LITERATURE CITED FROM:

THE ALTITUDE EXPERIENCE: SUCCESSFUL TREKKING AND CLIMBING ABOVE 8,000 FEET
by Mike Farris, Published by Falcon Publishing Spring 2008

  http://prevention.sph.sc.edu/tools/docs/documents_compendium.pdf


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Hiking, trekking, and climbing at high altitude can be both enjoyable and challenging. The Altitude Experience provides the tools and knowledge needed to have a safer and more successful outing, whether you're day hiking above treeline in Colorado or aiming for the summit of Mount Everest. For the first time, one book combines the science of the body's responses to high altitude with the accumulated wisdom of experienced adventurers. "Successful Trekking and Climbing Above 8,000 Feet" (Falcon) Mike Farris The first comprehensive guide for climbing above 8,000 feet. The one-volume resource for any traveler who will be at high altitude for any period of time, this guide contains organized technical information from medical and science texts as well as anecdotes from real climbers who share their own experiences, in the body as well as the mind. This new book also lists preparation and training guidelines for ascending altitude, tips on how to acclimate, what to bring, how to "come down" after descent, a