

SPECIFIC DISCLAIMER

-ALPINISM-

Alpinism is a discipline which consists of climbing a mountain, which often means reaching high altitudes. An alpine ascent can take place in summer or winter, on rock, snow, ice or mixed routes, also using rock climbing techniques, ice climbing and by ski. The difficulties vary depending on the season the ascent is undertaken and the type of environment decided to tackle. The difficulty in the summer environment at heights which are not particularly high is mainly due to overcoming vertical obstacles (rock faces) of rock. The techniques applied to these difficulties are those of climbing. Specifically, moving as part of a roped party, each one ready to arrest the fall of the other, to using a belay chain, breaking mechanism or anchor points. In addition, at high altitude in winter, to these difficulties are added those of low temperatures and the presence of ice. To face up to the technical difficulties (moving on snow and climbing on ice) it is necessary to use the appropriate gear, which includes one or two ice axes, crampons and ice pegs. At altitude physical performance can be reduced and physiological disturbances experienced due to the altitude.

The risks involved are typical of climbing activities and alpinism in general, together with those typically a result of a difficult and inhospitable climate and high altitude (falling rocks, fall from above, slipping, loss of balance, sudden change in weather conditions, avalanches,...)

What you need to know:

- **Characteristics of the activity and adequate measures to mitigate specific risks**
It is obligatory to have all the necessary technical equipment (helmet, ferrata set, harness, crampons, ice axe, carabiners). All of these can be rented from Mmove by submitting a request at the time of booking.
- **Essential personal clothing and equipment**
The following clothing is requested for all participants: crampon compatible mountain boots, suitable clothing for high altitude, wind jacket, gloves. It is advisable to use sunglasses and a cap/hat, a change of clothing, thermos, water and a snack.
- **General precautionary information**
Before starting the activity, the Mmove Guide will hold a briefing to supply specific information regarding the activity which is about to be undertaken. All participants must collaborate and follow all the indications of the Mountain Guide.
- **Optional equipment**
Photographic or video camera, possibly to be made available by Mmove

Sede legale:

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- **Physical preparation and minimum requirements for the type and length of the activity**

Good physical condition is required, no suffering from vertigo or fear of the void. For high altitude activities it is also necessary to have a minimum of technical experience for moving on ice as well as knowing how your own body reacts at high altitude.

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