

Chamonix Mont Blanc Guides  
Client Questionnaire

<b>Question:</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
How often do you practice aerobic sports?	Rarely	Sometimes (a few times per month)	Regularly (at least once a week)	Often (several times per week)
Do you practice any endurance sports?	No	Occasionally (e.g. a half marathon)	Sometimes (a few times per year)	Regularly (I compete in triathlons / marathons)
How would you describe your fitness level?	Unfit	Reasonably fit (can jog for half an hour)	Fit (2 hours aerobic sport is fine)	Very fit (athlete)
For leisure, do you prefer to be active? (e.g. hike, cycle, surf, ski)	No	Sometimes	Usually	Always
What is your comfort level with hiking / climbing terrain?	Easy walking paths	Rocky scrambling terrain	Rocky and icy glacial terrain	Steep mountaineering routes
How much time do you spend in the mountains?	Very little	Hiking or skiing occasionally	Regular skiing, climbing or mountaineering trips	I'm an experienced mountaineer
What is the maximum altitude you have been to?	I'm not sure	Around 2000m	Around 3000m	4000m and above
In the mountains you generally feel...	Not at all comfortable	Reasonably at ease with the environment	At ease with the terrain and altitude	Confident
Select which best describes your technical experience	None at all	A beginner, with no or little experience with crampons, ropes or ice axes	I've used crampons, ice axes and ropes before	I am experienced and confident with mountaineering equipment
Do you know what your average elevation gain is in the mountains?	No	Quite slow – between 200-400m per hour	Reasonably fast – between 400-600m per hour	Fast - >600m per hour

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This questionnaire has been devised to help you decide which Mont Blanc course will suit you best, based on your current fitness and previous experiences.

Please answer each question honestly, by selecting the most appropriate answer – A, B, C or D

Mostly A

It is probable that due to your current fitness level and mountain experience that you would not succeed on a summit attempt right now. If you are determined to try, then please contact us to discuss how you can get prepared.

Mostly B

You would be most suited to the 6 day Mont Blanc course. You will be given the relevant mountaineering training during the first 3 days of the course, and afterwards have a 3 day window to attempt the summit. You will be most likely to climb with others of a similar level in this course.

Mostly C

If you do have the necessary mountaineering experience and arrive fit prior to the start of the course, then you can consider the 4 day Mont Blanc course. If you are unsure of your experience and reaction to altitude, then you would still benefit from the additional 2 days of training and acclimatisation that the 6 day course offers.

Mostly D

If you are an endurance athlete with previous mountaineering and altitude experience, then you may be able to attempt the Mont Blanc in just 2 days. To be absolutely sure we advise you to contact us prior to booking on this course.