



The "**During the Expedition Checklist**" is designed to ensure comprehensive and detailed preparation during any mountaineering adventure. This guide covers everything from safety and well-being to communication, coordination, navigation, and mental reinforcement, ensuring that every aspect is covered for a safe and enriching experience. Use this checklist to review and adjust your actions, promoting an organized expedition in harmony with nature.

Safety and Well-being

1. Constant Equipment Check:

- Regularly check the condition of equipment (harness, rope, carabiners, etc.).
- Adjust and properly secure equipment before each critical section.
- Immediately replace or repair any damaged or defective equipment.
- Carry a repair kit for emergencies.
- Conduct cross-checks of equipment among team members.
- Keep a log of inspections and repairs.

2. Health Monitoring:

- Take breaks to rest and assess the physical condition of all team members.
- Hydrate frequently and consume energy-dense foods.
- Monitor vital signs and symptoms such as dizziness, pain, or extreme fatigue.
- Be alert for symptoms of altitude sickness.
- Administer first aid when necessary.
- Perform regular health checkups.

3. Weather Conditions:

- Constantly check the weather and be prepared for abrupt changes.
- Adjust the expedition plan according to weather conditions.
- Have an emergency shelter in case of severe weather.
- Use weather monitoring apps and devices.
- Establish weather emergency signals within the group.
- Carry emergency clothing and equipment for drastic weather changes.

Communication and Coordination

1. Maintain Contact:

- Establish meeting points and schedules to communicate the status of the expedition.
- Use communication devices (radio, satellite phone) to inform third parties if necessary.
- Regularly check battery levels and the functionality of communication devices.
- Keep a log of all communications made.
- Inform an external contact about the progress and any changes in the plan.



- Establish a communication protocol in case of emergency.

2. Teamwork:

- Ensure that all team members stay together and support each other.
- Make decisions as a group and maintain clear and effective communication.
- Assign specific roles and clear responsibilities to each team member.
- Encourage collaboration and mutual support.
- Hold daily meetings to discuss progress and plans.
- Establish a clear chain of command for quick decision-making.

3. Itinerary Planning and Updates:

- Review the itinerary and make adjustments according to current circumstances.
- Keep the entire team informed about any changes in the plan.
- Strategically plan breaks and rest points.
- Constantly evaluate progress against the original plan.
- Have alternative routes ready for contingencies.
- Document any changes to the itinerary for future reference.

Navigation and Route

1. Following the Planned Route:

- Use maps, compasses, and GPS devices to stay on the planned route.

- Identify and confirm landmarks during the expedition.

- Regularly check the current position to avoid deviations.

- Practice orientation skills as a team.

- Keep maps and GPS devices updated.

- Be well-versed in map reading and compass use.

2. Itinerary Adjustments:

- Be flexible and adjust the itinerary according to terrain and weather conditions.
- Have alternative routes and know evacuation options.
- Continuously evaluate the viability of the path and modify it if necessary.
- Consult with local experts about terrain conditions.
- Be prepared for last-minute changes.
- Keep everyone informed of any route adjustments.

3. Progress Review:

- Log daily progress and compare it with the original plan.
- Assess the pace and adjust to ensure everyone can keep up.
- Keep a travel journal with notes on terrain and conditions encountered.
- Document lessons learned and challenges faced.
- Review daily strategies to improve efficiency.
- Celebrate achievements and adjust plans as necessary.



Physical and Mental Preparation

1. Active Listening to the Body:

- Pay attention to body signals and adjust the pace as needed.
- Avoid overexertion and rest when necessary.
- Do stretching and warm-up exercises regularly.
- Maintain a balanced and appropriate diet during the expedition.
- Practice breathing and relaxation exercises.
- Consult with the team about any physical discomfort.

2. Maintaining Morale:

- Keep a positive and motivating attitude among team members.
- Practice relaxation and breathing techniques to manage stress and anxiety.
- Encourage mutual support and open communication about emotional well-being.
- Organize recreational and leisure activities.
- Set aside time for fun and camaraderie.
- Provide words of encouragement and mutual recognition.

3. Mental Reinforcement:

- Maintain focus and concentration on immediate tasks.
- Use positive affirmations and visualization to strengthen confidence.
- Engage in games or storytelling to keep morale high.

- Develop mental strategies to overcome challenges.
- Share previous experiences and learnings.
- Set daily goals and celebrate their achievement.

Spiritual and Environmental Connection

1. Respect and Care for the Natural Environment:

- Leave no trace and carry out all generated waste.
- Respect local flora and fauna, avoiding any harm to the environment.
- Follow low-impact practices and teach others to do the same.
- Participate in environmental conservation activities.
- Document and report any environmental damage encountered.
- Educate others on the importance of respecting nature.

2. Mindful Practices:

- Take moments for introspection and meditation during breaks.
- Foster appreciation and gratitude for nature and the experience.
- Engage in nature connection activities, such as birdwatching or plant identification.
- Participate in rituals and ceremonies that connect with nature.
- Practice mindfulness and be present in the moment.
- Share spiritual reflections and experiences with the group.



3. Documenting the Experience:

- Keep a field journal with observations and reflections.
- Take photos or videos that capture the essence of the environment and experience.
- Share stories and lessons learned with others to inspire a greater connection with nature.
- Create a blog or platform to document and share the expedition.
- Organize presentations and talks about the experience.
- Inspire others to explore and respect nature.

2. Rapid Response:

- Be prepared to respond quickly to any unforeseen situation or risk.
- Immediately report any incident to emergency services if necessary.
- Designate an emergency leader to coordinate actions.
- Stay calm and follow established procedures.
- Provide first aid and stabilize the injured.
- Inform local authorities of the situation.

3. Support and Recovery:

- Provide emotional support to those affected by the emergency.
- Evaluate the situation after the incident and learn from the experience.
- Restore normalcy and continue the expedition if it is safe to do so.
- Document the emergency response and lessons learned.
- Provide medical and emotional follow-up to those affected.
- Hold a debriefing meeting with the team to discuss the emergency.

Emergencies and Contingencies

1. Emergency Protocols:

- Have a clear action plan in case of emergency.
- Effectively use first aid kits.
- Conduct emergency drills and regularly review procedures.
- Assign specific roles for emergency situations.
- Maintain an updated list of emergency contacts.
- Evaluate and update emergency protocols as needed.

This checklist will help ensure that all essential aspects are covered during your mountain adventures, 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!