

SKIING & CLIMBING SKILLS QUESTIONNAIRE



| MR/MRS MS/MISS | GIVEN NAMES (AS SHOWN ON PASSPORT) | SURNAME / LAST NAME (AS SHOWN ON PASSPORT) | NATIONALITY OF PASSPORT | HEIGHT (INCHES/CMS) | WEIGHT (LBS/KGS) |
|-------------------|---------------------------------------|-----------------------------------------------|----------------------------|------------------------|---------------------|
| | | | | | |

Name by which you wish to be known (if other than above) _____ Date of Birth (dd/mm/yy) _____

Street Address _____ City _____

Region _____ Country _____ Post Code _____

Home Phone + _____ Work Phone + _____

Mobile + _____ Email _____

What is your first language? _____ How well do you speak English? _____

You will be taking part in a demanding expedition as part of a team. Past experience and good training contribute to your enjoyment and to the overall well-being of the team. It is important for everybody on the team to have a similar level of fitness and skill.

Please describe your previous experience as honestly and completely as possible so that we can do our best to match your ability with that of other participants.

In the Past Experience sections, please only list trips you have accomplished to date. Trips that are planned between now and your arrival in Antarctica should only be included under the Training section.

WHICH OF OUR GUIDED EXPERIENCES ARE YOU INTERESTED IN?

| Experience Name | Check All That Apply | | Preferred Departure Date |
|---------------------------------------------|----------------------|----|--------------------------|
| Mount Vinson | | | |
| Mount Sidley | | | |
| Climb Antarctica | | | |
| Ski Antarctica | | | |
| Ski South Pole - Hercules Inlet | | | |
| Ski South Pole - Messner Start | | | |
| Ski South Pole - Axel Heiberg | | | |
| Ski Last Degree | | | |
| Will you be using ALE's Baffin 3-pin boots? | Yes | No | |

PAST SKI EXPERIENCE

| |
|-----------------------------------------------------|
| How many years downhill skiing? |
| How many years cross-country skiing? |
| How many years backcountry ski touring? |
| What experience do you have of hauling a sled/pulk? |

How many days have you skied in the last 2 years?

| | |
|---------------------------|--|
| Downhill days: | |
| Off-piste downhill days: | |
| Backcountry touring days: | |
| Cross-country days: | |
| Total ski days: | |

List below any ski touring trips that you have done

| Month/ Year | Details of Region/Route | Name of Guide (if used) | Distance Skied | Number of Days |
|----------------|-------------------------|----------------------------|----------------|-------------------|
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PAST MOUNTAINEERING/CLIMBING EXPERIENCE

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|---------------------------------------------------------------------------|---------------------|----|--------------------|--------|----------|
| How many years have you been mountaineering/climbing? | | | | | |
| Have you ever been rock climbing? | Yes | No | Lead | Follow | Top-Rope |
| Have you ever been ice climbing? | Yes | No | Lead | Follow | Top-Rope |
| Have you worked as a guide in the mountains? | Yes | | No | | |
| If so, provide details: | | | | | |
| Has the majority of your mountaineering/climbing been unguided? | | | Yes | No | |
| How frequently have you been mountaineering/climbing in the last 2 years? | # of 1-2 day trips: | | # of 7+ day trips: | | |

List below all major mountaineering/climbing trips (single peaks/traverses/climbing areas) that you have done.

| Month/Year | Mountain | Route | Name of Guide (if used) | Highest altitude reached? | Did you summit? |
|------------|----------|-------|-------------------------|---------------------------|-----------------|
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PAST GLACIER TRAVEL EXPERIENCE

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| Do you have roped glacier travel experience? | Yes | No |
| If so, where/when? | | |
| Have you climbed out of a crevasse using prusiks or mechanical ascenders? | Yes | No |
| If so, where/when? | | |

PAST WINTER OUTDOOR EXPERIENCE

| | | |
|-----------------------------------------------------------------|---------------------|--------------------|
| How many years have you been active in winter sports? | | |
| How frequently have you done winter sports in the last 2 years? | # of 1-2 day trips: | # of 7+ day trips: |

List below any winter outdoor sports not previously mentioned in other sections.

| Month/Year | Details of Region/Activity | Name of Guide (if used) | Temperature | Number of Days |
|------------|----------------------------|-------------------------|-------------|----------------|
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List below any winter/snow trips where you camped in a tent.

| Month/Year | Details of Region/Activity | Name of Guide (if used) | Temperature | Number of Nights |
|------------|----------------------------|-------------------------|-------------|------------------|
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PAST ALTITUDE EXPERIENCE

| | | |
|-----------------------------------|-----|----|
| Have you ever camped at altitude? | Yes | No |
| Highest altitude you have camped? | | |

List below any times you have been above 10,000 ft (3000 m) not previously mentioned.

| Month/ Year | Details of Region/Activity | Name of Guide (if used) | Highest altitude reached? | Number of Days |
|----------------|----------------------------|----------------------------|------------------------------|-------------------|
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FIRST AID EXPERIENCE & TRAINING

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| Do you have any first aid experience/training? | Yes | No |
| If yes, please tell us the organization you trained with and when you recieved your certification. | | |
| | | |

OTHER PAST EXPERIENCE

Please provide details on any other experiences you have had which may be relevant to a skiing/climbing expedition but have not been previously mentioned in other sections e.g. marathons, triathlons, endurance events, extended backpacking trips, biking (road or mountain), multi-day adventures, etc.

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PHYSICAL FITNESS

How often do you exercise? Please check the box to the right that best describes your level of activity.

In good health, but do not have a regular exercise routine.

Mainly exercise 1-2 times a week (e.g. a weekend hike, visit to the gym, short jog).

Exercise 2-3 times a week with cardiovascular sessions lasting more than 45 minutes.

Exercise more than 4 times a week with a mix of interval and cardiovascular sessions.

What physical activities do you do on a regular basis: Climbing, hiking, skiing, running, biking (mountain or road), other?

Can you hike uphill for 6-8 hours carrying a 25 kg/55 pound pack without being exhausted the next day?

Yes

No

When did you last do this?

TRAINING

Describe your fitness routine leading up to your expedition

| Type of Training | Hours per Session | Session per Week |
|--------------------------------------------------------------------------------------------------------------|-------------------|------------------|
| Gym Work | | |
| Running | | |
| Cycling | | |
| Outdoor Exercise | | |
| Other: | | |
| Other: | | |
| Please list below any other trips or training you have planned between now and when you arrive in Antarctica | | |
| | | |

SIGNATURE

I declare that the information provided is a fair representation of my skiing, climbing and mountaineering experience. I also declare that I know of no reason that should prohibit me from taking part in the expedition or that would jeopardize other team members or myself.

Name: _____

Signed: _____ Date: _____

ALE reserves the right to check your credentials.