

# 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	12
	1-3 Danger, death and turnaround	13
	1-4 Altitude effects	15
	1-5 Other health issues	21
	1-6 The cache-and-carry system	25
	1-7 Fitness, heart rate and load carrying	29
	1-8 Equipment and packing	35
<b>2</b>	<b>Background information</b>	
	2-1 Practical issues on the mountain	42
	2-2 History of the mountain	56
	2-3 Alaska, the 49th State	58
	2-4 Denali National Park	60
<b>3</b>	<b>West Buttress Route</b>	
	3-1 Introduction	63
	3-2 Getting to Kahiltna Base Camp	66
	3-3 Kahiltna Base Camp to Ski Hill	70
	3-4 Ski Hill to Kahiltna Pass	72
	3-5 Kahiltna Pass to Motorcycle Hill	74
	3-6 Motorcycle Hill to Basin Camp	76
	3-7 Basin Camp to High Camp	80
	3-8 Summit day	84
	3-9 Descent and return flight	88
<b>4</b>	<b>Reference</b>	
	Global Positioning Systems and waypoints	91
	Sources (books, websites, transportation and equipment)	93
	Credits	94
	Index	95
	Map	96