



Dive Medicine Expedition

Southern Red Sea, 20-27 April 2023

Info package v2023_0104

This information may be subject to change – please check with us to confirm the newest version. Contact ross@wildmedix.com for the latest update. Are you on the WMX Dive Med WhatsApp Q&A group yet? If not, sign up at

<https://chat.whatsapp.com/FcolECBAMGDADxNWCghIjg>

Introduction

Are you looking to deepen your understanding of dive and maritime medicine, gain experience at sea on a multiday liveaboard expedition, dive remote locations which can't be accessed on simple tour trips, or just have an awesome trip to see spectacular underwater life? The WildMedix Dive Medicine Expedition is what you are looking for...

On 20 April 2023, we will embark on a privately chartered, modern, custom-built 125 ft motor yacht at Port Marsa Ghalib. The next week will be spent aboard the vessel, sailing to the southernmost reefs in the Egyptian Red Sea, close to the border with Sudan. Depending on the weather and water conditions, the dedicated yacht and diving crew will adjust our itinerary to include the best areas of the remote but vast St Johns' Reef system, Fury Shoals, and various small islands in the region. If possible, we may dive on the famous Elphinstone Reef and/or some isolated shipwrecks. The undersea highlights of the trip could include some of the richest and most vibrant corals in the world, reef walls and swim-throughs, huge schools of fish, grey, silvertip and whitetip reef sharks, turtles, and even dolphins, hammerhead and whale sharks if we are lucky. For those with energy and gills, it is possible to complete 20 or more dives on the trip, before we finally return to port on 27 April.

Aboard the vessel you will be provided with shared cabins with air conditioning and ensuite bathrooms, all meals, and a dedicated team who will provide briefings and guide each dive. There are



two indoor saloons and both shaded sundeck as well as fly deck to relax between activities. Unlike most trips, however, we are not just going to be diving and relaxing: Your expedition fee includes a wilderness medicine training program with theoretical and practical components which cover the core topics in recreation dive medicine. Expect to learn about medical problems at sea, the physics and physiology of humans under hyperbaric conditions, essentials of dive medicine, dive-related illnesses, discuss case scenarios and practice rescue techniques, and delve into dive tables and principles of recompression therapy. By the end of the course, you should feel confident in providing medical services aboard recreational dive vessels. For those undertaking the Fellowship in Wilderness Medicine, we will cover all core topics in the Dive & Hyperbaric Medicine domain.

While the course is aimed at medical professionals we also encourage suitably skilled volunteers with an interest in remote and wilderness medicine to join us. We are also offering a dive-or-cruise-only option, where non-medical friends and family can join the expedition at a reduced cost. Non-divers are also welcome – they can expect a very relaxing week of sunbathing, camaraderie and good food aboard a very comfortable yacht.



There is no fitness requirements to participate, but as some dives may take place in currents, a moderate level of fitness and swimming ability is advisable. The dive vessel has some limitations in providing access for differently-abled persons, so please contact us if you have concerns. To take part in the dive program you will need to have a minimum of PADI Openwater (or equivalent), and 30 or more dives' experience is advisable for some parts of the itinerary.

Why a liveaboard expedition in the Red Sea? Other than the fact that the cost-to-quality ratio is perhaps higher here than any other dive destination in the world, the Red Sea offers some of the most spectacular and varied diving off the entire coast of Africa, while being easily accessible from the whole continent and abroad. There are direct flights from many European cities, and the logistics are very simple. Living on-board the dive vessel maximises time for diving and medical training without eating into rest time, and gives experience of life at sea. Simply put, it is the best combination of simplicity, experience and quality that can be found.



Expedition costs, inclusions and exclusions

Costs:

We structure our course and expedition costs with stratified fees for international and African citizens. This is a deliberate effort to cross-subsidize participation from candidates in low- to middle-income countries, and recognize the historical lack of access to teaching. If you are uncertain as to which fee is applicable, please chat to us. The full expedition fee is **EUR 2500/2050** per person for International/African citizens respectively. This includes all accommodation, meals, medical training, dive expedition, and the specific items listed in the section below. Group size is limited to guarantee personal and focused attention on all participants. Please note that the accommodation onboard is in shared cabins, but a single supplement is available on request. The dive-or-cruise-only option expedition fee is **EUR 1500**, and includes all items except the lectures and practical/simulation exercises, and course completion certificate. Repeat WMX customers and/or Wilderness Medical Society members are eligible for a **10% discount** on the applicable course fee. Fundamentally, we want people to be able to access wilderness medicine education and experiences, and so if you have financial challenges, please talk to us in confidence.

Course fee includes:

- Experienced expedition leader and medical director, highly trained instructors, and industry-leading local dive charter company providing logistics aboard a custom-built luxury expedition dive vessel.
- Professionally-rated dive leaders and instructors
- Accommodation from 20 to 27 April with full board (all meals, drinking water, soft drinks, tea, coffee and complimentary wine with dinner). The vessel features modern two-berth, individually air-conditioned, lower-deck cabins with ensuite bathrooms. (There is the option to upgrade to main/upper deck cabins or one of two double-bed suites at an additional charge.) There are hot showers, daily housekeeping and both airconditioned (indoor) and outdoor communal areas. Meals are buffet-style and feature both local and Western cuisine. There are snacks and drinks available all day.
- Full diving itinerary. Dependent on the weather, group experience and other factors, this will range between two and four dives a day, for a target of 20+ dives during the expedition. There is a dedicated dive deck, shaded prep area, rebreather and camera support. DIN adaptors are available.
- Dive weights and tanks, as well as all tank refills.
- Free Nitrox for all EANx-rated divers, with dedicated tanks.
- Charter-related surcharges (VAT, fuel charges, National Park and port fees)
- Personal and group supervision and training throughout all aspects of the course/expedition
- FAWM and CME/CPD accreditation. (Letter of attendance provided on request)
- Electronic library of course notes and articles
- Course completion certificate
- Commemorative gear
- Cabin and deck towels
- Transport to and from Marsa Alam International Airport
- WiFi internet access when in range.



You need pay your own:

- Flights to and from Marsa Alam in Egypt (IATA: RMF)
- Visa, immunisation and any required COVID screening costs. We strongly advise full COVID vaccination prior to travel; some countries will require other vaccinations (such as Yellow Fever) as well.
- Travel and medical insurance (compulsory – we will provide recommendations)
- Dive insurance – available on the boat for EUR 5 per day
- Gear rental for items which you will not be bringing. Costs onboard are (at the time of writing): Full Equipment (with BCD, Dive Computer, Fins, Mask, Regulator, DSMB, Wetsuit) EUR 160; BCD EUR 70; Dive Computer EUR 15, Dive Light EUR 50, Fins EUR 20, Mask EUR 15, Regulator EUR 70, DSMB EUR 30, Wetsuit EUR 50
- Additional PADI dive certifications are available during the course – we recommend considering completing the Advanced and/or Nitrox certifications if you are keen. Please ask us for advice.
- An upgrade to 15L SCUBA cylinders is available for the air-hungry for EUR 30.
- Alcoholic drinks other than the wine provided free with dinner.
- Tips for boat and dive staff, if you wish. (Please note that tipping the WildMedix staff is neither required nor requested; if you try, we will pass it on to the local staff with your gratitude.)



Above L to R: Lower deck cabin; middle/upper deck cabin; junior suite; executive suite.

Required & Advised Equipment

Required (Compulsory) Equipment

These items are an indication of what will be required and what is not negotiable. A detailed kit list will be provided when you sign on for the expedition.

- Passport with visa if necessary
- Duffle/dive/travel bag - hard luggage is okay, but it is much easier to store your bag in a small cabin if it is soft/collapsible.
- Dive certification and logbook
- Travel clothing - Egypt is a predominantly Islamic country, and so it is advisable to dress modestly for your travel to and from the vessel. Once aboard, you can spend the next week in beach attire. You won't need shoes once aboard.
- Swimming costume – at least one which is comfortable underneath a wetsuit
- Warm jacket/fleece – evenings can be cool
- Cocktail attire for the team dinner
- Personal toiletries and medication
- Sunscreen, lip balm, sunglasses and hat or peak cap

Please note that a delayed surface-marker buoy (DSMB) is compulsory personal equipment for diving in the Red Sea, and a dive light with backup per buddy pair is compulsory for all night dives. These are available to rent onboard as per the list above.

Advised equipment

- Dive gear – bring what you own, and the rest can be rented on the boat. It is advisable to have at least a well-fitting dive mask and wetsuit of your own, but this is not essential. If bringing your own wetsuit, plan for sea temperatures of 22-28 °C.
- More than one swimming costume – nice to be able to change into a dry one occasionally!
- Camera – We'll be shooting some GoPro footage to share afterwards if you don't have one.
- Drybag – a small one is handy for keeping personal items together, and any excursions.
- Sun-protective clothing for when you want to be above deck but not burning
- Sleepwear for your cabin
- Moisturizer – lots of salt and sun can really dry you out
- Ear/eye drops
- Sarong – so many uses
- Some form of distraction/entertainment – a book, music (and headphones), card game...
- Spare cash – we recommend Euros for this area.

These items are a guide; we will help you refine your kit list as the expedition approaches. You need minimal clothing items for onboard the vessel, as things don't get dirty very easily. Swimwear, a couple of t-shirts or sun dresses, sun protection, one warm outfit and a sarong will keep you going for the week.

Reserving a Place & More Info

To get swift responses and chat with other interested people, join the expedition WhatsApp Q&A group at <https://chat.whatsapp.com/FcolECBAMGDADxNWCghIJq>. The expedition's FaceBook event page is also a good source of continued updates: visit <https://fb.me/e/2C2KvMtGE> to join the page.

If you are seriously considering joining the expedition and would like to reserve a place, you can assist us with capturing your details using this online form: <https://tinyurl.com/wmxdiv23>

Due to our commitment to providing personalised instruction and building a lasting working relationship with our expedition participants, the group size is capped. Please contact us ASAP to secure your place: Ross Hofmeyr ross@wildmedix.com +2784 549 9259 (SA Mobile)

We will provide you with details to pay a deposit, which will secure your participation. The deposit amount is EUR 1000, and can be paid to our secure UK account. **Spaces are quite limited, so please make arrangements to pay the deposit soonest.**

If you are looking to establish costs for flights, we recommend using a search engine such as Momondo (www.momondo.com) or Expedia (www.expedia.com) to search for the destination airport, Marsa Alam (IATO code 'RMF'). You should plan to arrive no later than the morning of Thursday 20 April, and depart on Thursday 27 April 2023. We advise considering (and can assist with arranging) spending one night before and after the expedition in Egypt to avoid stress about flight delays. Hiccups will happen – This is Africa!

Please contact us to answer any of your questions!



