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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

You to Can Ski Down Mount Everest

By Robin Shortt

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by: **Robin Shortt**

Getting to the summit is optional, getting down is mandatory. – David Breashears–

Extreme Skier Maegan Carney:

To find more information about Maegan's quest, go to the
mountainzone.com

website.

Preparation Is The Secret:

Before you climb a mountain, you need some major preparations:

You definitely need to be physically and emotionally fit.

You should have people in the group who know first aid and of course you have a first aid kit.

Make sure you have a schedule set up, because of the dangers involved.

Also you know you'll get rescued by morning because the proper people have been notified.

Some Guidelines For Climbing:

Climb up high during the day and sleep at lower altitudes at night.

You to Can Ski Down Mount Everest

Do the climb at a slow pace and you'll enjoy your climb more.

A high-carbohydrate diet will really benefit you here.

Some Mount Everest Facts:

Historic Mountain Climbing Deaths:

An eyewitness claimed he saw the group reach the summit.

More About Mountain Climbing Deaths

In 1965, was the best year for climbing, nine climbers summited and there were no deaths.

In 1996, the worst single year for deaths, 15 climbers died.

About Mount Everest Itself:

Above 26,000, the body gets a third of the oxygen available at sea level.

A lot of the climbers use oxygen here for climbing and sleeping.

The weather on Everest allows for climbing only in May and October between winter snows

(December-March) and summer monsoons (June-September).

Amazon.com

has a great source of books on this subject.

<http://www.goodnightcampingequipment.com>

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By Low Jeremy

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