

# IQARUS MEDICAL SUPPORT FOR THE HAC EVEREST EXPEDITION 2025

CLINICAL READINESS AND MEDICAL  
ASSURANCE AT THE TOP OF THE WORLD



## BACKGROUND

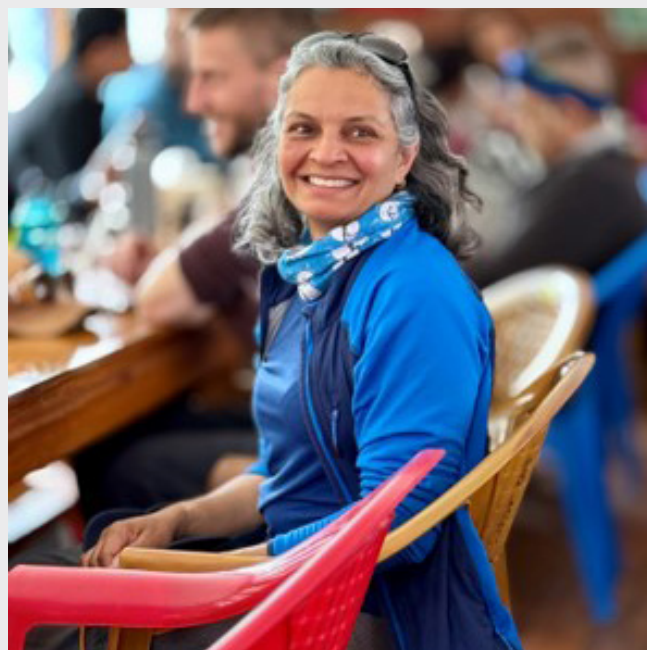
In May 2025, the Honourable Artillery Company (HAC) became the first mixed-gender team of British Army Reservists to summit Mount Everest. Their goals extended beyond the summit: to raise awareness of the HAC, enhance the team's mountaineering skillset, and support scientific research.

To further strengthen these objectives and demonstrate the importance of robust expedition healthcare, Iqarus deployed an experienced paramedic to provide additional medical coverage throughout the expedition, reinforcing its commitment to delivering high-quality healthcare in the world's most challenging environments.

## EMBEDDED EXPERTISE AT ALTITUDE

Iqarus' embedded paramedic, Jason, brought over 30 years of experience as a SORT-trained expedition medic, outdoor instructor, and ex-military UKSF Parachute Signaller. He was deployed in support of the HAC's Clinical Lead, Dr Nishma Shah, providing round-the-clock assistance during the high-altitude phases of the expedition.

The medical team provided care not only to HAC climbers but also to Sherpas, porters, and others involved via HST Adventures' shared logistics network.



*"Jason is clearly very skilled — not just medically, but also incredibly pragmatic in remote environments. Having a paramedic with pre-hospital and expedition experience was a real luxury, particularly when we needed to split the team. He was able to support an unwell climber during descent while I remained with the main group."*

— Dr Nishma Shah, Expedition Clinical Lead



## MANAGING RISK IN THE DEATH ZONE

Despite extensive planning — including vaccinations, enhanced hygiene protocols, and altitude awareness training — the team encountered several medical issues:

- **Diarrhoea and Vomiting (D&V):** Rapid treatment, isolation, and hygiene reinforcement prevented wider spread after early cases emerged.
- **Khumbu Cough:** Managed through hydration, humidifiers, throat remedies, and antibiotics where needed.
- **Acute Mountain Illness (AMI):** Prevented through progressive acclimatisation, health surveillance, and medevac readiness. Kits included Diamox, dexamethasone, and supplementary oxygen.
- **Frostbite:** A non-team member with mild frostbite was treated on-site and later evacuated to hospital for follow-up care.



## INNOVATION AT ALTITUDE: BLACK SPACE TECHNOLOGY

This was the first Everest expedition to use Black Space Technology's portable MedTech kit at Base Camp — a Bluetooth-enabled wearable platform allowing remote vital signs monitoring, ECG capability, and access to an emergency defibrillator.



“The Black Space kit was amazing rugged, portable, and didn't rely on an internet connection. We were the only team at Base Camp with a defibrillator, which impressed both other expedition medics and Everest ER.”

— Dr Shah

## SUPPORTING SCIENCE AT THE TOP OF THE WORLD

In parallel with the summit attempt, the HAC team contributed to the Global Atmospheric Plastic Survey (GAPS) by collecting high-altitude microplastic samples between Camps 1 and 3, supporting international research into airborne plastic pollution.



## PROVING WHAT'S POSSIBLE

This expedition showcased how targeted medical support, practical planning, and cutting-edge MedTech can enable teams to operate safely in extreme environments. Iqarus' short-notice deployment didn't just safeguard lives — it demonstrated our ability to embed clinical excellence into some of the world's most remote and hostile locations.

“Success meant someone reaching the summit — and everyone getting home safely.”

— Major Simon Du Boulay, Expedition Leader