

Developing the power to take on mountains

Slide 1 - Fitness

Slide 2 - Learning

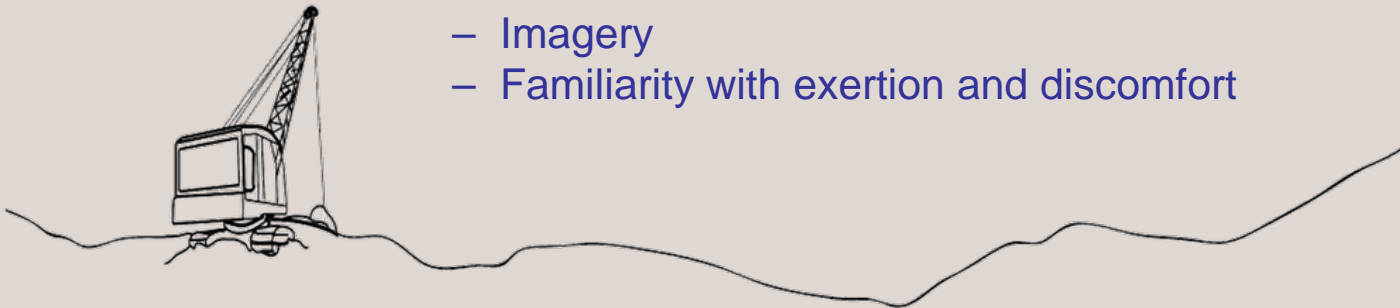
Slide 3 - Getting out

Slide 4 - Getting home



Developing the power to take on mountains

- Fitness
 - Health – lifestyle, safety, etc
 - Training
 - General
 - Cardio-vascular
 - Strength
 - Prehabilitation, overuse and rehabilitation
 - Balance
 - Sport specific
 - Avoid overuse
 - Simulate climbing moves
 - Mileage – muscle memory
 - Bouldering, indoor climbing, climbing
 - Mental
 - Reflection
 - Imagery
 - Familiarity with exertion and discomfort



Developing the power to take on mountains

- Learning
 - Listen carefully and critically
 - Weigh carefully the source
 - You might know best
 - Study
 - Experiential learning
 - Experience, reflection, abstract, experimentation
 - Engage in learning from each experience
 - Journal
 - Become a student of the sport
 - Listen to your gut



Developing the power to take on mountains

- Getting out
 - Listen to your gut – is it right for you?
 - Commitment
 - Skill level
 - Willingness / sacrifice
 - What have others done?
 - Study the literature with grain of salt
 - Get out there



Developing the power to take on mountains

- Getting home
 - Listen to your gut
 - Is the weather changing?
 - Do you really want to spend the night out?
 - Do you need a rescue?
 - Is a rescue possible?
 - Self rescue
 - Taking ownership of your decisions
 - What is most important to you and your loved ones – what matters?

