

INTERNATIONAL MOUNTAIN SAFETY SYMPOSIUM Nepal 2026

Programme

Day 1: Theory, Sustainability & High-Altitude Medicine (27 October)

Hosted at the ICIMOD Headquarters in Lalitpur, Kathmandu, Day 1 focuses on key theoretical and safety challenges facing modern Himalayan mountaineers:

- **Young Himalayan Mountaineers & Career Paths:** Nima Rinji Sherpa (UIAA Youth Commission and youngest climber to summit all 8000m peaks) on navigating new challenges and pathways to becoming professional mountain workers.
- **Mountain Safety & Equipment:** Insights on the UIAA Safety Label, equipment standards, Himalayan rescue services, insurance, and safety in warming mountains.
- **Culture, Environment & Sustainability:** Exploring Indigenous heritage, sustainable Himalayan tourism, waste management in the Khumbu, and the impact of climate change.
- **Mountain Medicine:** Essential training on treating and preventing high-altitude conditions, including Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE), High Altitude Pulmonary Edema (HAPE), frostbite, hypothermia, waterborne diseases, and acclimatization planning.
- **The Future of Mountaineering:** Panel discussions on global expedition trends, gender equality, social inclusion, and future management around Everest.

Talks and presentations will come from leading local experts as well as a number of UIAA Commissions, including the UIAA Safety, Medical, Mountaineering, Mountain Protection and Youth Commissions.

A joint dinner is being organised by the Nepal Mountaineering Association (NMA) for speakers and participants and as part of the programme of day 1.

Day 2: Practical Field Workshops & Rescue Techniques (28 October)

Day 2 transfers to the **Kakani International Scout Center** for hands-on, interactive field workshops led by international UIAA experts, medical professionals from the Mountain Medicine Society of Nepal (MMSN) and local Nepalese rescue services and guides:

- **Emergency Field Care:** Assembly and use of improvised stretchers, operation of portable hyperbaric altitude chambers, trauma control (splints, logrolls, haemorrhage control), and water disinfection.

- **Technical & Equipment Skills:** Rope work, knots, abseiling, gear inspections, and maintenance.
- **Improvised Rescue:** Multi-group practical drills for improvised rescues in steep Himalayan as well as glacial terrain.

Optional Day 3: Guided Tour of the ICIMOD Living Mountain Lab (29 October)

On the morning of 29 October, a visit of the Living Mountain Lab of the International Centre for Integrated Mountain Development (ICIMOD) will be organised for those interested.