

Medical services for outdoor sports events



The Most Important Tips for Your Participation in the GAPA Everesting Festival

Run smart, not hard: hike early on the climbs, keep your pace controlled, and avoid overpacing. Stop hiking earlier than your ego tells you to.

Eat and drink regularly – not just when you feel hungry or thirsty. Begin with a small sip already on your first descent, as your energy expenditure remains extremely high throughout the complete event.

Think in laps, not in total distance, and stay mentally calm. Everesting means monotonous repetition and mental exhaustion.

Listen to your body and **take warning signs seriously**. You're not just running an event – you're rather operating at the limits of your physical system. Slow down if you experience alarming symptoms such as dizziness, nausea, coordination problems, or unusual fatigue.

Prepare for changing conditions – cold can also become a factor.

**Get help early if something doesn't feel right.
Better once too early than once too late!**

Medical Support – Alpine Medics

Throughout the entire race, the **Alpine Medics team** is on duty to ensure your medical safety. We are available in the start/finish area from one hour before the race until one hour after the last runner finishes.

Our teams are also positioned **along the course and at aid stations** – fast, professional, and exactly where you need them.

Whether it's minor issues, exhaustion, or an emergency: **don't hesitate to contact us**. We will take care of you, provide on-site treatment, and ensure the best possible care.

In case of emergency: **Stay calm** and ensure safety. If possible, leave the danger zone and assess the situation.

Medical services for outdoor sports events



Event emergency number to reach **Alpine Medics** on site:

 **Event emergency number:**
0049 8324 933550

Of course, you can also call the **European emergency number**:

 **Europe: 112**

What to Do in an Emergency

- Provide your location (e.g. using what3words)
- Stay warm (jacket, emergency blanket)
- Ask other runners for assistance

On site, **Alpine Medics will provide initial treatment** and coordinate all further measures together with mountain rescue and emergency services.

IMPORTANT:

It's better to seek help early than too late!

Your safety and the safety of others is more important than the race.

We wish you lots of fun and a successful competition in the best of health!
Alpine Medics