

## 10 KEYS

### TO FACING A CHALLENGE LIKE THIS

1

Choose one or several adventure **partners** whom you trust and with whom you know you can overcome any setback.

2

Find a **guide** with a lot of experience who will provide you reassurance, peace of mind and the advice you need to counter danger with technique and fear with knowledge.

3

Evaluate your **habits** and reflect on whether they help you or hinder you in achieving your goal: diet, sleep, physical activity...

4

Create a **training plan adapted** to the physical shape you need to achieve to climb the peak and stay on the path with discipline

5

Find out about the **conditions** that affect the peak at the time you are going to upload it and be prepared for it: weather, government notices, etc.

6

**Make climbs to mountains** that put you in situations as similar as possible to those you will find yourself at the peak. Make it with the material to try it out and become familiar with it.

7

Collect all the **information** you can, but don't get carried away by the experiences of others. Each climb is unique and depends more on oneself than on what we imagine.

8

When packing your **backpack**, remove everything that is dispensable and make a list so you don't leave anything behind.

9

If you can, go to the area a few days before to **acclimatize**, gather first-hand information and "release nerves" before the expedition.

10

And, of course, don't forget **to enjoy** each stage of the expedition. The goal will be there, but what you experience along the way is what will stay with you forever.