



Time	Session	Venue
SUNDAY	WELCOME RECEPTION, REGISTRATION & SWIM	Hathersage Pool
MONDAY 08:30 - 10:30	<p><b>Session - Day 1</b></p> <p><b><u>PLENARY SESSION 1: WOMEN IN THE MOUNTAINS</u></b></p> <p><b>Chair: Peter Paal</b></p> <p><b>Speakers:</b> <b>Adele Pennington</b> <b>Lenka Horakova</b> <b>Linda Keyes</b> <b>Volker Schöffl</b></p>	<p><b>The Methodist Hall</b></p> <p>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</p>
11:00 - 13:00	<p><b>DENTAL TRAUMA *</b></p> <p>"The ultimate "hands on" experience – using a range of practical resources Burj will guide you through just what you need to handle dental emergencies in the mountains. Burj's courses have the best feedback in the business. Don't miss out!"</p> <p>Run by Burj Langdana</p>	<b>Stange Room</b>
LUNCH BREAK 13:00 - 13:30	<p><b>HEALTHY HIKES *</b></p> <p>"Positive Steps Outdoors is an award winning social enterprise initiative from Northern Ireland that combines professional mountain leadership with mindfulness and coaching to help people reconnect with nature, improve their mental health and build stronger connections with others. Join Alan and Caroline for an insight into how mountains can be medicine..."</p> <p>Run by Alan Elwood and Caroline Hart</p>	<b>Cricket Pavillion</b>
GRAB BAG LUNCH TO BE COLLECTED FROM MEMORIAL HALL	<p><b>MOUNTAINS AS MEDICINE - FILM SHOWING *</b></p> <p>"In collaboration with the Sheffield Adventure Film Festival (SHAFF), a curated series of films that highlight how the outdoor environment can be harnessed to help recovery from a range of physical and psychological problems.</p> <p>This will be a relaxed session. <b>Booking not required</b></p>	<b>Venue TBC</b>



Time	Session Day 1	Venue
	<p><b>TRAINING FOR HYPOXIA *</b></p> <p>“Join the team behind last year’s “Mission 7” to find out how pre-acclimatisation helped mountaineers summit Everest in just 7 days. The team from “The Altitude Centre” will be on hand to demonstrate their equipment and alongside researchers, show you where this technology can take us next...”</p> <p>Run by James Barber</p>	<b>Lawrence Room</b>
	<p><b>ULTRASOUND IN THE MOUNTAINS *</b></p> <p>“Ultrasound is seeing increasing use out in the elements. Join the experts for a “hands on” session that will guide you through the basics and show you the potential applications it has on the mountainside.”</p> <p>Run by R2R International with guest speakers</p>	<b>Methodist Church Room</b>
LUNCH BREAK 13:00 - 13:30	<p><b>CLIMBING INJURIES *</b></p> <p>“When it comes to managing climbing injuries, Volker Schöffl and Andy Schweitzer are up there with the best. Join them to hear about the many injuries climbers can encounter and how they can be helped back onto the rock. Not to be missed!”</p> <p>Run by UIAA; Volker Schöffl and Andy Schweitzer</p>	<b>The Bell Room</b>
GRAB BAG LUNCH TO BE COLLECTED FROM MEMORIAL HALL	<p><b>OUT ON THE HILL *</b></p> <p>“This is as practical and “hands on” as it gets! Join experts from around world to learn about the latest medical equipment that is being used in the mountains. Come dressed for all conditions – the day will include scenarios on one of the Peak District’s most iconic summits - Win Hill!”</p> <p>Run by Tim Sanders and Nick Wright with Owen Samuels, Steve Rowe, John Ellerton and Alistair Morris</p>	<b>Pure Outdoor</b>



Time	Session Day 1	Venue
LUNCH BREAK 13:00 - 13:30	<p><b>BMMS PRESENTS: MOUNTAIN VOICES....</b></p> <p>“Do you have something that you’d like to share with a mountain medicine audience? If so, this is for you. Sign up for a 15 minute session, and talk about whatever’s on your mind. It could be your latest research, a lesson learnt from a challenging day in the hills or just a piece of advice that you’d just like to share. Whatever it is, there will be an enthusiastic audience who’d like to hear from you. Make sure you save enough time in your 15 minutes for questions!”</p> <p>Chairs: Jamie MacDonald and Helen Jefferies</p>	<b>Methodist Church</b>
GRAB BAG LUNCH TO BE COLLECTED FROM MEMORIAL HALL	<p><b>WOMEN IN THE MOUNTAINS</b></p> <p>“Following on from the “Women in the Mountains” plenary session, join Tash Brook to talk through the challenges faced by women in the mountains and hear from those who’ve pushed through...”</p> <p>Speaker: Tash Brook and Adele Pennington</p>	<b>Bank House</b>
	<p><b>BMMS PRESENTS: LESSONS FROM THE EXTREMES....</b></p> <p>“In the mountains we are constantly pushing ourselves to the limits. Safety can be compromised. Success can slip through our fingers. But how can we be safer and more successful in this environment?</p> <p>Hear from everyone with skin in the game – not just health care providers but also mountain athletes, coaches and equipment manufacturers. Get inspired to explore your own limits!</p> <p>Chair: Monica Piris</p>	<b>Memorial Hall Main Stage</b>



Time	Session Day 1	Venue
13:30 - 15:30	<p><b>FACIAL TRAUMA *</b></p> <p>“Moving beyond dental trauma, Burj turns his attention to managing injuries to the face. Expect the best in hands-on practical teaching. Highly recommended!”</p> <p>Run by Burj Langdana</p>	<b>Stanage Room</b>
	<p><b>HEALTHY HIKES *</b></p> <p>“Positive Steps Outdoors is an award winning social enterprise initiative from Northern Ireland that combines professional mountain leadership with mindfulness and coaching to help people reconnect with nature, improve their mental health and build stronger connections with others. Join Alan and Caroline for an insight into how mountains can be medicine...”</p> <p>Run by Alan Elwood and Caroline Hart</p>	<b>Cricket Pavillion</b>
	<p><b>MOUNTAIN AS MEDICINE - FILM SHOWING *</b></p> <p>“In collaboration with the Sheffield Adventure Film Festival (SHAFF), a curated series of films that highlight how the outdoor environment can be harnessed to help recovery from a range of physical and psychological problems.</p> <p>This will be a relaxed session. <b>Booking not required</b></p>	<b>Venue TBC</b>
	<p><b>TRAINING FOR HYPOXIA *</b></p> <p>“Join the team behind last year’s “Mission 7” to find out how pre-acclimatisation helped mountaineers summit Everest in just 7 days. The team from ‘The Altitude Centre’ will be on hand to demonstrate their equipment and alongside researchers, show you where this technology can take us next...”</p> <p>Run by James Barber</p>	<b>Lawrence Room</b>
	<p><b>ULTRASOUND IN THE MOUNTAINS</b></p> <p>“Ultrasound is being increasingly used in the outdoors. Join the experts for a ‘hands on’ session that will guide you through the basics and show you the potential applications it has on the mountainside.”</p>	<b>Methodist Church Room</b>



Time	Session Day 1	Venue
13:30 - 15:30	<p><b>THE UIAA SAFETY LABEL - WHAT DOES IT MEAN? SHOULD IT INFLUENCE WHAT I BUY?</b></p> <p>It's been more than 60 years since the UIAA safety label was launched. In that time, countless items of climbing and mountaineering equipment have been tested to destruction. But what does it mean? What tests are done? How rigorous are they? Get a hands on view of the efforts undertaken to make our gear what it is today!</p> <p>Run by Nick Galpin</p>	<b>The Bell Room</b>
	<p><b>OUT ON THE HILL *</b></p> <p>"This is as practical and "hands on" as it gets! Join experts from around world to learn about the latest medical equipment that is being used in the mountains. Come dressed for all conditions - the day will include scenarios on one of the Peak District's most iconic summits - Win Hill!"</p> <p>Run by Tim Sanders and Nick Wright with Owen Samuels, Steve Rowe, John Ellerton and Alastair Morris</p>	<b>Pure Outdoor</b>
	<p><b>BMMS PRESENTS: MOUNTAIN VOICES.... *</b></p> <p>"Do you have something that you'd like to share with a mountain medicine audience? If so, this is for you. Sign up for a 15 minute session, and talk about whatever's on your mind. It could be your latest research, a lesson learnt from a challenging day in the hills or just a piece of advice that you'd just like to share. Whatever it is, there will be an enthusiastic audience who'd like to hear from you. Make sure you save enough time in your 15 minutes for questions!"</p> <p>Chairs: Jamie MacDonald and Helen Jefferies</p>	<b>Methodist Church</b>
	<p><b>BMMS PRESENTS: LESSONS FROM THE EXTREMES.... *</b></p> <p>"In the mountains we are constantly pushing ourselves to the limits. Safety can be compromised. Success can slip through our fingers. But how can we be safer and more successful in this environment?</p> <p>Hear from everyone with skin in the game - not just health care providers but also mountain athletes, coaches and equipment manufacturers. Get inspired to explore your own limits!</p> <p>Chair: Monica Piris</p>	<b>Memorial Hall</b> <b>Main Stage</b>



Time	Session Day 1	Venue
13:30 - 15:30	<p><b>SEARCH DOGS *</b></p> <p>“What role can dogs play in finding missing people in the mountains? How do they do it? How are these important animals looked after? Join volunteers from Mountain Rescue Search Dogs England on a walk in the Peak District to find out more!”</p>	<b>The Cricket Pavillion</b>
	<p><b>CLINICIAN’S CORNER: “DIABETES MELLITUS IN THE MOUNTAINS...”</b></p> <p>“Drawing from his highly popular “Clinician Corner” articles in High Altitude Medicine and Biology, Andy Luks brings together health care providers and patients to talk about how to manage diabetes in the mountains. If you’re looking for practical, evidence-based advice on managing chronic medical problems in the mountains look no further than this!”</p> <p>By Andy Luks</p>	<b>Bank House</b>
16:00 - 18:00	<p><b><u>PLENARY SESSION 2: THE WARMING MOUNTAINS</u></b></p> <p><b>Chair: Steve Roy</b> <b>Guest Speakers:</b> <b>Nick Galpin</b> <b>Mylene Jacquemart</b> <b>Anne Aylin Sigg</b> <b>Arthur (Jo) Bradwell</b></p>	<b>The Methodist Hall</b>  <b>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</b>



Time	Session Day 2	Venue
08:30 - 10:30	<b>PLENARY SESSION 3: CHILDREN IN THE MOUNTAINS</b>  <b>Chair:</b> Benoit Champigneulle  <b>Speakers:</b> <b>Susi Kriemler</b> <b>Matthias Hilty</b> <b>Steve Roy</b> <b>Andreas Schweizer</b> <b>Debbie Miller</b>	<b>The Methodist Hall</b>  (Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)
11:00 - 13:00	<b>DENTAL TRAUMA *</b>  Run by Burj Langdana  <b>HEALTHY HIKES *</b>  Run by Alan Elwood and Caroline Hart  <b>MOUNTAINS AS MEDICINE - FILM SHOWING *</b>  This will be a relaxed session. <b>Booking not required</b>	<b>Stanage Room</b>  <b>Cricket Pavillion</b>  <b>Venue TBC</b>
LUNCH BREAK 13:00 - 13:30	<b>TRAINING FOR HYPOXIA *</b>  Run by James Barber  <b>ULTRASOUND IN THE MOUNTAINS *</b>  Run by R2R International with guest speakers  <b>CLIMBING INJURIES *</b>  Run by UIAA; Volker Schöffl and Andy Schweitzer	<b>Lawrence Room</b>  <b>Methodist Church Room</b>  <b>The Bell Room</b>
GRAB BAG LUNCH TO BE COLLECTED FROM MEMORIAL HALL	<b>OUT ON THE HILL *</b>  Run by Tim Sanders and Nick Wright with Owen Samuels, Steve Rowe, John Ellerton and Alistair Morris  <b>WORKSHOP 9: BMMS PRESENTS: MOUNTAIN VOICES.... *</b>  Run by Jamie MacDonald and Helen Jefferies	<b>Pure Outdoor</b>  <b>Methodist Church</b>



Time	Session Day 2	Venue
11:00 - 13:00  LUNCH BREAK 13:00 - 13:30  GRAB BAG LUNCH TO BE COLLECTED FROM MEMORIAL HALL	<b>MOUNTAIN LITERATURE</b>  This workshop is being held in a village at the centre of traditional British Gritstone Climbing. There is a great tradition of mountain literature and many of the authors have been doctors with an interest in altitude physiology. We hope to share these traditions in a group discussion with a panel of active climbers who are involved in mountain literature as authors, medical historians, publishers, book sellers including the 2025 Boardman Tasker award winner. We are hoping that audience members will share sections of mountain related books that have inspired their medicine and/or their climbing.  Run by David Hillebrandt and joined by Chris Harle, Iain Peters, Jon Barton and George Rodway	<b>Bank House</b>
	<b>BMMS PRESENTS: LESSONS FROM THE EXTREMES *</b>  By Ben Alba and Monica Piris	<b>Memorial Hall Main Stage</b>
13:30 - 15:30	<b>FACIAL TRAUMA *</b>  Run by Burj Langdana	<b>Stange Room</b>
	<b>HEALTHY HIKES *</b>  Run by Alan Elwood and Caroline Hart	<b>Cricket Pavillion</b>
	<b>MOUNTAIN AS MEDICINE - FILM SHOWING *</b>  This will be a relaxed session. <b>Booking not required</b>	<b>Venue TBC</b>
	<b>TRAINING FOR HYPOXIA *</b>  Run by James Barber	<b>Lawrence Room</b>
	<b>MOUNTAIN MEDICINE AROUND THE WORLD: ARGENTINA'S EXPERIENCE</b>  At 6962m, Aconcagua is the tallest mountain in South America. As a result it attracts many hundreds of climbers each year. Working in collaboration with the National Park authorities, local guides and health care providers have gone to great lengths to improve safety and success on the mountain. Hear the inside story from the experts who work there....  Run by UIAA; Miguel Lotfi, Juan Manuel Funk and Urs Hefti	<b>The Bell Room</b>



Time	Session Day 2	Venue
13:30 - 15:30	<p><b>ULTRASOUND IN THE MOUNTAINS</b> Run by R2R International with guest speakers</p>	<b>Methodist Church Room</b>
	<p><b>OUT ON THE HILL*</b> Run by Tim Sanders and Nick Wright with Owen Samuels, Steve Rowe, John Ellerton, Urs Hefti and Alistair Morris</p>	<b>Pure Outdoor</b>
	<p><b>BMMS PRESENTS: MOUNTAIN VOICES.... *</b> Run by Jamie MacDonald and Helen Jefferies</p>	<b>Methodist Church</b>
	<p><b>BMMS PRESENTS: LESSONS FROM THE EXTREMES.... *</b> By Monica Piris</p>	<b>Memorial Hall Main Stage</b>
	<p><b>SEARCH DOGS *</b> "What role can dogs play in finding missing people in the mountains? How do they do it? How are these important animals looked after? Join volunteers from Mountain Rescue Search Dogs England on a walk in the Peak District to find out more!"</p>	<b>The Cricket Pavillion</b>
	<p><b>CLINICIAN'S CORNER: "ORGAN TRANSPLANT RECIPIENTS IN THE MOUNTAINS"</b> Drawing from his highly popular "Clinician Corner" articles in High Altitude Medicine and Biology, Andy Luks brings together health care providers and patients to talk about how to manage organ transplant recipients in the mountains. If you're looking for practical, evidence-based advice on managing chronic medical problems in the mountains look no further than this!"  By Andy Luks, Helen Jefferies, Tash Brook and Joe Higgins</p>	<b>Bank House</b>
16:00 - 18:00	<p><b><u>PLENARY SESSION 4: THE BEST OF CONGRESS</u></b>  Chair: Beat Walpoth  Speakers: Gerald Dubowitz Debbie Miller Representatives from ISMM and BMMS</p>	<b>The Methodist Hall</b>  <b>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</b>



Time	Session Day 3	Venue
08:30 - 10:30	<p><b>PLENARY SESSION:</b> <b>INTERNATIONAL HYPOTHERMIA DAY</b></p> <p><b>Chair:</b> Beat Walpeth</p> <p><b>Speakers:</b></p> <p><b>Evelien Cools</b> <b>Pawel Podsiadlo</b> <b>Peter Paal</b> <b>Les Gordon</b> <b>Ken Zafren</b> <b>Mathieu Pasquier</b></p>	<p><b>The Methodist Hall</b></p> <p>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</p>
11:00 - 13:00	<p><b>DENTAL TRAUMA *</b></p> <p>Run by Burj Langdana</p> <p><b>HEALTHY HIKES *</b></p> <p>Run by Alan Elwood and Caroline Hart</p> <p><b>MOUNTAIN AS MEDICINE - FILM SHOWING *</b></p> <p>This will be a relaxed session. <b>Booking not required</b></p> <p><b>AVALANCHE AND HYPOTHERMIA</b></p> <p>Hear from an international panel about how we should manage avalanche victims – from the mountainside to the medical ward</p> <p>by Hermann Brugger, Natalie Holzl and Beat Walpeth Speakers: Peter Paal, Les Gordon, Ane Marthe Helland, Giacomo Strapazzon, Sven Christian Skaiaa, Jamie MacDonald, Natalie Holzl, Sigurd Mydske</p> <p><b>IMMERSION CASUALTIES *</b></p> <p>A mountaineering expedition isn't complete without a river crossing. Join Mike and his team for a "deep dive" into the search, rescue and medical management of immersion casualties. Prepare to get wet...</p> <p>By Mike Tipton</p> <p><b>OUT ON THE HILL *</b></p> <p>With Tim Sanders, Nick Wright, Owen Samuel, Steve Rowe, John Ellerton and Alistair Morris</p>	<p><b>Stanage Room</b></p> <p><b>Cricket Pavillion</b></p> <p><b>Venue TBC</b></p> <p><b>The Methodist Hall</b></p> <p>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</p> <p><b>Bank House</b></p> <p><b>Adventure Hub</b></p>
LUNCH BREAK 13:00 - 13:30	GRAB BAG LUNCH TO BE COLLECTED FROM MEMORIAL HALL	



Time	Session Day 3	Venue
13:30 - 15:30	<b>FACIAL TRAUMA *</b>  Run by Burj Langdana	<b>Stanage Room</b>
	<b>HEALTHY HIKES *</b>  Run by Alan Elwood and Caroline Hart	<b>Cricket Pavillion</b>
	<b>MOUNTAIN AS MEDICINE - FILM SHOWING *</b>  This will be a relaxed session. <b>Booking not required</b>	<b>Venue TBC</b>
	<b>OUT ON THE HILL *</b>  With Tim Sanders, Nick Wright, Owen Samuel, Steve Rowe, John Ellerton and Alistair Morris	<b>Adventure Hub</b>
	<b>FROSTBITE - THE FIRST 100 HOURS</b>  Join Chris Imray and his team to talk about the first steps in the management of frost bite. From making the diagnosis and evacuation, to inpatient investigations and treatment. You'll come away with the knowledge of how to deliver the very best of care...  By Chris Imray	<b>The Methodist Hall</b>  <b>(Work space and less formal set up available in Lawrence Hall, where speakers will be live streamed)</b>
	<b>IMMERSION CASUALTIES *</b>  A mountaineering expedition isn't complete without a river crossing. Join Mike and his team for a "deep dive" into the search, rescue and medical management of immersion casualties. Prepare to get wet...  By Mike Tipton	<b>Bank House</b>
16:00 - 18:00	<b><u>PLENARY SESSION:</u></b> <b><u>INTERNATIONAL HYPOTHERMIA DAY</u></b> <b>Chairs: Beat Walpoth and John Ellerton</b>  <b>Session Speakers:</b>  <b>Beat Walpoth</b> - Introduction, Update Of International Hypothermia Registry (IHR) and Defibrillation Of Arrested Hypothermic Registry Study	<b>The Methodist Hall</b>



Time	Session Day 3	Venue
	<p><b>Evelien Coolss</b> - New Hypothermia Extracorporeal Life Support Organisation (ELSO) Guidelines</p> <p><b>Peter Paal</b> - Which Scoring System For Which Hypothermia Patient?</p> <p><b>Pawel Podzialdo</b> - Hypothermia Outcome Prediction After Extracorporeal Life Support (HELP) Score</p> <p><b>Mathieu Pasquier</b> - Hypothermia Mimics and Chameleons</p> <p><b>Les Gordon</b> - Non-Extracorporeal Life Support Rewarming Of Hypothermic Patients - A Scoping Review</p> <p><b>Ken Zafren</b> - Myths In Hypothermia</p>	
	<p><b>Thanks and Close of Meeting</b></p>	

