



Since 1984

**Seven Summits • International Expeditions & Trekking  
Safaris • Mountaineering Schools • Guided Climbing • Skiing**

3018 SW Charlestown Street • Seattle, WA 98126  
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## *NW Information Packet*

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# Frequently Asked Questions – Pacific Northwest Courses & Climbs

## ***What is the difference between a "schedule" course or climb and a "custom" one?***

Custom courses or climbs are booked with your preferences, trip dates, and itinerary in mind. The price structure and inclusions/ exclusions are discussed in detail in our "Custom Trips" link on our website. Roughly 40% of our local business is done on a custom basis: pick your route, pick your time, and we'll "Make It Happen!" We can climb with you almost anywhere!

Scheduled courses or climbs are offered with fixed dates, prices, and structure. They are booked on a first-come, first served basis, and are generally less expensive. These are our core offerings, and constitute well-established and classic objectives. However, we are very excited to explore new terrain and climbs, and welcome your suggestions for new course venues.

## ***What is included in the cost of my scheduled course or climb?***

- Professional guiding and instruction
- Transportation from Seattle to the trailhead and back.
- All meals, stoves, fuel, and cooking equipment while on the trip (for summit climbs and customs only) • Expedition-proven tents
- Group climbing gear

## ***What is not included in the cost of my scheduled course or climb?***

- Airfare
- Transportation within Seattle
- Hotel accommodations
- All meals, stoves, fuel, and cooking equipment while on the trip (for instructional courses only)
- Guide gratuities
- Personal climbing gear

## ***How quickly do the trips fill up?***

Unfortunately, there is just no way of foreseeing how quickly or which of our trips are going to fill up. It is always in your best interest to send in your application and deposit as soon as you have decided which trip date you want to join.

## ***How do I sign up for a trip?***

The easiest is to sign up online. The application link is found on the homepage of our website, as well as throughout the various trip pages. You can also mail or fax your completed application to:

Mountain Madness  
3018 SW Charlestown Street  
Seattle, WA 98126  
Fax: (206) 937-1772

We must receive a deposit upon reservation, either by check or credit card, in order to hold your space. Your final balance must be paid by check, money order, or wire transfer.

## ***What is the deposit amount to hold my space?***

For Scheduled Courses and Climbs: \$300. This includes a \$75 non-refundable registration fee. Please see online application for deposits for Denali expeditions.

### ***When do I need to pay the balance of my trip?***

For Scheduled Courses and Climbs: Your balance is due 60 days from trip departure. Payable by check or wire transfer.

### ***What happens if I need to cancel my trip?***

If you should decide to cancel your trip, **Mountain Madness must be notified in writing**. Your trip will be cancelled from the date we receive written notice. You will be assessed a cancellation fee according to the following schedule:

*More than 90 days from trip departure - \$75 fee registration fee; for Denali call for details*

*90 to 61 days from trip departure - \$200 + \$75 registration fee; 90 days or less for Denali: 100% of trip cost Less*

*than 60 days from trip departure - 100% of trip cost*

*Please see online application for Denali-specific payment schedule*

### ***What happens if I want to change the dates of my trip?***

All date changes must be received in writing along with a new application. There will be a fee of \$100 for domestic date changes. Any date change can be extremely difficult and is subject to all additional incurred expenses as assessed by Mountain Madness. Date changes are for credit only (no refunds) and valid for one year from written change notification.

### ***What happens if Mountain Madness has to cancel my trip?***

In the unlikely event that Mountain Madness must cancel a trip due to insufficient sign ups or other reasons beyond our control, you will receive a full refund by check.

### ***Do I need to purchase trip insurance?***

**Mountain Madness highly encourages the purchasing of trip cancellation and travel insurance.** This comprehensive travel insurance provides coverage for trip cancellation and interruption, travel delays, loss of baggage and travel documents, baggage delays, medical expenses and emergency assistance. We recommend Travel Guard International (1-877-248-8992) or [www.travelguard.com](http://www.travelguard.com) for protecting your investment, however there are many companies to choose from and you may wish to do some individual research regarding which policy is right for you.

### ***When should I plan to leave and return home?***

We often get this question because most people need to know how much total time they need to take off work. Our Northwest trips (except Alaska) begin at 6:30 am in Seattle on the first date of your trip. Therefore, you will want to arrive the day before your climb or course begins. Due to the nature of mountaineering, our return time to Seattle on the last day is often unpredictable. We suggest you make a hotel reservation for the night of the last day and plan to return home on the day following the end of your course or climb.

### ***What if I want to arrive earlier or depart later than the trip dates?***

No problem. There is a lot to see and do in the Seattle area and we would be happy to recommend our favorite attractions, restaurants, and day trips.

### ***Where should I stay in Seattle?***

For our Northwest trips, we recommend the Holiday Inn Express at City Center and Pan Pacific Seattle - both are pickup and departure points. Let them know that you are climbing with Mountain Madness for our special group rate. There are many other hotels nearby to choose from as well and a complete list of these is included below and with your trip confirmation.

### ***How do I get to where I need to be?***

For our Northwest courses and climbs, you should fly into Seattle-Tacoma International Airport (SEATAC). You are responsible for your transportation to downtown Seattle (see suggestions below). Your guide(s) will meet you at either the Pan Pacific or Holiday Inn Express between 6:30 and 6:45 a.m. on the first day of your trip. We will then meet as a group at 7 a.m. at the local shop, Second Ascent where we typically hold our orientation meetings and equipment checks.

***Can Mountain Madness help book my airline and hotel reservations?***

No, Mountain Madness is not a travel agent, and does not book airfare or hotels. We recommend contacting Pirjo Dehart at CTT Destinations: (425) 831 0367

***Are my services different on a custom trip than on a regularly scheduled trip?***

Yes. The costs for a custom trip include professional guiding services, food, cook gear, tents, and group technical gear. You are responsible for transportation for yourself and your guide(s), as well as camp fees and park passes. Please call our office for details or click "Custom Trips" on our website.

***Who will my guide (or guides) be?***

All of our guides are highly skilled professionals who have been selected based on their technical proficiency, proven climbing experience, careful judgment, patient and supportive teaching styles and great personalities. At a minimum, all of our guides hold current Wilderness First Responder certification and are proficient in technical rescue and evacuation skills. Our guides are dedicated to the world of alpinism, many having first ascents and successful summits on major peaks from the Cascades to Mt. Everest. In addition to their broad scope of personal achievements in the field, many Mountain Madness guides have educational backgrounds in fields such as natural history, environment and wilderness education, and cultural anthropology that can enhance your learning experience. Mountain Madness is accredited with the American Mountain Guides Association (AMGA) and many of our guides hold professional certifications with the AMGA in the rock, alpine, and ski disciplines. The AMGA is part of the IFMGA which is the international body of certified mountain guides.

***How much should I tip my guides?***

Tipping is considered standard practice in the guiding industry. Tipping amounts vary - so ultimately it is up to your discretion, and how satisfied you are with the quality of your trip. Our experience indicates that on instructional courses \$10-20 a day per-person/per guide is average. Often 10% of the course cost is a good rule-of-thumb.

***What do I need to bring?***

A complete clothing and equipment list specific to your trip will be sent to you in a pre-departure packet upon registration. Every year we review our lists and assess feedback from our clients and guides for updating these lists, thus giving you the most complete and up-to-date guidelines for what you need. Every list will come with a description of each item however feel free to call us if you have questions or need help locating any of the items on the list. For a successful trip, it is extremely important that you adhere strictly to the equipment list.

***How do I know if I have the right equipment for a course or climb?***

Prior to departing on your trip, our staff will give you a call to discuss the particulars of your course or climb. This typically happens about 10 days out. At this time you can review the equipment you have selected and get their input. Before purchasing any equipment, you are welcome to call Second Ascent at (206) 545 -8810 and ask for recommendations. We know that selecting the right gear can be a challenge and they are happy to help.

***Can I rent equipment from Mountain Madness?***

Mountain Madness has gear available for rent for our Northwest courses and climbs. These items include mountaineering boots, crampons, ice axes, harnesses, helmets, a small amount of backpacks, sleeping bags and sleeping pads, and trekking poles. Quantities are limited and in high demand during peak season so please contact us

as soon as possible if you are interested. We do not rent rock climbing shoes. Please see rental form in this document for pricing.

***How heavy will my pack be?***

You will be required to carry a portion of the group gear and food in addition to your personal gear. This should be taken into consideration when deciding what you will bring. A good rule of thumb is to try to keep your pack weight below 40 pounds but be sure to leave extra space to pack the group gear and food.

***Is it possible for me to store extra gear and clothing that I will not need?***

In most cases, yes. There may be the option of storing extra gear and clothing at your hotel but that is not guaranteed. You will also be able to leave a small amount in our vehicle at the trailhead (such as a change of clothes). We do not, however, recommend leaving valuables at the trailhead.

***What kind of food will there be on my trip?***

At Mountain Madness, we pride ourselves in preparing great mountain cuisine and we offer this added level of service on our summit climbs and custom trips. Our many years of mountain travel have provided us with time-tested and nutritious meal plans. Be sure to bring along your favorite munchies, energy food, and after dinner treats. If you have specific allergies/preferences, please note that on your application and your guide(s) will provide meals accordingly. Trip members will be expected to help with meal preparation and clean-up in order to become more familiar with the processes involved in expedition cooking.

***What will the weather be like on my trip?***

Like all large mountain ranges, the Cascades tend to generate and attract their own weather, making conditions impossible to predict. Typically July, August, and September have the best weather, but optimum or adverse weather can occur at any time. You should be prepared for a wide range of temperatures, from freezing nights and snowy and windy conditions, to bright sunshine intensified by high altitude. These wide fluctuations make it especially important to bring everything on the equipment list. Because our climbs and courses take place in the unpredictable mountain environment, your guides will make decisions regarding the trip itinerary based on current weather and route conditions. Mountain Madness guides will make every attempt to follow our trip itineraries, but the decision to amend an itinerary is always at the discretion of your guide. If you are unable to reach a summit because of weather or any other reason, Mountain Madness will be unable to provide a refund.

***What if someone on my rope team gets sick...will I lose my summit opportunity?***

Safety is the primary consideration on all Mountain Madness trips. For all of our climbs and courses, participants must keep in mind that they are part of a team and that the safety and security of a team member is our highest priority. In the unlikely event that the entire group is required to get a team member down, they will be called upon to assist the guides and/or staff.

***Are Mountain Madness trips rated in accordance with their level of difficulty?***

Yes. The following outline indicates how we rate our trips and what the recommendations are for participation on such a climb or trek.

**Climbing Grades Defined:**

- Beginner: No previous mountaineering skills required.
- Advanced Beginner: Basic mountaineering skills recommended including self-arrest, cramponing, ice axe use, rope and glacier travel experience.
- Intermediate: Basic mountaineering skills recommended in addition to experience on technical terrain consisting of 40-50 degree snow/ice slopes.
- Advanced Intermediate: Intermediate mountaineering skills recommended and proven experience on technical terrain and high altitudes to 20,000 feet.

- Advanced: Intermediate/advanced mountaineering skills recommended in addition to experience on technical terrain, including rock and ice climbing and ascents over 20,000 feet.

***How physically fit do I have to be to participate on a Mountain Madness trip?***

All of our courses and climbs are physically demanding, and your ability to enjoy your trip depends on your overall health and fitness. Your trip will be more rewarding for yourself and others if you prepare for it by conditioning yourself properly. We believe that the best form of training is to simulate the activity you are training for and increasing the level of exertion as the routine becomes easier. For example, walking up hills and stair climbing are excellent ways to condition your lower body, heart and lungs for climbing. Begin slowly, without the weight of a pack, and eventually add weight as you increase your training pace. Then begin taking longer hikes several times a week with a weighted pack. We suggest that you use containers of water for uphill hikes and empty the contents for the descent to reduce knee stress. Supplement these workouts with running, swimming, bicycling, or other forms of aerobic activity. Additionally, we recommend that you incorporate a weight lifting regime into your training program to build upperbody strength. We suggest that you begin your daily training several months prior to your trip. Please contact Mountain Madness to discuss the creation of a personal training program to help you prepare for your course or climb.

***I'd like to travel with my son/daughter. Is there a minimum age requirement?***

We will accept participants 15 years or older on our regularly scheduled trips, if they are accompanied by a legal guardian. You must be 18 years or older to attend a Mountain Madness trip on your own. We will be happy to accommodate people under the age of 15 on custom trips only.

***I would like to become a guide. Where should I begin?***

At a minimum, all of our guides have extensive climbing resumes, hold current Wilderness First Responder certification, have participated in our Guide Training Program, and hold related University degrees in areas such as cultural anthropology, language, or natural history. If you're interested in becoming a Mountain Madness guide feel free to send us your resume detailing your background and experience. If you're interested in beefing up your resume, a great place to begin might be one of our advanced mountaineering courses or summit climbs.

***I'm interested in your Seven Summits program. Is there a natural progression to accomplishing this endeavor?***

With less than 100 people having reached the Seven Summits it remains an elusive, though obtainable goal. From a technical standpoint each climb offers its own, unique challenges. Mount Kilimanjaro and Mount Elbrus are great places to embark on this odyssey and represent the less technical climbs of the Seven Summits spectrum. Following Kilimanjaro and Elbrus one typically goes on to climb such greats as Vinson, Aconcagua, Carstensz and Denali. But for most Seven Summiteers, Mount Everest is of course the ultimate achievement and is obtained only after years of trails and tribulations on lesser mountains. For more information on our Seven Summits Program please contact us.

# Seattle Lodging & Transportation Information

## Key Information:

- For scheduled courses and summit climbs, Mountain Madness will pick up climbers in two locations in Seattle. **THIS DOES NOT APPLY FOR SCHEDULED CUSTOM CLIMBS, ROCK COURSES AND ROCK CLIMBS.** Our downtown pick-up location is either the Holiday Inn Express, located at 226 Aurora Ave. North, or the Pan Pacific Seattle 2125 Terry Ave. Depending on your particular group, the time will be between 630 and 645 a.m. If you plan on staying in the downtown area the Holiday Inn Express and/or the Pan Pacific are good locations and they both offer a discount to Mountain Madness climbers. The other hotels listed here are all in the downtown area, and are within taxi or walking distance to both the Pan Pacific and the Holiday Inn Express. **Our second pickup location will be at Second Ascent at 7:00 a.m. (directions enclosed).** This is where we will hold our mandatory group orientation meeting and equipment check. Personal vehicle parking is located on nearby Shilshole Avenue.
- There are several options for transportation from Sea-Tac to downtown.
  - **Seattle Link Light Rail.** At approximately \$3/person, Seattle's metro transit Link Light Rail is the cheapest way of getting from the Seattle-Tacoma Airport to downtown Seattle. Tickets are available from machines on the train platforms at Sea-Tac (and require cash, VISA, or Mastercard). Riding time to downtown Seattle is 20-30 minutes. There are several stations in the downtown area, and it's worth calling your hotel to find out which Light Rail stop is the closest to where you're staying. <http://www.soundtransit.org/Riding-Sound-Transit/Schedules-and-Facilities/Central-Link-Light-Rail.xml#time>
  - **Gray Line Airport Express.** On the lower baggage claim level there are two ticket booths located at the far north and south ends of the sidewalk. The cost is \$7.50 one way/\$13.00 round trip. No reservations are necessary and the bus departs every half hour. The bus stops at 9 major hotels in downtown Seattle, from which a shuttle or taxi can take you to your desired lodging. (206) 626-6088.
  - **Shuttle Express.** You can arrange a custom pick-up through a slightly more expensive service, Shuttle Express. Rates vary depending on drop-off location (generally around \$20 to downtown for up to 3 people). Call for more information. (206) 622-1424.
- Peak tourist season for the Northwest is May through October and hotel room availability will be limited. Please make every effort to make your reservations well in advance.
- Rates listed below are not guaranteed. Call for the most up-to-date rates. Please keep in mind that Washington State room tax is 15.6%.

## **Mountain Madness Recommended Hotel: Offers 20% discount to Mountain Madness Clients**

### **Hotel Ballard:**

5216 Ballard Ave N.W.

Seattle, WA 98107

(206) 789-5012

Fax: (206) 789-2010

This is our "preferred hotel vendor" located across the street from Second Ascent, the location of our trip start /orientation and your best resources for purchasing last minute items.

**About Ballard:** A historic and hip little town in Seattle's big city, Ballard has been refining its exciting neighborhood for over 150 years since its founding in 1853. Today, Ballard is a place full of some of the best restaurants, pubs, shops, spas, and parks in Seattle. From the famous Ballard Locks and the beaches at Golden Gardens Park, to festive old Ballard Ave, and shopping-rich Market Street, come play in Ballard and experience Seattle in a whole new way

<http://www.hotelballardseattle.com/about/about.htm>

### **Alternative Hotels Options:**

### **Holiday Inn Express Hotel & Suites – City Center**

226 Aurora Avenue North

Seattle, WA 98109

(206) 441-7222

Fax: (206) 441-0786

Deluxe complimentary continental breakfast included with rates. 195 deluxe rooms complete with free high speed internet access, coffee/tea maker, hair dryer, iron and ironing board, and indoor pool. Underground secured parking is available at cost. Just 5 blocks from the Space Needle and downtown. All major credit cards accepted. Make sure you ask for the

"Mountain Madness Rate" when reserving your room. The main contact is Nick Hain. Call him direct at: 206-674-6261, or email at: [hain@hcbmi.com](mailto:hain@hcbmi.com). If you cannot reach Nick, ask for the Hotel Manager or Guest Services Director.

### **Pan Pacific Hotel – Seattle**

2125 Terry Ave

Seattle, WA 98121

Toll Free: (877) 324-4856 or Local: (206) 254 8111

Fax: (206) 654-5049

This is also one of our "preferred hotel vendors" and provides a bit higher caliber amenities. Presiding over Westlake Avenue in Seattle's downtown South Lake Union neighborhood and minutes away from many area attractions, Pan Pacific Seattle Hotel enjoys prime location in Seattle's cultural epicenter. It is 4 blocks from REI and adjacent to Whole Foods Grocery. Designed by leading design consultants Hirsch Bedner, the hotel is an urban oasis showcasing sleek modernity through a mix of zebra-wood furnishings and decor in muted hues of taupe, slate, and cream. All 160 well appointed rooms feature premium bedding and furnishings, a 32" plasma HDTV with premium movie channels, Internet radio, and complimentary wireless Internet access. There is a complimentary Town Car service from SeaTac available on a first-come, first served basis. "24-Hour Stay" option. Pan Pacific Seattle also features exceptional restaurants and bars and a 24-hour fitness center and was most recently named a 2008 AAA 4-Diamond Award recipient. Make sure you ask for the "Mountain Madness Rate" when reserving your room. Email: [ofcourse@panpacific.com](mailto:ofcourse@panpacific.com).

### **Holiday Inn Seattle**

211 Dexter Av. North

Seattle, WA 98109

(206) 728-8123

[www.holiday-inn.com](http://www.holiday-inn.com)

Located right next to the Holiday Inn Express. 196 guest rooms are spacious and contemporarily decorated. All rooms are complete with refrigerator, microwave, coffee/tea maker, and FREE high speed internet access. Great location! Be sure to ask for the "Mountain Madness Rate". Contact hotel directly: [valladares@hcbmi.com](mailto:valladares@hcbmi.com) for your reservation needs.

### **La Quinta Inn and Suites**

2224 Eighth Ave (2 blocks from the Holiday Inn)

Seattle, WA 98121

(206) 624-6820

(800) 437-4867

Fax: (206) 467-6926

Complimentary full breakfast, non-smoking rooms, 2 meeting rooms, free local calls and parking, 24-hour sauna & spa, fitness room, laundry room, complimentary USA Today, free bike rental. 7 blocks from the Convention Center. 5 blocks from Seattle Center. Newly remodeled. 1 pm checkout.

### **Courtyard by Marriott - Downtown/Lake Union**

925 Westlake Ave N

Seattle, WA 98109

(206) 213-0100

(800) 321-2211

Fax: (206) 213-0101

Located on the southwest side of Lake Union. Restaurant serving breakfast, lunch and dinner. Indoor pool, whirlpool, exercise room. In-room coffee. laundry, valet service, lounge. Rooms with view of Lake Union. Meeting rooms available. All major credit cards accepted.

### **Hilton Seattle**

1301 Sixth Ave at University

Seattle, WA 98101

(206) 624-0500

(800) 426-0535

Fax: (206) 682-9029



Cable TV, 24-hour room service, concierge, gift shop, restaurant, lounge, lobby lounge, valet/laundry service, Sr. Citizen discount, family plan. 1 1/2 blocks from Convention Center. 1 pm checkout. All major credit cards accepted.

**Ramada Inn Downtown**

2200 Fifth Ave

Seattle, WA 98121 (206) 441-9785 (800) 2-RAMADA Fax: (206) 448-0924

In the heart of downtown, within free bus zone and walking distance to all major attractions. Restaurant and meeting rooms. Senior & family discounts. Government, groups, corporate rates. All major credit cards accepted.

**Residence Inn by Marriott – Downtown/Lake Union**

800 Fairview Ave N

Seattle, WA 98109 (206) 624-6000 (800) 331-3131 Fax: (206) 223-8160

Complimentary buffet style continental breakfasts, exercise facilities, indoor pool and Jacuzzi, fully equipped kitchens & living rooms, in-room movies, laundry/valet service, pets allowed. All major credit cards accepted.

**Seattle Inn**

225 Aurora Ave N

Seattle, WA 98109 (206) 728-7666 (800) 255-7932 Fax: (206) 728-7666

Relaxed lodging, also offering a budget annex and group rates. Walk to Space Needle, city center & Pike Place Market. 3 minute drive to Kingdome and Amtrak. Laundry room, jacuzzi, indoor pool, free covered parking, continental breakfast. Inexpensive shuttle service.

**Sheraton Seattle Hotel & Towers 1400**

Sixth Ave

Seattle, WA 98101 (206) 621-9000 (800) 325-3535 Fax: (206) 621-8441

In-room movies, 24-hour room service, concierge, coffee shop, gift shop, restaurant, business center, lounge, entertainment, Sr. Citizen discount, valet, Jacuzzi, indoor pool, sauna, family plan, award-winning dining at Fuller's, noon checkout. Our Towers/club section includes private check-in, lounge and complimentary continental breakfast. All major credit cards accepted.

**Best Western Executive Inn**

200 Taylor Ave N

Seattle, WA 98109 (206) 448-9444 (800) 351-9444 Fax: (206) 441-7929

Located next to the Seattle Center & Space Needle. Room service, restaurant, lounge, exercise room, valet/laundry service & complimentary garage parking. All major credit cards accepted.

# Directions to Second Ascent

## ***Second Ascent***

5209 Ballard Ave. NW

Seattle, WA 98107

**206-545-8810**

### *From the North*

Take I-5 South. Exit 45th Street. Head West (right) on 45<sup>th</sup> Street. 45<sup>th</sup> turns into 46<sup>th</sup>, and eventually turns into Market after a couple of miles. Take a left (south) on 20<sup>th</sup> Ave. NW. Follow a couple of blocks until the intersection with Ballard Ave. NW. Second Ascent is located directly across the street from this intersection. The shop is green with blue and red trim around the windows.

### *From the South*

Take I-5 North and Exit 45<sup>th</sup> St. Head West (left). ( From here follow the directions "From the North")

### *From Downtown*

Take Denny Way West. Eventually it curves around and heads North and turns into 15<sup>th</sup> Ave. Or get on Western and head North and this turns into 15<sup>th</sup> as well. Follow this for a few miles eventually crossing the Ballard Bridge. One of the first intersections you come to is Market St. Take a left on Market St. Take another left on 20<sup>th</sup> Ave NW. Go south a couple of blocks to Ballard Ave NW. Second Ascent is located directly across the street from this intersection. The shop is green with blue and red trim around the windows.

# Boot Fitting and Maintenance

## Boot Fitting

The correct fit is crucial to the overall comfort and performance of a boot. New boots should be worn exclusively indoors until you are satisfied with the fit. With your hiking socks on, perform the following tests to help confirm that your boots fit correctly. Because your feet swell during the day, these tests should be done in the evening hours.

1. With the boots fully unlaced, slide your foot all the way forward until you can feel your toes make contact with the front of the boot. In this position you should be able to comfortably slide your index finger down between the heel of your foot and the back lining of the boot. If there is room to fit two or more fingers behind your heel, the boot is probably too big. If force has to be applied to insert the finger, the boot is too small. In either case, the boots should be returned for an exchange of size.
2. If you have access to a ramp of some sort, stand in a downhill position with the boots fully laced. You should be able to wiggle your toes without jamming the front of the boot. Stand naturally and do not try to force your foot forward while performing this test.

## Heel Lift

It is not uncommon to experience some heel lift when boots are new. This is due to the fact that a flex point (crease) has not been established in the forward area of the boot. Once a flex point has been established, the heel of the boot will rise with the foot and heel lift should be eliminated. Heel lift should not exceed  $\frac{1}{4}$  of an inch in new boots. If you experience excessive heel lift, return the boots for an exchange.

## Break In

There is no quick way to break in boots without damaging them to some extent. Shortcuts such as using leather softeners, applying heat treatments and wetting boots to walk them dry, drastically reduce the life of your boots. The only recommended break in procedure is to wear the boots for short periods of time on flat terrain until they can be worn all day long. Once the boots can be worn all day you can venture into the mountains with them.

It is a good idea to carry moleskin during this break in period. If you feel any pain or hot spots while hiking, take off your boots and socks and apply a large sheet of moleskin around the affected area. This will aid in preventing blisters.

## Cleaning

Boots should be cleaned regularly and as necessary. After hikes you should remove any dirt or mud off the upper part of the boot using warm water and a cloth. Allow the boots to dry at room temperature.

## Wet Boots

Never put your boots near a heat source to dry them or apply conditioners. Heat is extremely harmful to leather and will shorten the life of your boots. Wet boots should be allowed to dry at room temperature, preferably with cedar toe trees inside to prevent curvature of the toe box. On cold nights outdoors, wet boots should be put inside a sleeping bag to prevent them from freezing.

## Waterproofing

All boots should be periodically treated with a waterproofing agent to retain maximum repellence. HS12 leathers used in some boots have been tanned using a silicone tanning process; these boots are water repellent and should not be treated until water no longer beads up on the leather surface. We recommend Nik Wax waterproofing products for use on leather boots.

## Storage

When not in use, boots should be stored in a closet or dry area with cedar toe trees installed. Avoid storing boots in a damp basement where they might mildew or in a hot, dry attic where the leather may dry and crack.

## **Please Note**

It is essential that your boots fit well. Follow the instructions in the **Boot Fitting and Maintenance** section above. If you have concerns about your knees, trekking poles or adjustable ski poles are required. You might even consider bringing a knee brace to wear on the descent. And most important of all, begin (or continue) your exercise routine to improve your aerobic capacity.

# Conditioning for Alpine Climbs

## 1. Physical Requirements:

- a. Most summits require >3000 foot gain often with a 45 -55 lb pack on approach to camp b.

Training components include:

- i. Strength training
- ii. Cardiovascular training--focus on endurance training
- iii. flexibility

## 2. Getting started:

- a. Start slowly and build a base—don't over do and give your body time to adapt.
- b. 6-8 weeks is a minimum to build your base if you have not been exercising.

## 3. After you have established a base:

- a. Add in interval workouts 1x time per week—reaching 80-90% of your max heart rate.
- b. Work outs should be focused on endurance training
- c. Think "sport specific" - training should mimic the sport you are training for.

## 4. Aerobic training guidelines for mountaineering:

- a. Hike >3000' w/20-30# in 2.5 hours
- b. Snowshoe/ski w/20-30# for 3 hours
- c. Climb stairs w/20-30# for 45 minutes

## 5. Strength Training Tips:

- a. Free weights training a minimum of 2 x per week (3 times is better)
- b. Focus on form--it's much more important than how much weight you can lift.
- c. Full body, core/legs/shoulders emphasis
- d. Multiple – muscle group exercises
  - i. 8-10 exercises
  - ii. 2-3 sets
  - iii. 8-15 reps (to fatigue)

## 6. Stretching guidelines:

- a. Warm up your muscles prior to stretching them
- b. Keep pain free
- c. Don't bounce
- d. Hold 60 seconds
- e. Stretch at end of workout or between sets when weight training.

## 7. Some specifics for training:

- a. Add weight by adding water—then dump at the top.
- b. Use ski poles for the descent