



10<sup>th</sup> Update in  
Altitude & Expedition Medicine  
Medicine on the Edge

August 17-30, 2025

The Sacred Valley, Cusco, Salkantay and the Inca Trail, Peru

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

**August 17<sup>th</sup> 2025**

19:00-20:00: Introduction to the Altitude & Expedition Medicine Program  
Format & Expectations

**August 18<sup>th</sup> 2025**

17:00 – 19:00 Critical Thinking In Altitude Medicine

**August 19<sup>th</sup> 2025**

10:00 – 10:30: Introductions  
10:30 -11:30: What is Mountaineering  
11:30 – 13:00: History of Altitude Medicine  
13:00 -14:00: Lunch Break  
14:00 – 15:00: Altitude Physiology Part 1  
15:00 – 16:00: Altitude Physiology Part 2  
16:00 – 17:00: Lightning Strike  
17:00 – 17:30: Recap/Questions of the days activities

**August 20<sup>th</sup> 2025**

10:00 – 10:30: Avalanche Medicine  
10:30 -11:30: Altitude Syndromes Part 1  
11:30 – 13:00: Heat and Cold Related Syndromes  
13:00 -14:00: Lunch Break  
14:00 – 15:00: Altitude Syndromes Part 2  
15:00 – 16:00: Altitude Pharmacology  
16:00 – 17:00: Delegates Case Studies Part 1  
17:00 – 17:30: Recap/Questions of the days activities

**2025  
Program**

**August 21<sup>st</sup> 2025**

10:00 – 10:30: High Altitude Nutrition

10:30 -11:30: Other Medical Problems at Altitude

11:30 – 13:00: Expedition Medicine Part 1

13:00 -14:00: Lunch Break

14:00 – 15:00: Expedition Medicine Part 2

15:00 – 16:00: When Things Go Wrong – Why People Die on Expeditions

16:00 – 17:00: Delegates Case Studies Part 2

17:00 – 17:30: Recap/Questions of the days activities

**August 22<sup>nd</sup> 2025**

16:00 – 18:00 Campsite 1: High Altitude Rescue

**August 23<sup>rd</sup> 2025**

16:00 – 18:00 Campsite 2: Improvising Medical Care in the Wilderness

**August 24<sup>th</sup> 2025**

16:00 – 18:00 Campsite 3: Wilderness Medicine Case Studies

**August 25<sup>th</sup> 2025**

16:00 – 18:00 Campsite 4: Final Q& A with Faculty

**August 27<sup>th</sup> 2025**

16:00 – 18:00: The Quiz (Altitude Trivia Night) – What Have You Learnt

**August 29<sup>th</sup> 2025**

09:00 – 10:00: Closing Comments