



SKILLS NEEDED

GENERAL PHYSICAL CONDITION

Although the chosen itinerary is not one of the most demanding, physically speaking, you must have a corresponding physical condition, in which you can carry out marches for a period equal to or greater than 8 hours, with their respective rests.

On day 1 "approach" we will carry a backpack with an approximate weight of 8 kilos, depending on the type of equipment that each one carries with them, the amount of liquid that you consume.

The guides will assist you in deciding what to bring and what is not necessary. We also recommend that you have had some previous experience at heights similar to those we will reach on this mountain and on similar days. Although the climb itself does not represent greater technical complexity, with more experience your climb will be more pleasant.

Our guides are highly qualified for this type of climb, being permanently trained from a physical point of view, a basic condition to be able to lead an expedition of these characteristics. We also work on the technical aspect to be able to respond quickly to any situation that arises during the development of the activity. And finally, they are trained in emergency maneuvers, in case of encountering an accident, to be able to help the unfortunate person to a definitive treatment center.

If you DO NOT have any of the capabilities we mentioned above, we strongly recommend that you complete training prior to starting the program. We offer to help you with this training, which can be adapted to your needs and schedules, and can be done even days before the official start of the tour. Please consult us.

PSYCHOLOGICAL ASPECTS

We will not be exposed to long periods of isolation. Which significantly contributes to reducing psychological stress.

SELF-MANAGEMENT

Our tour offers us different challenges throughout these 3 days, as we begin the ascent at 750 meters high in the town of Mendoza to the 4,200 meters we propose. Therefore, we strongly recommend that our clients be trained in how to properly care for themselves in harsh and cold environments. This involves knowing how to dress in layers to best stay warm, as well as hydrating and eating regularly.

It is important to learn to control our health and the warnings that our body will give us. Our staff of guides will go step by step helping you in this process of learning and knowledge.