart your home town.

Fly to Miami and connect on an over night flight to Buenos Aires Argentina. Welcome to the warmth of the Southern Hemisphere in summer.

- Review of Written Booklet (3.0) Pre-Test (1.0)

Day 2 Saturday Feb 20 : Travel to Trevelin, Patagonia Argentina

Early morning arrival in Buenos Aires, change airports and catch another flight to Bariloche, or Esquel, Argentina. From Bariloche, a luxury bus will take you on a beautiful drive along the Patagonian lakes and mountains to Esquel.

If you fly direct to Esquel, you can arrive in Trevelin with some time to enjoy the area. Trevelin, Argentina is a charming mountain village gateway just 45 minutes from Futaleufu River in Chile. Trevelin is serviced by ground transport (Bus or private taxi) from the Jet ports in Bariloche (4 hrs) or Esquel (40 min). Check into a hotel in this charming village and walk to one of several superb restaurants. Unwind, relax, and get a good nights sleep before the start of your trip 9:00 am the next morning.

Day 3 Sunday Feb 21 : Raft the Wild Mile and arrive at Campo Tres Monjas.

After a relaxing night's sleep at a hotel in the quaint Welch town of Trevelin deep in Patagonia Argentina, we begin this exciting trip with a quick shuttle across the Chilean/Argentinean border and into the Futaleufu Valley. We go direct to the Futaleufu put in where we will meet your guides and rafts. After changing into our river gear, your luggage will be whisked away and magically show up at your tent or cabin at our river eco-camp before you arrive. We will arrive at the the pristine river camp, Campo TresMonjas, ideally located at the confluence of the Rio Azul and Futaleufu, the perfect put-in and/or take-out for the exciting Class V river runs. The three clustered, volcanic spires known as "Las TresMonjas" (Three Nuns Peak) stand guard over your camp surrounded only by mountains, farms and rivers. Surrounded by nature, this is truly refined camping. Your private, riverside tent is hidden down a soft footpath. In camp there are white sand beaches with hammocks for relaxing, a dining cabin with sit-down dining, a chef to prepare each meal, a fresh spring water system, open air hot showers, a sauna, a masseuse to soothe your tired muscles, and a bamboo outhouse with a spectacular view. That evening, we'll have the first of many exquisite Chilean dinners at the Camp, freshly prepared by the course's personal gourmet chef. Your instructors will give informal opening lectures and present the week's itinerary and course objectives.

Lectures and Cases

- Principles of Wilderness Medicine (0.5)
- Law and Ethics in Wilderness Medicine (1.0)

Day 4 Monday: Canyoning

This day outdoors will be a vertical adventure into the spectacular Canyon Gelves. Located only 3 miles from our lodge in town, we will find views dropping 500 meters to the beautiful canyon floor. The largest single drop, accessible only to experienced canyons, is 45 meters (148 ft). Based on participants' fitness and experience, we will offer two options - descent through a 30 foot waterfall or a rappel through 4 waterfalls, totaling over 300 feet!

Lectures and Cases:

- Simulation: A Cayoneering Fall with Spine and Femur Fracture (1.0)
- Wilderness Trauma (0.5)
- Wilderness Rescue for the Backcountry Traveler (0.5)

Day 5 Tuesday: Raft Bridge to McCall

This morning we will be back on the Río Futaleufu. After breakfast, we will drive to the exciting whitewater rafting on Bridge to McCall, a section of the Futaleufu with class 4 and class 5 rapids. These rapids are more challenging than anything being run in North America! This rafting run begins with the adrenaline-charged Bridge to Bridge section, which includes 6 to 7 miles of continuous class 4 rapids. At the end of the Bridge to Bridge section, however, we'll raft to where the river picks up energy as the canyon walls turn into vertical cliffs and huge glacier crowned peaks rise above. After a riverside lunch, the serious excitement begins as we find Más o Menos (Class IV+) and our first authentic Class V rapid of this raft trip, Casa de Piedra. After completing the lectures for the day, there will be time to unwind and relax either on the beach, in the sauna, with a massage or simply reading a book.

Lectures and Cases:

- Simulation: Gastroenteritis and Dehydration (1.0)
- Heat Illness and Dehydration (1.0)
- Overview of Infectious Disease in Adventure Travel (0.5)
- General Field Sanitation and Hygiene Measures (0.5)
- Wilderness Medical Kits (0.5)

Day 6 Wednesday: Raft the Infierno.

Today, we will face a big day on the river, Infierno Canyon! Based on how the group has performed the previous day and how high the river is running, we will attempt to run Infierno Canyon! This is the most demanding and committing section of the Futaleufu. We put-in at the bridge on the Río Espolón and soon meet the confluence with the Río Futaleufu. As we pass the ominous Gates of Infierno, the point of no return, the fun immediately begins with several serious and continuous class 5 drops. As we exit the canyon, the river widens with spectacular views of the Las Escalas Valley. After six miles of moving, gentle productive water, the river returns to its wild side and we encounter the "Zeta" and "Throne Room," two of the most ferocious rapids on the Futa, which even the whitewater rafters will portage while we enjoy lunch. You'll return to Campo by rafting through the Wild Mile and finish with a relaxing sauna or massage followed with evening lectures and dinner.

Lectures and Cases:

- Simulation: Shoulder Dislocation and Laceration (1.0)
- General Wound Management in The Wilderness (0.5)
- Improvised Field Wound Management (0.5)
- Overview of Field Management of General Orthopedics (1.0)
- Improvised Splints, Litters and Carries (0.5)

Day 7 Thursday: Raft the Terminator

For our last day of rafting on the river we've managed to somehow save the best for last. We are taking off from camp as the rest of the luggage is loaded into our vehicles. We are headed to a section of the river called the Terminator section. You must have previously rafted the "Heart" section with us and met all of our safety requirements because the Futaleufu River takes on an extremely powerful nature, with the longest and largest rapid on the Futa, the "Terminator" (Class V). Rafting in Chile does not get better than this! Just below, we'll have to negotiate the hole filled "Khyber Pass" (Class IV+) and the Himalayas (Class IV), with perhaps the biggest standing waves in the hemisphere. If this wasn't enough, one final pass down the Heart of the Futaleufu will be sure to leave you with a day of rafting that you won't soon forget.

Lectures and Cases:

- Simulation: Near-Drowning and Hypothermia of a Rafter (1.0)
- Simulation: Whitewater Rescue (1.0)
- Whitewater Injuries and Rescue (0.5)
- Near-Drowning and Immersion (0.5)
- Recognition and Management of Hypothermia (0.5)
- Overview of Cold Injury (0.5)
- Wilderness Survival (0.5)

Day 8 Friday: Trek to Benedicto's

We begin your first trek by walking downstream through green rolling hills and ranch land. Within several miles you will enter a deep black rock gorge. Our trail is cut into the side of the canyon, giving a bird's eye view of the restless, radiant turquoise Futaleufu River below. Several miles later the gorge opens into the remote Las Escalas Valley. We will trek across this enchanting valley and enter an old growth, temperate forest of Coigue trees. Coming out of the forest, the walk leads us to a 136-acre working ranch set deep in the forest, overlooking the river valley below. Apart from the spectacular views, this self sustainable ranch, without road access or electricity is a marvel in its own right. There, you will be greeted by our host at a rustic wood crafted ranch that functions completely off the grid. You will get the full tour around the ranch, before sitting down to a feast of traditional Chilean cuisine. After dinner you can watch the owner spin his own wool and browse through his hand made products, before settling into your comfortable sleeping quarters. Enjoy a warm night's sleep in comfortable, homemade beds as you look forward to a bountiful breakfast and your trek to camp the following morning.

Lectures and Cases:

- Simulation: Anaphylaxis in a Hiker from a Bee Sting (1.0)
- Medicinal Plants (0.5)

- Emergency Airways in the Wilderness (0.5)
- Insect Bites/Stings and Plant Toxins (1.0)

Day 9 Saturday: - Saturday: Trek into mountainous wilderness area from Benedicto's, then back to town to then go to Trevelin. Stay in hotel in Trevelin. After a full breakfast, we can take a leisurely morning or climb up towards the Huemul Reserve just minutes from this remote ranch that continues to the Argentine border at the peaks of the ridge that we see from the ranch. The Huemul is an endangered deer, one of the smallest on the planet. After lunch we say goodbye to your Chilean hosts as we ready for our trek toward town where we will be greeted with our luggage to cross the border back to Trevelin.

There are a handful of outstanding and reasonably priced restaurants in Trevelin that we can recommend. Relax, recover and look back on the exciting week of rafting before heading back the following morning.

Lectures and Cases:

- Simulation: Altered Mental Status at Altitude (1.0)
- Injuries from Climbing (0.5)
- High Altitude Physiology (0.5)
- Altitude Sickness (0.5)
- HAPE/HACE (0.5)

Day 10 Sunday: Depart for home.

Depending on your connections you are now are in Argentina ready for an early departure in a cab from your hotel to the bus station in Esquel for the trip to Bariloche and your flight back to Buenos Aires. A private transfer can be arranged direct from your hotel to the airport in Bariloche. If you have a flight from Esquel you have the morning to enjoy and buy gifts in Trevelin before your 2 pm flight to Buenos Aires and the connection back to your home country.

- Post-Test (1.0)
- Evaluation
- CME Credits – 26 hours

Day 11 Monday: Return Home.

Accommodations:

[Eco Camp Campo Tres Monjas](#)

[Remote Ranches](#)

Price per Person: \$3750.00 USD

Special Flexibilities: Exchile will be flexible to make your trip a total success. The actual program for your custom trip will vary according to the desires and skill level of your group, weather, or other factors. Patagonia has constantly changing weather patterns that might affect what day is best for a certain activity. If a certain part of your trip is not possible due to danger risks and weather extremes, our experienced guide staff will work with you to figure out the best possible option to substitute for the weather complications. If you have any concerns, please feel free to ask us more about the situations and what is guaranteed on the trip.

Included: Your described trip, guiding, instruction, activity equipment, local transportation, shuttles, all meals, wine with dinner, accommodations at our eco-camps, cabins, ranches or lodges, while on your trip. We offer a free pick up on Sunday mornings at 9 am in Trevelin at your hotel, and drop off to your hotel in Trevelin, Argentina on Fridays at 9 pm. See the packing list of your activity, for the specific clothing that is required.

Not Included: Transportation to and from your home town, and your accommodations and meals in Trevelin, Argentina or alternate trip pick up point. You can reserve and prepay on the web for your transport from your final air destination, to and from your pick up/drop off point before and after your trip, or you can direct us to charge your visa card and do it for you. We highly recommended having Exchile make hotel reserves in Trevelin. (room capacity in this small village is limited). Expediciones Chile is not financially responsible for your travel complications getting to your trip pick up point and from the drop off point, HOWEVER, we will be relentless allies in offering our services to help solve any issues that you may encounter.

Trip Summary:

Season: Feb 21-Feb 27 2010
Experience Needed: None

Physical Challenge: Moderate
Cultural Experience: Maximum
Nature Experience: Maximum
Comfort Rating: Moderate High
Max Trip Size: 15
Min Trip Size: 6

Regions visited: Remote Patagonia Chile and Argentina

Lakes, rivers and sites: Futaleufu river, Rio Azul, Rio Espolon, Lago Lonconao, Lago Esplon, Secret Lagoon, Campo Tres Monjas, Futaleufu Chile, Trevelin Argentina.

Core Learning Objectives:

1. Before the course begins, attendees will read a select group of texts from the wilderness medicine literature.
2. Attendees will complete a pretest before their arrival, to reinforce the core knowledge and themes in the pre-course readings.
3. Attendees will incorporate core wilderness medicine knowledge during daily didactic lectures.
4. Attendees will apply their medical knowledge and training to wilderness and remote situations.
5. Attendees will be able to recognize and treat common medical emergencies in adventure settings, including high altitude, water sports, and high-angle situations.
6. Attendees will be able to create and carry appropriate medical kits based on various wilderness or adventure activities.
7. Attendees will be able to improvise medical supplies from environmental components.
8. Attendees will be able to apply the ethical and pragmatic indications for emergent evacuation.
9. Attendees will be able to undertake emergent evacuations in various situations.
10. Attendees will be able to synthesize all the above components to function as a group medical director for wilderness or adventure sport situations.

Travel Summary:

For same day connection: International flights must arrive early enough to connect to Esquel or Bariloche.

For Esquel flights one must arrive before 7:25 am in Buenos Aires

For Bariloche flights one must arrive before 9:30 am in Buenos Aires.

Days away from home:

In:

Final Flight Destination airport: Bariloche Argentina

Trip pick up point: Trevelin Hotel Argentina

Trip pick up date and time: Sunday 9:00 am

Out:

Trip drop off point: Trevelin Hotel Argentina

Trip drop off date and time: Friday 9:00 pm

Return Flight Departure airport: Esquel or Bariloche if flight is cancelled Argentina

Map: [Interactive Travel Map](#)

Travel Route Alternatives: [Traveling through Chile and, or Argentina](#)

Air Fare: [Online quote](#) +1.866.498.0530

Luxury Bus Tickets Chile & Argentina: [Information and reserves](#)

Lets GO!

Reserve your trip: [Credit Card deposit](#)

Travel Insurance: [Quote and or online purchase](#)

Sign up process: [Sign up NOW!](#)

Packing Lists: [Select your list to print.](#)

Enroute guidance: [Print this and take it with you.](#)

Type of Clothes ready for your trip pick up: Get you rafting clothes together for you trip pick up point.

Thank you,

Trip Designer: Nick Fechter, Dave Carrs & Chris Spelius

Direct line to my Desk +1.208.629.5032

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