

ADVENTURE
BASE

MOUNTAIN CHAT

CHATting ALL THINGS ALTITUDE

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Altitude effects all of us in different ways and can be a real source of worry for those that haven't had the chance to experience how their body will react. So what can we can do to prepare for it.

We spoke with James Barber the Lead Performance Specialist at The Altitude Centre, the UK's leader in simulated altitude training which counts world class mountaineers, Olympic champions and international sports teams amongst its clients. A Kilimanjaro summiteer himself, James and The Altitude Centre team have worked with countless high altitude mountaineers as they prepare for expedition, from those taking their first steps on the mountain, to those heading to the summit of Everest.

We figured they'd probably have a few answers...

We hope you enjoy it and find it useful. You can also watch the full video over on instagram.

If you want to know more about how The Altitude Centre can help then it would you can learn more about them [here](#).