

POWER THROUGH THE OUTDOORS

— TIPS FROM KEVIN JORGESON —

ONE OF THIS YEAR'S BIGGEST FITNESS TRENDS - INDOOR ROCK CLIMBING - CONTINUES TO RISE IN POPULARITY, but with the summer season around the corner more people are looking for ways to take their workout from the indoors to the outdoors. Outdoor climbing can be incredibly rewarding, but it also poses a new set of challenges that requires expert planning and the right gear.

Climbing and outdoors expert Kevin Jorgeson, most notably known for his record-breaking free climb of El Capitan's Dawn Wall, can attest first-hand to the critical role gear plays. To help more people get outdoors this summer, he shines a light on taking your climb from the wall to the wild with these quick tips to tackle the unpredictability of the outdoors no matter day or night:

1 SAFETY FIRST: The most important thing to invest in is your safety, which means having equipment that is dependable. I like having tools that I know are durable and can withstand long climbs and multiple uses. For climbing, you need a strong belay device, a harness with the right features for your climb, and a rope that is built for high performance.

2 IF THE SHOE FITS: Even as a beginner, you need good climbing shoes. Regular running shoes do not allow you the flexibility or grip you need for climbing. A good climbing shoe is like a second skin, but optimized for support and friction. They should fit snugly, and often, the harder you climb, the more snug the shoes should be. Know that they're not good for walking distances, so you'll need shoes to wear to the base of the climb.

3 PACK LIGHT: We can't predict the weather when climbing. It may not get cold, it may not rain...but it always gets dark. I usually have at least two light sources, and always pack battery-powered portable lights that I can wear while climbing. I do a lot of my free climbs at night because cooler temperatures prevent my hands from sweating which help my grip. Some headlamps allow you to adjust the light level, and that can make a big difference.

4 DEPENDABLE POWER: Your pack should only include the essentials -- and those essentials should be products that you know and trust not to fail. Battery power is so critical in the outdoors, especially when you are depending on it to power your night climb. During my free climb of El Capitan's Dawn Wall, Duracell Quantum was the only battery I trusted to provide dependable power because it lasts longer in 99% of devices vs. the next leading brand*.

5 NO PAIN, NO GAIN: In addition to any medicine you take daily, I always recommend having Ibuprofen. Even when you're well prepared, the outdoors can be grueling and strenuous, and every true outdoorsman knows to bring basic first aid.

6 GET A GRIP: Climbing is all about your grip. Whether training indoors or climbing outdoors, tape can be helpful for two reasons. First, it can be used in a preventative manner to support your tendons, which are under a lot of stress when climbing at your limit. Second, it can be used to quickly cover up cuts in your fingers while still allowing you to keep climbing. In addition to tape, don't forget to always use chalk to help keep your hands dry. After all, friction is everything.

7 MOTION ACTIVATED: Your climbing gear needs to match the weather and the type of climb you'll be doing, but in general, you always want to look for jackets that are designed for motion and provide insulation. Find fabrics that you feel comfortable in and don't weigh you down. Some of them have SPF protection, which is a big plus when you're out there and exposed to the sun.

8 REFUEL: Hydrate, hydrate, and hydrate some more. Not only will you need to refuel because of the workout, but being outdoors will dehydrate you even more quickly. Make sure that you have a water bottle with a tight seal to prevent spills when not in use. I also recommend having one that can keep contents hot or cold for a long period of time. I hydrate with water throughout the day, but when I need an extra boost I'll use it for coffee too.

9 CARRY-ALL: There are no lockers in the outdoors. Everything you bring climbs with you -- which is why it's so important to only bring the essentials. Equally important is finding a pack that is tough enough to withstand rough climates and rough climbs, and that doesn't add any more weight.

10 PRACTICE, PRACTICE, PRACTICE: When I was 10, I discovered rock climbing after a visit to my local gym. I practiced for years on indoor walls, learning the technique before I headed outdoors. Even now, I constantly practice to hone my craft. Beginner or not, practice practice, practice.

*AA size. Based on ANSI performance tests. Results vary by device & usage patterns.
Next leading alkaline based on market sales data.