

PREPARING FOR A MULTI DAY CLIMB WITH JHMG

JHMG wants you to succeed in summiting. While weather can be a factor, to safely reach the summit, we encourage our clients to be prepared by training properly, acclimatizing, acquiring the right prerequisites, and more.

TRAINING

It is an undeniable fact that those who are in good shape are more likely to enjoy the view from the summit! Those who engage in regular exercise before a significant guided climb with JHMG typically do fine on the ascent. Give yourself adequate time—at least a couple of months—to prepare, particularly if this form and intensity of exercise is new.

Training for a climb needs to be specific, and should include cardiovascular activities and weight training. For three days a week, focus on an hour or more of aerobic exercise such as running, cycling, swimming, etc. Gym equipment such as stair masters, rowing machines, etc. can supplement cardiovascular training. On weekends, a full day hike or other longer endeavor will help prepare you for the endurance required. Carrying a 20-30 pound pack uphill on trails or stadium steps will simulate the real climb better than anything. Lifting moderate weights to increase core body, leg, and arm strength is also a good idea. Focus on quads and hamstrings—legs need strength and endurance. Being generally fit and having some solid stamina for long days is the overall goal. Be in the best shape of your life!

*If you are not already in decent shape, or are not as young as you used to be(!), it would be prudent to consult with a doctor or certified physical trainer before undertaking a physical fitness training program.

ALTITUDE

As you can imagine, altitude does become a serious factor. Most of our climbs begin at a significantly higher elevation than clients live at. High elevations have stopped otherwise fit people who didn't take time to acclimate. We strongly encourage our participants, especially those coming from sea level, to arrive a few days early. Climbs themselves include a substantial elevation gain.

To help your body adjust to the thinner and drier air, first of all HYDRATE. Exertion at elevation demands hydration. Drinking enough water markedly improves athletic performance and helps to prevent elevation mountain sickness. Before and during your climb, aim for 4-5 quarts of fluid a day. Make sure your water is readily accessible. During the ascent, hydration systems like Camelbacks, or a water bottle on your hip will provide easy access to your water. Sport drink mixes like Gatorade are highly recommended; they promote drinking and help replenish electrolytes. Avoid too much alcohol and caffeine, as these have the effect of dehydrating your body.

In the days before your ascent, assist the acclimation process by going to some higher elevations, above 9000 feet, and get some moderate exercise. For those in Jackson, hiking from Teton Pass up Mt. Glory, or up to Surprise Lake in the Park allow one to get to 9,000-10,000' elevations fairly quickly.

If you have never been at high elevation before, don't worry—everyone has a first time; keep your guide posted of any physical symptoms you may be experiencing. If you have had trouble with elevation in the past, please let us know ahead of time and consult with your physician before you come. Some people simply acclimatize more slowly; they often find that allotting a few extra days to acclimate is helpful for performance.

PREREQUISITES

Some people feel more confident by first practicing their new found climbing skills on a smaller peak or multi-pitch climb before attempting their main summit goal. We're happy to accommodate anyone's pace and offer suggestions for next steps.

We strongly encourage our clients to come with some experience hiking on rugged trails, particularly on steep up and down hills, and uneven, and rocky terrain, since this is 75% of any ascent.

Climbing Gannett Peak requires prior climbing experience. Before attempting the a significant hike, most clients will be required to enroll in two climbing classes with Jackson Hole Mountain Guides. Our classes are designed to give you the skills you need for a successful experience on the mountain. Climbers who have previous climbing experience may only need to refresh their multi-pitch skills for a day at our local crag. Climbers must be fit and be able to effectively use an ice axe for self-arrest. A one-day snow climbing course or equivalent experience is required. This course can be completed in Jackson Hole prior to the trip or in another guiding venue.

FOOD INFORMATION

For multi-day climbs, Jackson Hole Mountain Guides supplies all breakfasts and dinners. You need provide your own lunches, trail food, and energy drinks. Our office will send you more information regarding food selection.

The drinking water needs to be treated, either with iodine pills or filters. We practice Leave No Trace camping, hiking, and climbing techniques to leave the wilderness areas as pristine as we found them. We follow safe bear camping practices in order to avoid any potential conflict.