

# Contents

	<b>Introduction: the seven summits</b>	4
<b>1</b>	<b>Planning and preparation</b>	
	1-1 Planning your trip	7
	1-2 Choosing your route	14
	1-3 Danger, death and turnaround	17
	1-4 Altitude effects	19
	1-5 Other health issues	25
	1-6 The cache-and-carry system	27
	1-7 Fitness, heart rate and load-carrying	31
	1-8 Equipment and packing	36
	Technical gear	40
<b>2</b>	<b>Background information</b>	
	2-1 Practical issues on the mountain	41
	2-2 History of the mountain	50
	2-3 Argentina	52
	2-4 The Andes: habitat and wildlife	54
<b>3</b>	<b>Normal Route</b>	
	3-1 Puente del Inca to Confluencia	56
	3-2 Confluencia to Plaza de Mulas	58
	3-3 Plaza de Mulas to Camp Canada	60
	3-4 Camp Canada to Nido de Cóndores	62
	3-5 Nido de Cóndores to Berlin	64
	3-6 Summit day	66
	3-7 The descent	72
<b>4</b>	<b>Vacas Valley routes</b>	
	4-1 Punta de Vacas to Pampa de Leñas	74
	4-2 Pampa de Leñas to Casa de Piedra	76
	4-3 Casa de Piedra to Plaza Argentina	78
	4-4 Plaza Argentina to Camp 1	80
	4-5 Camp 1 to Camp 2	82
	4-6a Summit via Polish Traverse (Direct)	84
	4-6b Summit via Polish Traverse (White Rocks)	86
	4-6c Summit via Polish Glacier (Original & Direct)	88
	4-7 The descent	90
<b>5</b>	<b>Reference</b>	
	Global Positioning Systems and waypoints	91
	Sources and credits	93
	English and Spanish	94
	Index	96