



Let's talk about you.....

You'll be able to check that your level matches that of the selected course. On the course, as well as endurance and technical agility, mental fitness is also a factor: you may have to deal with stress, difficult weather conditions and your relationship with the other members of the group. We would also like to draw your attention to the physical difficulties associated with jet lag. We advise you to allow a few days between your arrival and the start of your course.

Your answers to the questions will not be decisive. If in doubt, we're here to help. Don't hesitate to contact us.

FULL NAME :

Physical level

. How old are you?

. Which walker are you?

Level Odyssee Montagne	Land type	Elevation	Backpack	Running time	Walking rhythm
	Indoors or on the course <input type="checkbox"/>	Don't know <input type="checkbox"/>	Without bag <input type="checkbox"/>	Less than 4H <input type="checkbox"/>	Don't know <input type="checkbox"/>
	Mountain trail <input type="checkbox"/>	400 – 700 m <input type="checkbox"/>	Bag of 6 kg <input type="checkbox"/>	04 – 06H <input type="checkbox"/>	Less than 250 m/h <input type="checkbox"/>
	Mountain trail <input type="checkbox"/>	700 – 1000 m <input type="checkbox"/>	Bag of 8 kg <input type="checkbox"/>	06 – 08H <input type="checkbox"/>	250 / 300 m/h <input type="checkbox"/>
	Off mountain trails <input type="checkbox"/>	1000 – 1200 m <input type="checkbox"/>	Bag of 10 kg <input type="checkbox"/>	08 – 10H <input type="checkbox"/>	350 / 400 m/h <input type="checkbox"/>
	Off mountain trails <input type="checkbox"/>	1300 – 1800 m <input type="checkbox"/>	Bag of 12 kg <input type="checkbox"/>	10 – 12H <input type="checkbox"/>	More than 400 m/h <input type="checkbox"/>

. What endurance sport(s) do you practice?

Frequency per week

Average time or distance per session

. Running / Trail

. Road bikes / Mountain bikes Trail

. Other Trail

Technical level in mountaineering

. Have you ever walked with crampons on?

. Have you ever spent a night in a refuge? Guarded ? unguarded ?

Level odyssee Montagne	Land type	Mountain rock	Slopes	Sport climbing
	I'm afraid of heights <input type="checkbox"/>	Don't know <input type="checkbox"/>	Don't know <input type="checkbox"/>	Don't know <input type="checkbox"/>
	Easy glacial terrain F <input type="checkbox"/>	II <input type="checkbox"/>	30° <input type="checkbox"/>	No <input type="checkbox"/>
	Not very difficult glacial terrain PD <input type="checkbox"/>	III <input type="checkbox"/>	45° <input type="checkbox"/>	4 <input type="checkbox"/>
	Difficult glacial terrain AD ou D <input type="checkbox"/>	IV <input type="checkbox"/>	55° <input type="checkbox"/>	5 <input type="checkbox"/>
	Very difficult glacial terrain TD ou ED <input type="checkbox"/>	V et + <input type="checkbox"/>	65° <input type="checkbox"/>	5 sup / 6 ou + <input type="checkbox"/>

. Your hiking list for the last two years

Year	Location / Summit / Altitude	Rock ? Snow ?	With a guide ? A leader ?	Physically you were...	Technically you were...
				😊 😞	😊 😞
				😊 😞	😊 😞
				😊 😞	😊 😞
				😊 😞	😊 😞
				😊 😞	😊 😞
				😊 😞	😊 😞

In the field, your guide will be there to help and advise you, but if he finds that you do not have the required level to follow the course, you will be asked to:

- interrupt the course

- or branch off to an easier summit

- or hire a private guide

(Subject to availability. No refund will be given. Any extras are at your own expense)

I have taken note of the technical and physical level of the selected course