

# 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:	
<b>Total ski days:</b>	

List below any polar training courses you have already completed

Month/ Year	Details of Region/Course	Name of Guide or Instructor	Number of Days

List below any cross-country ski, backcountry ski, or expedition ski trips that you have done

Month/ Year	Details of Region/Route	Guide Company (if used) & Guide	Distance Skied	Number of Days

## PAST MOUNTAINEERING/CLIMBING EXPERIENCE

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	Guide Company (if used) & Guide	Highest altitude reached?	Did you summit?

## PAST GLACIER TRAVEL EXPERIENCE

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

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

## 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

## FIRST AID EXPERIENCE & TRAINING

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.

## 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	Sessions 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.