



I'm happy to promote to people to go out to nature as I think that people who is out in nature may have a better understand of environment, health and some values than being sedentary and being in artificial environments. But of course, depending where we go, specially in alpine terrain, It is always a risk involved in our activities. When we go to mountains we are in a risky environment. Nobody is excepted of that risk, and we should try to minimize-it. I believe for experience that regulations and limitations can be a short term solution but never good in the long term. That must come from education (from young ages to adults) and formation. When I'm out trying something I turn around the 50% of the times; not good conditions, not having the capacities, not feeling good there...here some steeps to follow to know if it's worth-it to continue or better to turn around:

1. TO UNDERSTAND: Alpinism is a activity with risks. We can not think we are safe out there. We need to mountains and nature are not a environment we can control. Anselme Baud said that when he was young he was afraid of himself, not knowing his capacities but not afraid of the environment, and older is the opposite. We need to understand than mountains are not very predictable, and not common thinks can happen. Mountains move, rocks falls, crevasses open, avalanches go... and that is different in every mountain area, depending the geological formation (Granite, limestone ...) the weather patterns ( close to sea, on the country, more north or south...) the glaciers formations, the quality of rock...So we need to understand the mountains systems we are to try to find the possible risks and prevent them.

2. APPROACH WITH HUMILITY: It is basic to know our capacities, our experience and technique. If we want to progress we should train our capacities and technique in safe places ( climbing on bolted walls or indoor, endurance training on low risk trails, ice climbing on toperope...) and be really sure of our capacities before going to mountains, where is important to have a big margin to our limits. We can not overestimate our capacities when we are on a risky place, because we only have one shoot and is our life in risk. Of course we do mistakes for inexperience, we fail, we can have accidents and this is part of a learning process, many times we look back and we say, "oh that day I was stupid, I took much more risks than I should"...It is a learning process but we should minimize that.

3. LEARNING: Never stop learning, Observing the nature and mountains where we are (Look at the glaciers in summer to see how the crevasses are moving, look to the snow conditions every day and how the winds affects them, Look how the warm temperatures affects to rocks falls in each place, where the sun affects to have soft or hard snow or ice...). More important is to have mentors. People with more knowledges and experience who share-it with us. Or go with mountain guides to do that. And do formation, it is a lot on the net: [La Chamoniarde](#), [encorda2 ENSA - Ecole Nationale de Ski et d'Alpinisme](#) ... But also on the field. It is important to spend 1 week before every winter doing Avalanche research, crevasse rescue, snow layers analyze before starting skiing season and one in the early summer on ropes manipulations and safety knowledges.

5. PLANNING AND ADAPT: Make a plan of the activity: Route to take and alternative routes and escapes, weather previsions and patterns, topos and descriptions of the routes or analyze pictures and maps, Go with someone or if you go alone say where you go or give some indications, think about the gear you need to each activity and concerning conditions... And the most important, adapt to conditions during the activity; is never a mistake to turn around. If is a hot summer in the Alps, it can be more rock fallings and open crevasses than expected, if it a fresh snow or after some rainy days it can be slippery climbing or wet, and crevasses can be hidden from fresh snow. If we don't feel physically good we will spend more time, be more tired and not able to move well...Mountains don't move, just go home, train and prepare harder and go back when it is right.

4. ACCEPT: With the understanding of mountain conditions and our personal capacities, think if the risks presented are acceptable to take. That is very personal and singular. Every person need to take the time to do that before starting every activity. Not do-it because others do-it or have done, conditions can change in few hours and this easy climb 2 days ago can be really hard today. Soloing El Cap can be possible for one human being but climbing in aidclimbing it will be really hard for the most part of us. And yes, alpinism is a lot of accepting risks, going to the unknown, and for some ascents, maybe one or two in the lifetime of the best alpinists careers it drive to the decision of going to a possible death route. Do you want to accept that? Just try to figure if you are ready and accept the risks of the activities you are doing.

My Capacities / experience + Mountain Conditions + Gear and techniques: Worth to go or not?