

Mountain Ultra Survival Planner

1. Acclimation Timeline Checklist

- 3 Weeks Before: Begin altitude tent use or aerobic training with incline.
- 1 Week Before: Arrive at elevation if possible, hydrate aggressively.
- 24 Hours Before: Avoid new foods, rest, prepare gear for mountain conditions.

2. Gear Checklist for High Altitude & Technical Terrain

- [x] Trekking Poles
- [x] Waterproof Jacket
- [x] Lightweight Insulation Layer
- [x] Gloves & Buff
- [x] Emergency Blanket
- [x] Headlamp + Spare Battery
- [x] Electrolytes
- [x] Anti-chafing Cream

3. Fuel & Hydration Chart

- Every Hour: 200-250 kcal (gels, chews, or liquid)
- Electrolytes with each bottle
- Alternate sweet and savory foods
- Drink 750-1000 ml per hour at altitude

4. Pacing & Segment Planner

Use this to assign mental themes and track time-on-feet between aid stations:

- Segment: [Aid A -> Aid B]
- Elevation Gain: ____ m
- Time Estimate: ____
- Mental Theme: ____

5. Cutoff Checklist

- Stay calm and reduce aid station time
- Move with purpose even if hiking

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- Use caffeine or motivational audio when struggling
- Never skip calories near a cutoff