Developing the power to take on mountains

Slide 1 - Fitness
Slide 2 - Learning
Slide 3 - Getting out
Slide 4 - Getting home
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- **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
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• **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
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- **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
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• **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?