



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 skier are you?

Level Odyssee Montagne	Elevation	Backpack	Running time	Walking rhythm
	Don't know <input type="checkbox"/>	Without bag <input type="checkbox"/>	Less than 4H <input type="checkbox"/>	Don't know <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"/>
	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"/>
	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"/>
	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 Skiing

. Have you ever worn ski boots with crampons on?

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

Level Odyssee Montagne	Piste skiing	Off-piste skiing	Downward slopes	Number of ski touring outings / year
		Don't know <input type="checkbox"/>	Don't know <input type="checkbox"/>	No <input type="checkbox"/>
		Very low <input type="checkbox"/>	20° <input type="checkbox"/>	1 à 2 <input type="checkbox"/>
		Low <input type="checkbox"/>	25° <input type="checkbox"/>	3 à 4 <input type="checkbox"/>
		Good <input type="checkbox"/>	35° <input type="checkbox"/>	4 à 5 <input type="checkbox"/>
		Very good <input type="checkbox"/>	45° ou + <input type="checkbox"/>	5 et + <input type="checkbox"/>

. Downstream conversion control :
Yes No

. Upstream conversion control :
Yes No

. I've already done a touring ski raid:
Yes No

. Your list of ski touring events over the last two years

Year	Location / Summit / Altitude	No. of days	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