



The "**Pre-Expedition Checklist**" is designed to ensure comprehensive and detailed preparation before embarking on any mountaineering adventure. This guide covers everything from route planning and weather conditions to physical, emotional, and spiritual preparation, ensuring that every aspect is covered for a safe and enriching experience. Use this checklist to review and adjust your preparations, promoting an organized expedition in harmony with nature.

## Planning and Preparation

### 1. Route Study:

- Research and study the planned route in detail.
- Identify key points and possible obstacles.
- Establish stops and reference points.
- Consult topographic maps and area guides.
- Read reviews and experiences from other mountaineers.
- Determine altitude and accumulated elevation gain.
- Understand the characteristics of the terrain (rocky, snowy, glacial).
- Plan estimated times for each section of the route.
- Identify possible alternative routes in case of emergency.
- Check the accessibility and conditions of the starting and ending points.

### 2. Weather Conditions:

- Check the weather forecast for the expedition date.
- Be prepared for possible weather changes.
- Understand the weather patterns of the region.
- Consult specific weather alerts for the area.

- Be aware of expected daylight hours and temperatures.
- Assess the risk of avalanches or landslides.
- Prepare appropriate clothing and equipment for different weather conditions.
- Monitor the weather continuously until the day of the expedition.
- Plan the route considering weather conditions.
- Be prepared to camp in case of adverse conditions.

### 3. Permits and Regulations:

- Obtain the necessary permits for the expedition.
- Learn about local regulations and restrictions.
- Understand protected areas and their regulations.
- Respect camping and fire usage regulations.
- Register the itinerary with local authorities if required.
- Learn about waste and recycling regulations.
- Check access restrictions for certain times of the year.
- Understand regulations regarding local wildlife and flora.
- Ensure compliance with safety and conservation regulations.



- Carry all necessary documents and permits during the expedition.

## Equipment and Supplies

### 1. Mountain Gear:

- Check the condition of gear (boots, technical clothing, harness, rope, helmet, etc.).
- Ensure all necessary items are included.
- Perform preventive maintenance on the gear.
- Verify the functionality of all equipment (flashlights, GPS, etc.).
- Include additional safety gear (helmet, spare harness).
- Bring specialized equipment according to the route (crampons, ice axe, etc.).
- Pack appropriate cooking equipment and fuel.
- Prepare a repair kit for emergencies (patches, glue).
- Ensure you have spare clothing and appropriate layers.
- Bring sun protection (sunglasses, sunscreen).

### 2. Backpack and Supplies:

- Prepare a backpack with a first aid kit.
- Include energy-dense foods and sufficient water.
- Pack survival tools and essentials (knife, lighter, thermal blanket).
- Bring enough food for the entire duration of the expedition.
- Include vitamin supplements and mineral salts.

- Carry a water filter or purification tablets.
- Pack a suitable tent and sleeping bags.
- Include cooking utensils and storage containers.
- Bring a bag to collect trash and waste.
- Ensure the backpack is well-distributed and adjusted.

## Health and Physical Condition

### 1. Medical Checkup:

- Undergo a medical checkup before the expedition.
- Ensure you are in good health.
- Consult with a doctor specializing in sports medicine.
- Assess physical capacity for altitude and exertion.
- Inform the doctor of any pre-existing conditions.
- Obtain a cardiological evaluation if necessary.
- Carry a copy of your medical history and medication.
- Consult about recommended vaccinations for the area.
- Monitor overall health before the expedition.
- Ensure you have appropriate medical and travel insurance.

### 2. Training:

- Maintain a regular training regimen (endurance, strength, flexibility).
- Perform specific exercises for climbing and mountaineering.
- Include altitude training if possible.



- Participate in rock climbing training sessions.
- Take practice hikes and treks with a loaded backpack.
- Include leg and core strengthening exercises.
- Practice breathing techniques and pace control.
- Maintain a balanced and appropriate diet for training.
- Do stretching and mobility exercises.
- Monitor progress and adjust training as needed.

- Ensure all devices are charged and in good condition.
- Include spare batteries and solar chargers.
- Check device coverage and functionality in the area.
- Carry a map with GPS coordinates and reference points.
- Use mobile navigation and safety apps.
- Establish codes and communication signals in case of emergency.
- Conduct communication tests before the expedition.
- Ensure all group members know how to use the devices.
- Keep devices protected and accessible.

## Communication and Safety

### 1. Information to Third Parties:

- Inform friends or family about the route and plan of the expedition.
- Establish an emergency contact.
- Provide a detailed itinerary with dates and locations.
- Ensure someone knows the contingency plan.
- Inform about the duration and objectives of the expedition.
- Provide a contact list of group members.
- Update emergency contacts with any changes in the plan.
- Leave copies of important documents with a trusted contact.
- Inform about estimated communication and return times.
- Establish a regular communication system during the expedition.

### 2. Communication Devices:

- Carry a satellite phone or radio.

### 3. Contingency Plan:

- Have an alternative plan in case of emergency.
- Know evacuation routes and nearby rescue points.
- Establish a clear and detailed emergency procedure.
- Identify shelters and safe zones along the route.
- Carry an additional emergency first aid kit.
- Inform the group about evacuation procedures.
- Assign roles and responsibilities in case of emergency.
- Practice emergency drills before the expedition.
- Constantly evaluate conditions and adjust the plan as necessary.
- Remain calm and follow the contingency plan in case of emergency.



## Emotional and Mental Preparation

### 1. Clear Objectives:

- Set clear and realistic goals for the expedition.
- Mentally prepare for challenges that may arise.
- Visualize the success and achievements of the expedition.
- Set short-term and long-term goals.
- Maintain a positive and motivated attitude.
- Communicate openly with the group about objectives.
- Adjust expectations according to conditions and progress.
- Celebrate small achievements and milestones.
- Maintain flexibility and adaptability in the face of changes.
- Reflect on personal goals and their significance.

### 2. Stress Management:

- Practice breathing and relaxation techniques.
- Maintain a positive and resilient attitude.
- Establish meditation and mindfulness routines.
- Identify and avoid unnecessary stress factors.
- Create a supportive and collaborative group environment.
- Stay calm and focused in difficult situations.
- Use positive and motivating affirmations.
- Engage in activities that promote emotional well-being.

- Seek support and advice in moments of tension.
- Evaluate and adjust stress management techniques as necessary.

## Spiritual Connection and Reflection

### 1. Meditation and Reflection:

- Engage in meditation sessions to focus and connect with oneself.
- Reflect on personal motivations for the expedition.
- Keep a journal to record thoughts and feelings.
- Practice gratitude and appreciation for the opportunity of the expedition.
- Perform positive visualization exercises before and during the expedition.
- Participate in activities that foster introspection and self-awareness.
- Dedicate time to observing and appreciating nature.
- Connect with spirituality through the natural environment.
- Engage in personal rituals that bring meaning and purpose.
- Set clear intentions and purposes for each day of the expedition.
- Seek moments of silence and contemplation for reflection.

### 2. Respect for Nature:

- Prepare to interact respectfully with the natural environment.
- Plan activities that promote appreciation and conservation of nature.



- Follow "Leave No Trace" principles to minimize environmental impact.
  - Participate in cleaning and conservation programs.
  - Learn about local flora and fauna and their ecological importance.
  - Avoid interfering with natural habitats and wildlife.
  - Use biodegradable and environmentally friendly products.
  - Respect local cultures and traditions of the areas visited.
  - Promote environmental education among group members.
  - Inspire others to follow sustainable and responsible practices in nature.
- 3. Emotional Support:**
- Create a supportive and collaborative environment within the group.
  - Encourage open and honest communication among all members.
  - Establish an emotional support network for difficult moments.
  - Offer and receive constructive feedback respectfully.
  - Identify signs of stress and exhaustion in oneself and others.
  - Provide spaces and times for rest and emotional recovery.
  - Maintain a positive and encouraging focus throughout the expedition.
  - Practice empathy and understanding toward others' challenges.
  - Celebrate achievements and progress together, strengthening team spirit.
  - Establish strategies for managing conflicts and solving problems effectively.

This checklist will help ensure that all essential aspects are covered before embarking on your expedition, guaranteeing a safer and more enriching experience. Make sure to consult and follow the regulations and recommendations of the natural park or area you are in. Respecting these rules is essential for your safety and the preservation of the natural environment.

Remember that the **emergency phone number** for **Europe** and much of **Asia** is **112**, and for the **United States, Canada**, and much of the **Americas**, it is **911**. Be informed about the emergency number in the country where you are climbing or hiking.

We appreciate your trust in using our resources, created with the best intentions to help the mountaineering community. If you have recommendations, suggestions, or questions, we would be delighted to receive them. Share this content with colleagues, friends, and family who may find it useful. Join our online community to share experiences and stay informed about the best practices in mountaineering.



Find more Checklists, tips, and recommendations at JosepNadal.org  
Thank you for spreading this project and contributing to mountain safety!

