

How clean are the mountains and what gear do you need?

How Clean Are the Mountains?

1. **How would you describe the condition of the trails, forests, and high-altitude areas you've experienced?**

Through global warming, they are getting more dangerous, but here in Switzerland they are doing more to keep them safe.

2. **What kinds of human activities do you think have the biggest impact on the cleanliness of the mountains?**

If you look at the base camp of Everest, it looks disturbing how tourism and human activities, such as eating as if they were in a restaurant, keep many places less clean than they used to be.

3. **How do you feel local towns and tourist spots in the Alps handle waste and environmental care?**

I think that here in Switzerland they handle it pretty well, and a lot of countries could take advice from that.

4. **What do you do to keep the environment clean after an expedition?**

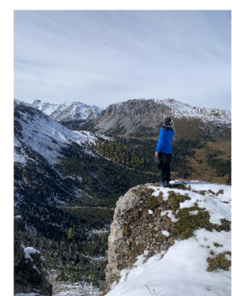
For example, if I throw away a banana in the snow, it can't really decompose, but if I place a moldy apple in a spot where birds can eat it, that is a good example of taking care of your trash.

5. **What experiences have you had during expeditions regarding cleanliness?**

On Mount Denali, you wouldn't find much waste because they take very good care of the environment. However, when I was in Pakistan at base camp and you dig a bit in the snow, you could find batteries or wasted food.



Mount Everest Base Camp



Self made Picture

What Gear Do You Need in the Mountains?

1. What gear do you need in the mountains?

Crampons, an ice axe, safety rope, ice screws, and the right clothing.

2. How does gaining altitude affect your gear?

The higher you get, the more you have to pay attention to weight because of the altitude.

3. What items do you consider essential for safety when preparing for changing weather in the mountains?

Good wind and rain protection in terms of gear, but you shouldn't be in that position in the first place. In that environment, you need to keep an eye on weather changes, and it would be smarter to turn back in bad weather.

4. How do you choose the right footwear for the type of terrain you expect to encounter?

For normal hiking, you get trekking shoes. For high-altitude climbing, you need crampon-compatible boots. For a normal climber, crampon-compatible boots are the better choice because of changing environments. In terms of material, steel is also better than aluminum due to environmental changes.

5. What technical equipment do you rely on for activities like climbing, scrambling, or glacier travel?

Of course, a rope and a harness for personal safety, as well as carabiners and ice screws for glacier climbs.

6. What are some of the most impressive mountains you've climbed?

I would say Mount Denali and Mount Logan because of the high altitude. In terms of technical difficulty, there are a few mountains in Pakistan where I couldn't reach the summit because of bad weather.



Gear that was used to climb
the mentioned mountains