

HOW TO FUEL YOUR BODY ON BIG MOUNTAIN DAYS

WHY?



If you're in to climbing mountains and exposing yourself to ridiculous freezing temperatures, you need to make sure that your nutrition is spot on. It's vital that you intake enough fuel for your cells to produce enough energy to generate body heat and sustain the levels of physical exertion throughout the day.

The key is to eat and sip often throughout the day and snacks must be **high energy foods**.

BREAKFAST

Go for porridge made with your milk of choice, sprinkled with nuts and seeds for added protein. Top with cinnamon or honey for added sweetness.



If you have a long drive to the mountain, ensure that you sip plenty of water en route.

BEFORE STARTING THE WALK IN



Your body will need energy available quickly to get those legs alive and kicking, before leaving the car, eat a banana and drink some water.

Drink

To make your own isotonic drink, mix 200ml fruit squash with 800 ml water and 1-1.5g (1/4 tsp) salt. Sip throughout the day.

If you have a 2-3hr walk in, eat a cereal bar en route (see below)

SNACKS

It's favourable when your snacks don't freeze when winter walking/climbing. Chipped teeth anyone? Go for low water content, high energy foods. For example; fruit and nut bars, dried fruit, nuts & seeds and dark chocolate. (I'd recommend the RAW, PALEO and ALDI bars)



Store some snacks in your interior shell pocket for easy access.

LUNCH



When you reach the bottom (start) of the route, eat something more substantial i.e a whole grain wrap or roll with some form of fat and protein. For example peanut butter/banana, pesto/mozarella, hummus/cucumber/avocado, or for non vege's good ol' ham/cheese.

For the duration of the day after lunch, eat little and often at natural breaks, i.e. belay points. The aim is not to be ravenous and hangry with your climbing buddy on the walk back down.

BACK AT THE CAR/DINNER

Have protein shake or an extra sandwich ready to eat when you get back to the car. You've used up a lot of energy and need to kick start your body into repairing and recovering!

For dinner, as a general rule aim for half of your plate to be filled with vegetables, one quarter protein and one quarter carbs. For example, vege chilli with wholegrain rice, or tuna steak with sweet potato and greens.

