

***This summary document is designed for potential expedition doctors to outline logistics of APEX 7, expectations and requirements of our expedition doctors, as well as more information about what APEX is.***

## **What is APEX ?**

APEX (Altitude Physiology Expeditions) is a charity, founded in 2001 by a group of medical students at the University of Edinburgh designed to conduct high altitude medical research expeditions looking (mainly) at the effects of hypoxia on human physiology and biology. Since 2001, APEX has successfully run 6 expeditions to Bolivia (and 1 to Kilimanjaro), with the most recent being held in June/July 2022. Research output from previous expeditions has been published in journals such as Cell Metabolism, Frontiers in Medicine, Thrombosis and Haemostasis, PLoS One, Respiratory Medicine, Heart, and High Altitude Medicine and Biology. Notably, contributions from APEX research expeditions were used to redefine the Lake Louise AMS Scoring system in 2018 to remove the scoring category for disturbed sleep.

## **APEX 7 Outline**

### **Country**

Bolivia

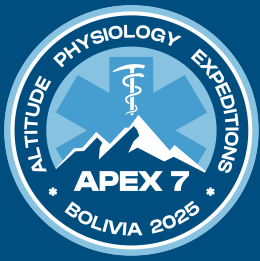
### **Dates**

Saturday 28th June 2025 to Sunday 13th July 2025

### **Accommodation**

La Paz Hostel (tbc) @3800m

Huayna Potosi Base Camp @4880m



## APEX 7 Details

The next APEX expedition (APEX 7) is scheduled to take place from Saturday the 28th of June until Sunday the 13th of July for a period of 16 days and 15 nights. The next expedition will follow a similar logistical plan to previous APEX expeditions with teams flying in to El Alto International Airport (La Paz) at an altitude of 4050m before spending the following days in the centre of La Paz (hostel tbc) at an altitude of 3800m. After this time, the team will ascend to Huayna Potosi basecamp via buses at an altitude of 4880m to spend the next leg of the expedition. On the penultimate day, teams will descend back down to La Paz for a final day of research before the formal expedition finishes that evening with a team dinner.



### June 28th to July 3rd

Arrive in La Paz, Acclimatize, Initial data collection

### July 3rd to July 11th

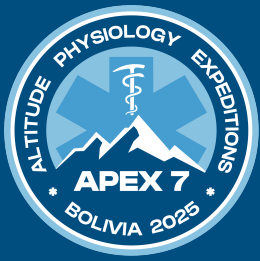
Arrive at Huayna Potosi, Acclimatize, Data collection

### July 11th to July 13th

Descend to La Paz, Final data collection

### July 13th 00:00

End of Expedition



## What does APEX 7 provide?

APEX 7 provides a fantastic and rare opportunity for doctors to practice medicine out in the field. For experienced expeditionary doctors we provide the chance to continue making an impact in your field by supporting the creation of world class research. The combined altitude and research elements of APEX 7 will be a new environment for many of even the most senior consultants. For inexperienced doctors looking to dip their toes into the world of expedition medicine we offer a trip with the potential to define your career. The opportunity to mentor your junior future colleagues; play a part in the logistical and safety aspects of expedition planning; perform a variety of procedures in an extreme environment are all noteworthy career development possibilities. Not to mention the outstanding natural beauty of Huayna Potosi and the travel options available after the expedition ends.

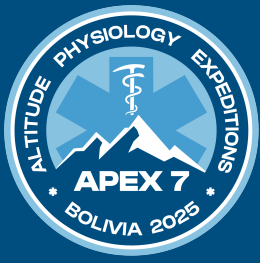
APEX 7 will pay for your flights, extra baggage expenses (only for expedition related equipment), lodging both up and down the mountain, food up the mountain and your medical indemnity.

## What will you need to provide?

You will need to provide:

- Proof of GMC Licence to Practice and Registration Number (i.e. UK based doctors only)
- Identification
- Your own personal equipment (clothing etc...)

Similarly to the rest of the team, you will pay for your own food/drink when travelling and in La Paz.



## Expectations of APEX 7 doctors

As a doctor on APEX 7 three things will be expected of you: time, attention and care. We want doctors with a passion for expedition medicine and a friendly, outgoing personality to work within our team. It is a fact that being stuck with the same eighty individuals for a prolonged period of time can be quite mentally taxing. Therefore a positive, team-focused attitude is a complete must to ensure that everyone on the expedition stays both happy and healthy. Those with expedition experience will know that good team morale makes all the difference - and allows you to make bonds and friendships that will last a lifetime.

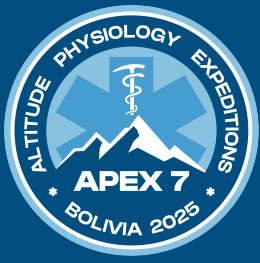
We expect you to be free for a few dates throughout the year running up to the expedition for talks to volunteers, meetings with the team etc... You will also need to be free for the entirety of the expedition, including the dates of travel before the expedition officially starts.

In terms of specific abilities and training we ask that you have clinical experience in one (or more) of these areas:

- Respiratory Medicine
- Emergency/Trauma Medicine
- Expedition Medicine
- Altitude Medicine
- General Practice/General Medicine
- Critical Care/Anesthetics
- Psychiatry

Competency to perform specific techniques used in our research data collection may also be required. This is yet to be confirmed but could be things like:

- Venepuncture
- ABGs
- Subcutaneous Fat Biopsy



## Testimonials

*"My first experience with APEX was as a student volunteer, my second was ten years later as a doctor for APEX 4. Both were great experiences. The APEX experiments have very strong scientific underpinnings and Bolivia is a beautiful country. On both trips, I made lasting friends. The most interesting aspect of being a doctor on these trips is the tension between evacuating students who are unwell, and maintaining the power of experiments that rely on participants remaining high for as long as possible. Balancing these two competing goals in practice requires strong clinical judgement, experience at altitude, considered decision-making and clear communication. This makes APEX most suited to doctors with one or two altitude expeditions under their belt. Highly recommended."*

**Matt Wilkes - APEX 2 Volunteer, APEX 4 Expedition Doctor**

## Expression of Interest

If you think you'd be interested in participating in APEX7 as an expedition doctor, please fill out this form below and we will contact you with further relevant information. Thank you!

<https://forms.gle/f9nxfDxURknXuSBQ6>

## Final Remarks

We hope you have found this information pack informative and are keen to join us in 2025! Any further questions or expressions of interest you may have can be sent to:

**Email:** [apex7@altitude.org](mailto:apex7@altitude.org)

**Instagram/Facebook:** @altitudeapex

Kind Regards,

Cameron Norton and David Geddes

**Expedition Leaders - APEX 7**