

■■ Mountain Ultra Survival Planner

Your Essential Guide for Conquering High-Altitude 100-Milers

■ Acclimation Timeline

- Ideal: Arrive 10–14 days early
- Acceptable: Arrive <48 hrs before
- Danger Window: 5–7 days before (avoid if possible)
- Drink extra water, wear SPF 50+, expect poor sleep

■ Gear Checklist

- Trail shoes with aggressive grip & rock plate
- Trekking poles (carbon/aluminum)
- Layer system: base, mid, waterproof shell
- Headlamp + backup, emergency blanket, whistle

■ Fuel & Hydration Chart

- Sip 100–150 ml water every 20 mins
- Use salt tabs or electrolyte mix
- Eat every 30–45 mins (small bites)
- Bring high-calorie, low-volume snacks

■ Pacing Notes

- Train time-on-feet, not speed
- Use effort-based zones, not pace per mile
- Downhill: quick, short steps
- Uphill: power-hike with intention

■■ Cutoff Checklist

- Know all intermediate cutoff times
- Be efficient at aid stations (5-min rule)
- Don't panic early — save energy for late climbs
- Use music, mantras, and mental resets