

PRE-DEPARTURE INFORMATION

INFREMMONT

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Hello everyone, departure is soon! I hope that your preparation went well. I would like to make one last point to all of you at the foot of the hill for departure.

1. Individual medicine

- If you need a prescription for your Individual packet of medicine for the race, it is not a problem. I can send the prescription by post, ATTENTION, THANK YOU FOR INFORMING ME OF THE POSSIBLE ALLERGIES THAT YOU MIGHT HAVE.
- Some might find it a little bit exaggerated but please note that the medicine list is the result of 20 years of practice and if you have some unused medicine left after your visit you can always give it to a Clinic in Kathmandu.

2. Dental Consultation: The dental consultation is compulsory. If you haven't done it yet, then hurry up. One should never go to high altitude while not having their teeth in order. You should finish the treatment of your teeth before departure. This could ruin your stay and, like any other infection, may become a factor of risk for MAM.

3. The MAM precisely: For those of you who are sensitive to high altitude (MAM stage 2- cf. <http://www.ifremmont.com>) should add DIAMOX to your medicine list and should be taken 48 hours before departure but only after having consulted with your doctor. The climate adaptation that has been programmed for this trip is quite gentle and thus there should not be any problem.

4. Contagion: If you get some infection problem just the week before the departure, (like angina, sinusitis, bronchitis etc) please, consult your doctor immediately and if possible send me an email. In this case you have to moderate your enthusiasm about the race in the first week of departure.

So, see you soon. You can contact me at +33 6749 507 93