



Le Grand Nord









Progression ...





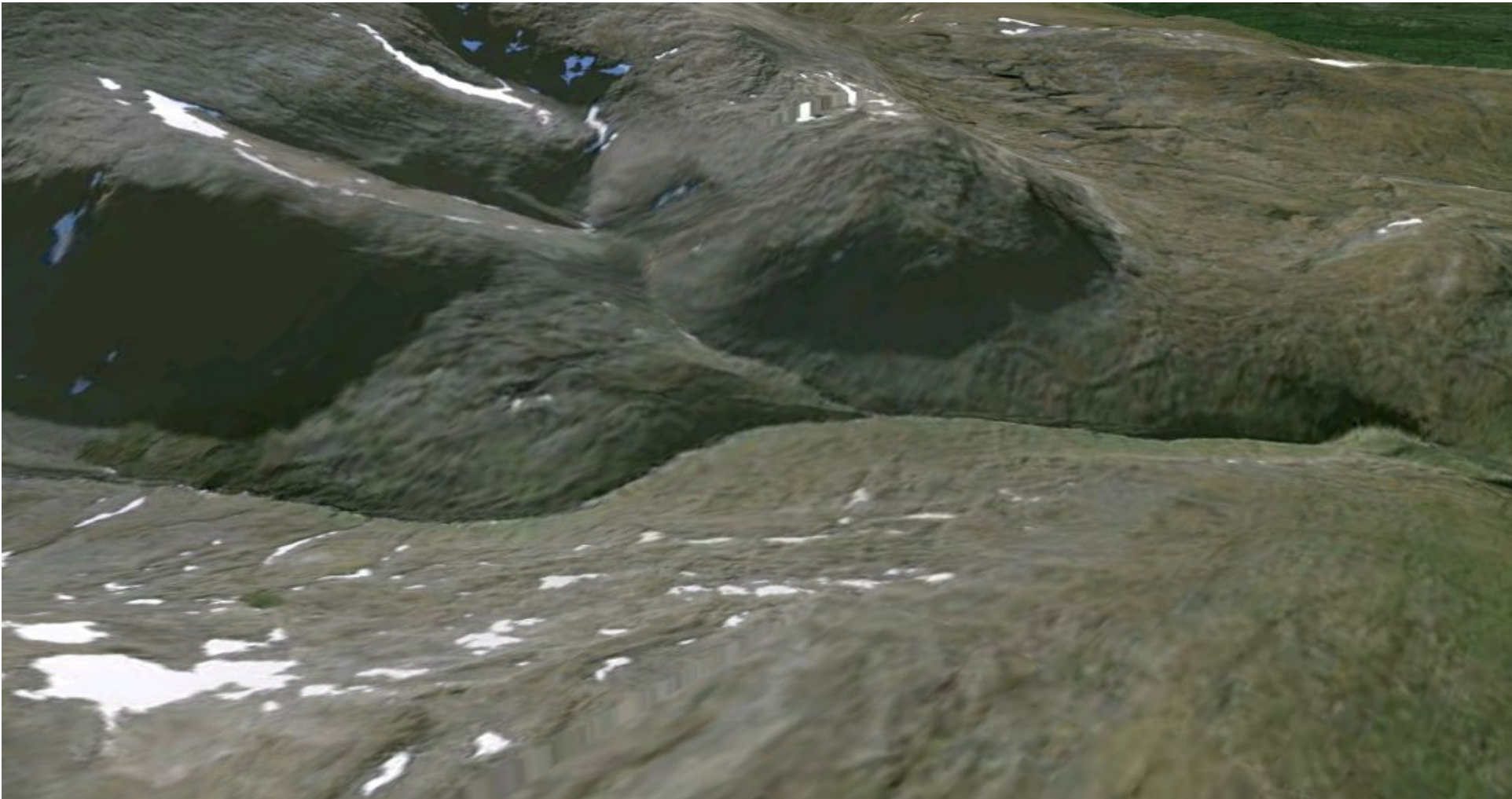


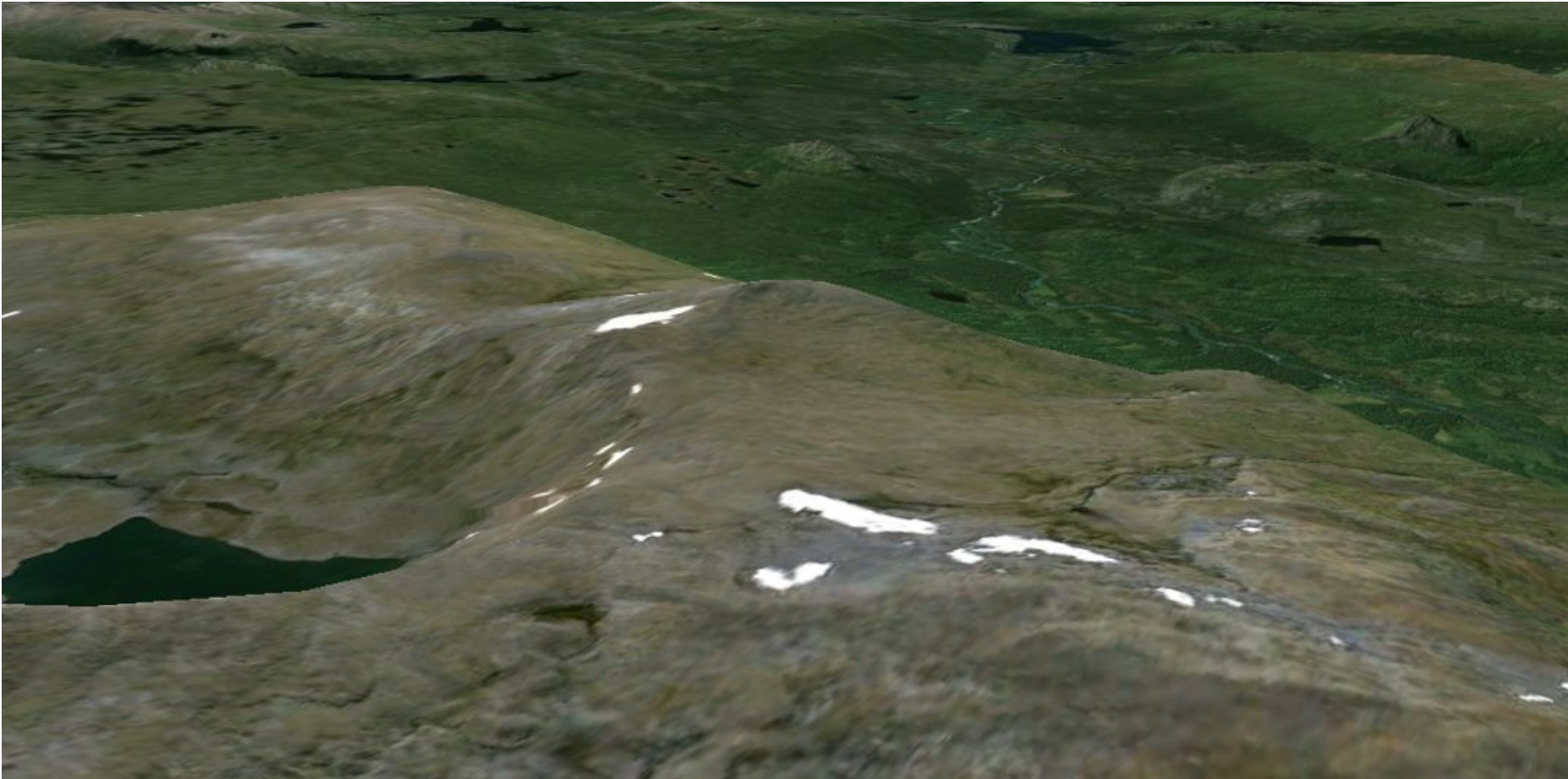


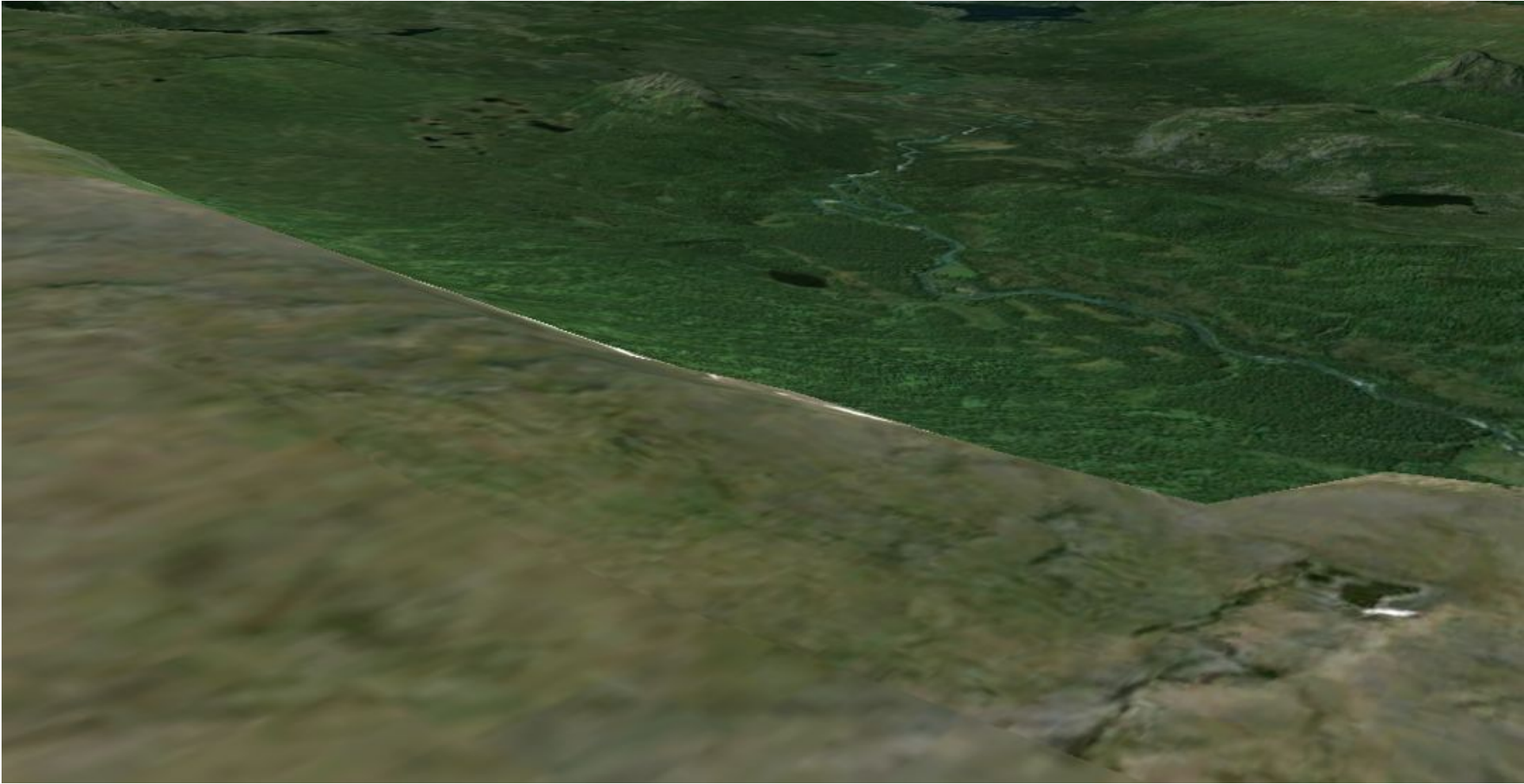












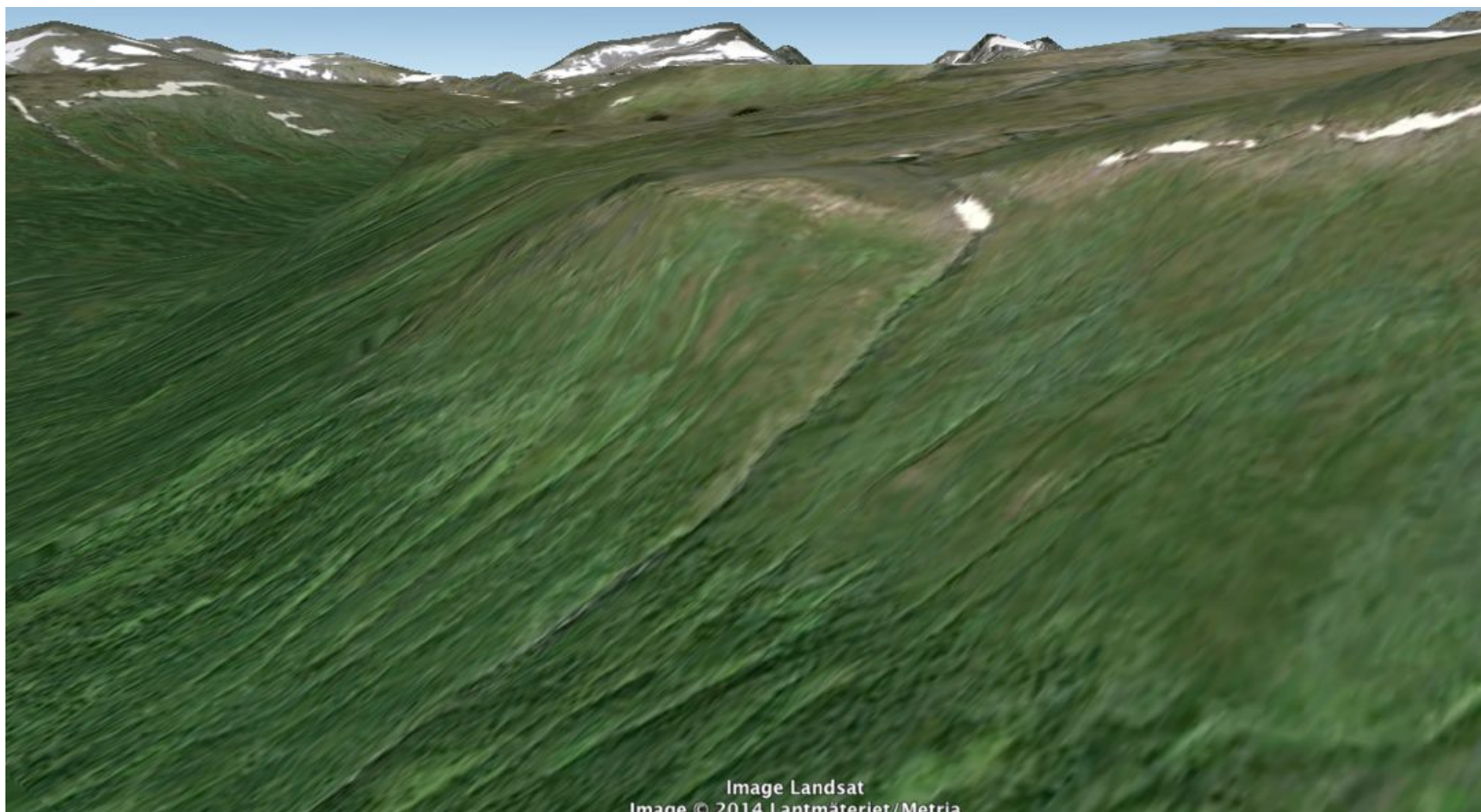
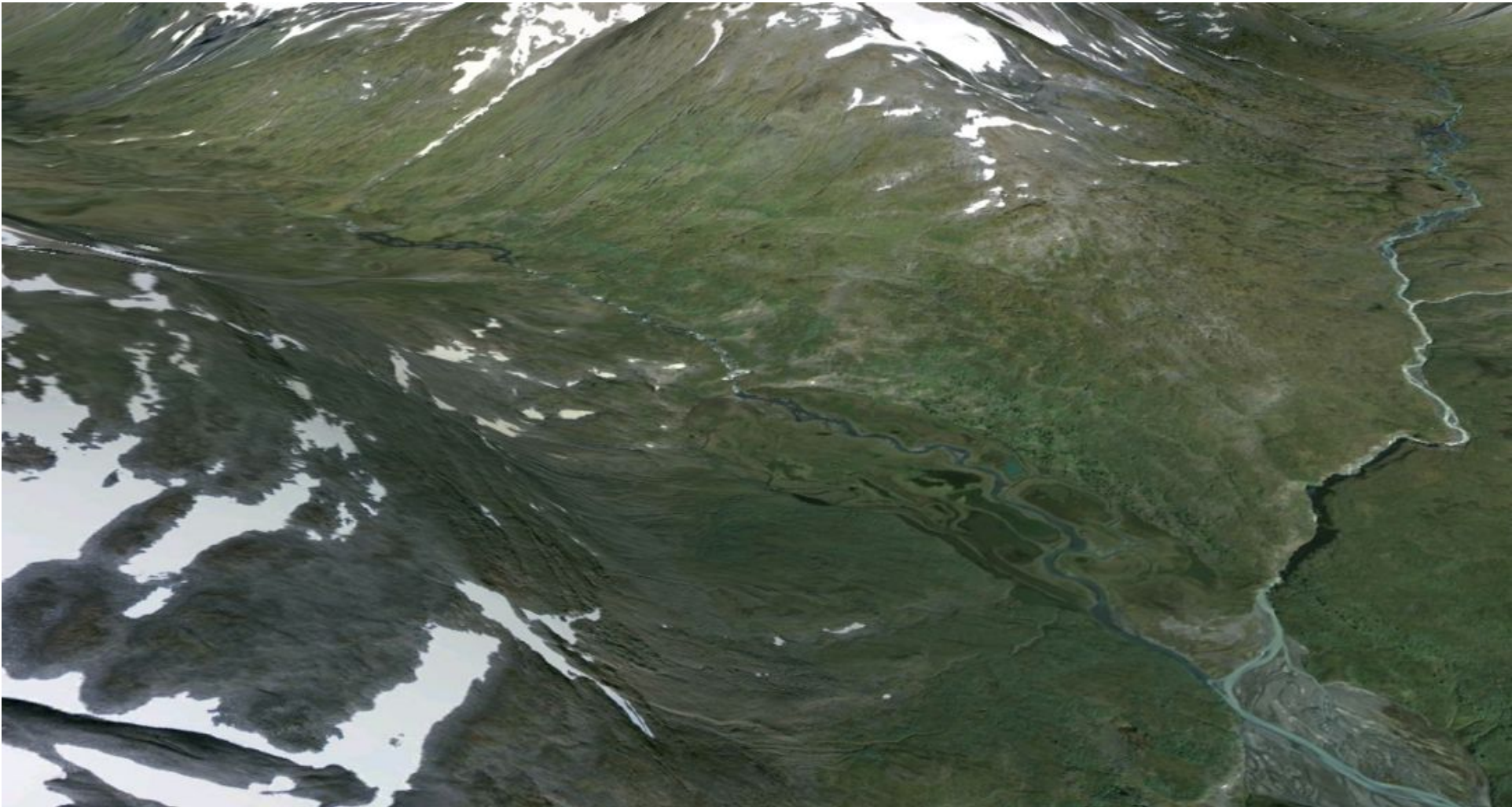


Image Landsat
Image © 2014 Lantmäteriet/Metria











FROID





Actual Air Temperature T_{air} (°C)

	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50
5	4	-2	-7	-13	-19	-24	-30	-36	-41	-47	-53	-58
10	3	-3	-9	-15	-21	-27	-33	-39	-45	-51	-57	-63
15	2	-4	-11	-17	-23	-29	-35	-41	-48	-54	-60	-66
20	1	-5	-12	-18	-24	-30	-37	-43	-49	-56	-62	-68
25	1	-6	-12	-19	-25	-32	-38	-44	-51	-57	-64	-70
30	0	-6	-13	-20	-26	-33	-39	-46	-52	-59	-65	-72
35	0	-7	-14	-20	-27	-33	-40	-47	-53	-60	-66	-73
40	-1	-7	-14	-21	-27	-34	-41	-48	-54	-61	-68	-74
45	-1	-8	-15	-21	-28	-35	-42	-48	-55	-62	-69	-75
50	-1	-8	-15	-22	-29	-35	-42	-49	-56	-63	-69	-76
55	-2	-8	-15	-22	-29	-36	-43	-50	-57	-63	-70	-77
60	-2	-9	-16	-23	-30	-36	-43	-50	-57	-64	-71	-78
65	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79
70	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-80
75	-3	-10	-17	-24	-31	-38	-45	-52	-59	-66	-73	-80
80	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81



Récit

mai 1st, 2010 by domsny

Récit rédigé depuis l'Hospice du Grand Saint Bernard 4 ans après

Récit d'une aventure de survie de 36 heures à presque 4100m d'altitude en plein tempête du mois de Février tout près du sommet de l'Aiguille Verte à Chamonix.

28 Décembre 2000

Après une matinée sous la neige, le soleil est enfin revenu et pourtant j'ai décidé de ne pas partir skier avec les autres et de rester ici à écrire.

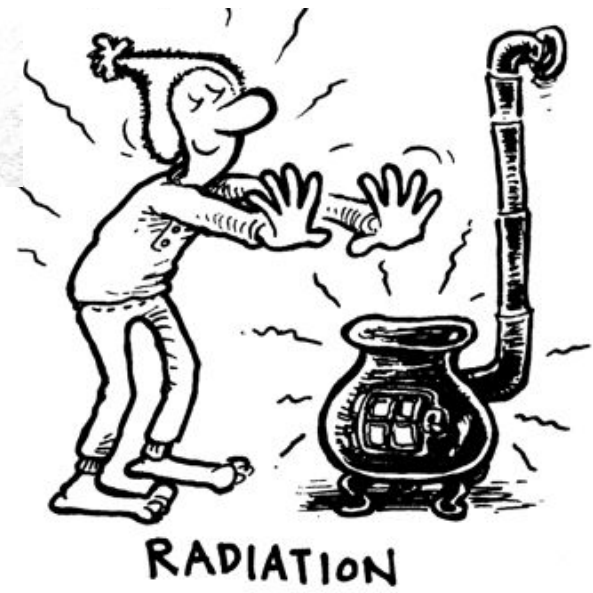
Quatre ans déjà ce sont écoulés depuis cette extraordinaire aventure à l'Aiguille Verte de Chamonix avec Patrick Berhault. Cette expérience a changé tellement de choses en moi, j'y ai tellement appris qu'il me semble indispensable d'essayer ici de la partager.

Index

Récit

Recherche pour:

Photos



Shivering

trying to
make your
body smaller



FIRST SIGNS
OF HYPOTHERMIA

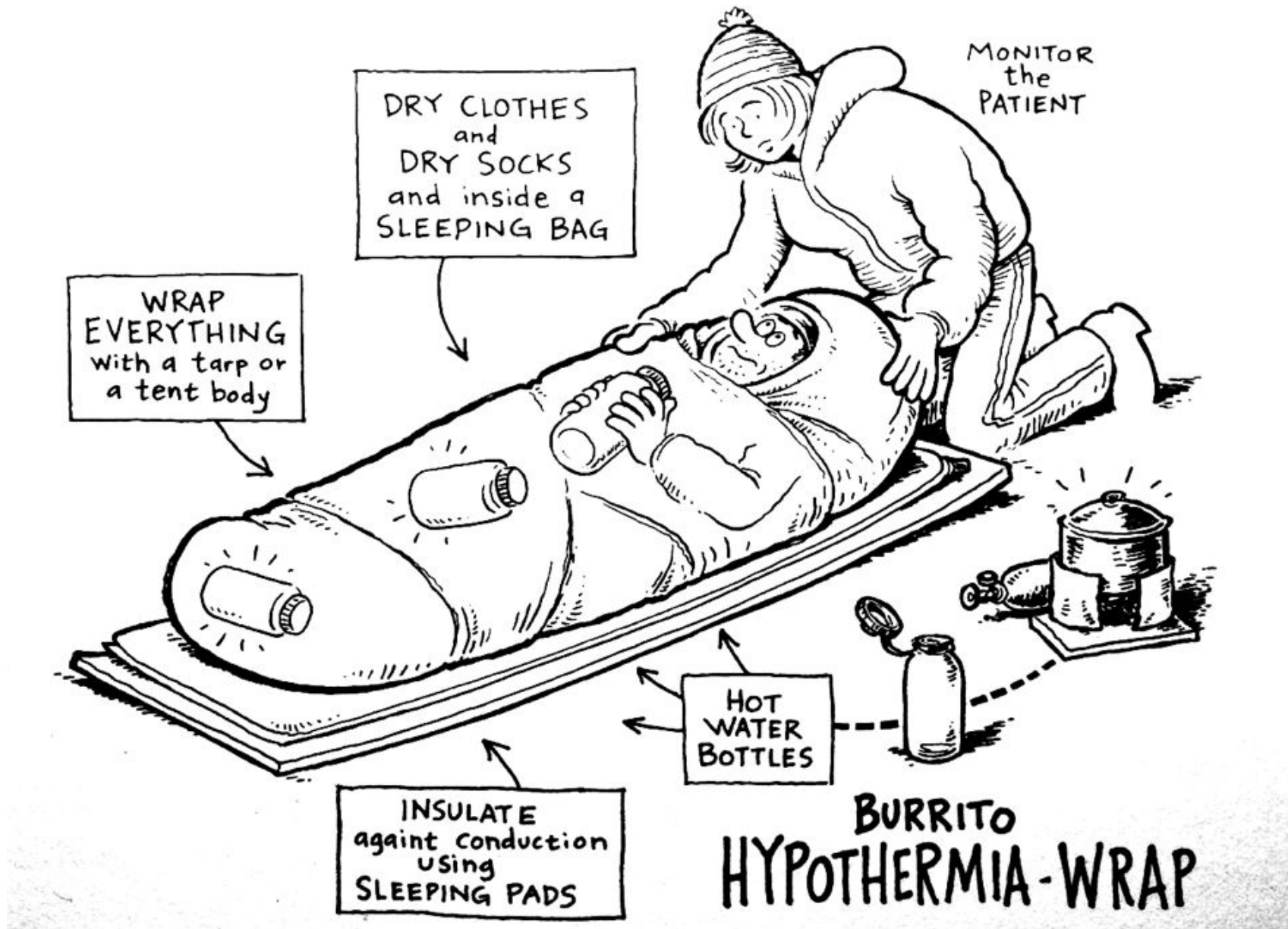


SPIN YOUR ARM
to warm your
FINGERS and HAND!



SWING yer LEGS
back and forth to
WARM yer FEET!





DRY CLOTHES
and
DRY SOCKS
and inside a
SLEEPING BAG

WRAP
EVERYTHING
with a tarp or
a tent body

MONITOR
the
PATIENT

HOT
WATER
BOTTLES

INSULATE
against conduction
using
SLEEPING PADS

BURRITO
HYPOTHERMIA-WRAP

Vêtements





CONDUCTION



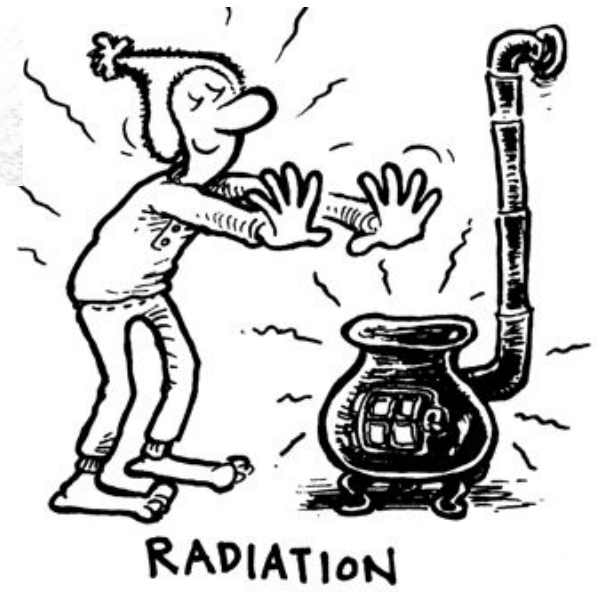
EVAPORATION



CONVECTION



RESPIRATION



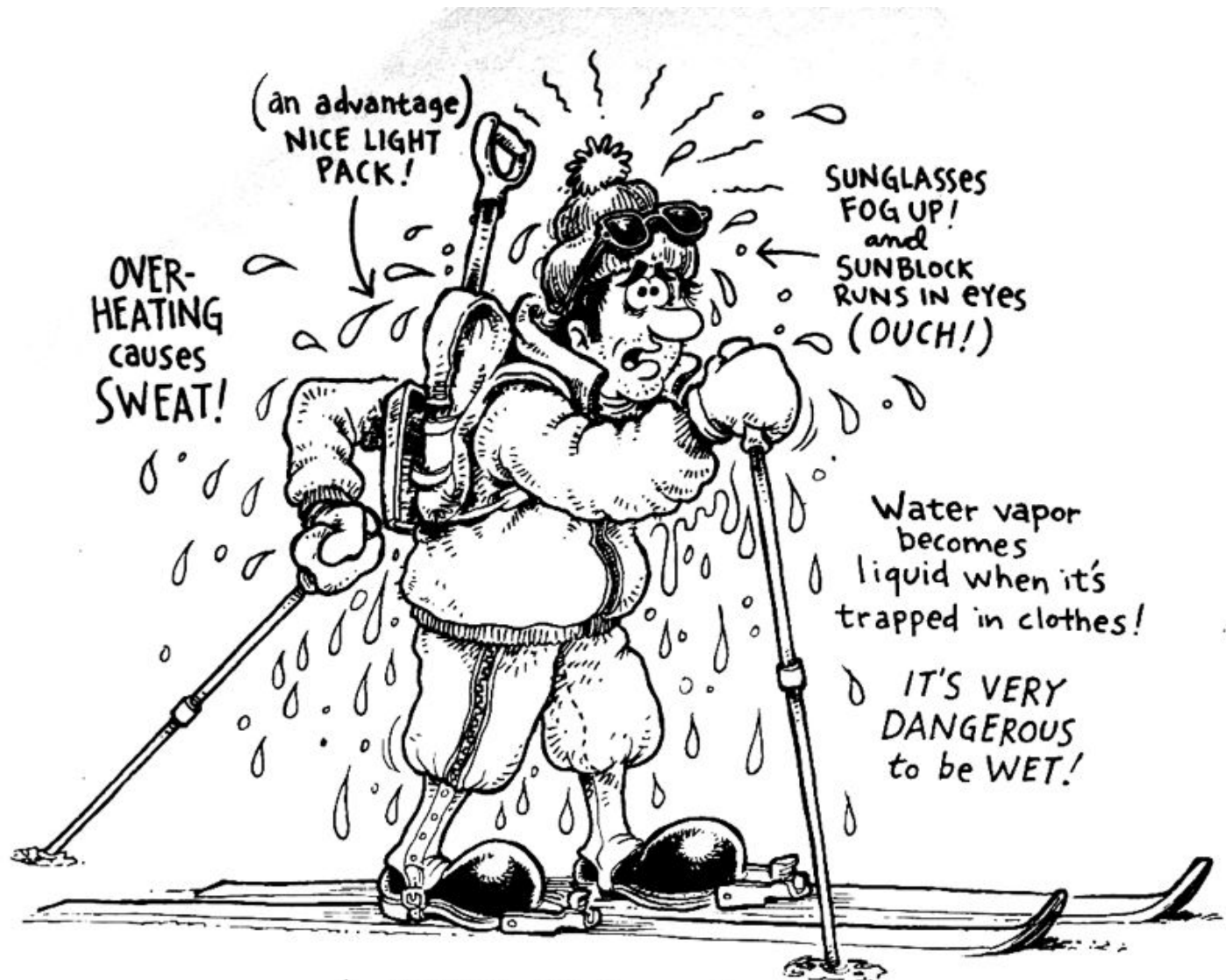
RADIATION



EVAPORATION



CONVECTION



(an advantage)
NICE LIGHT
PACK!

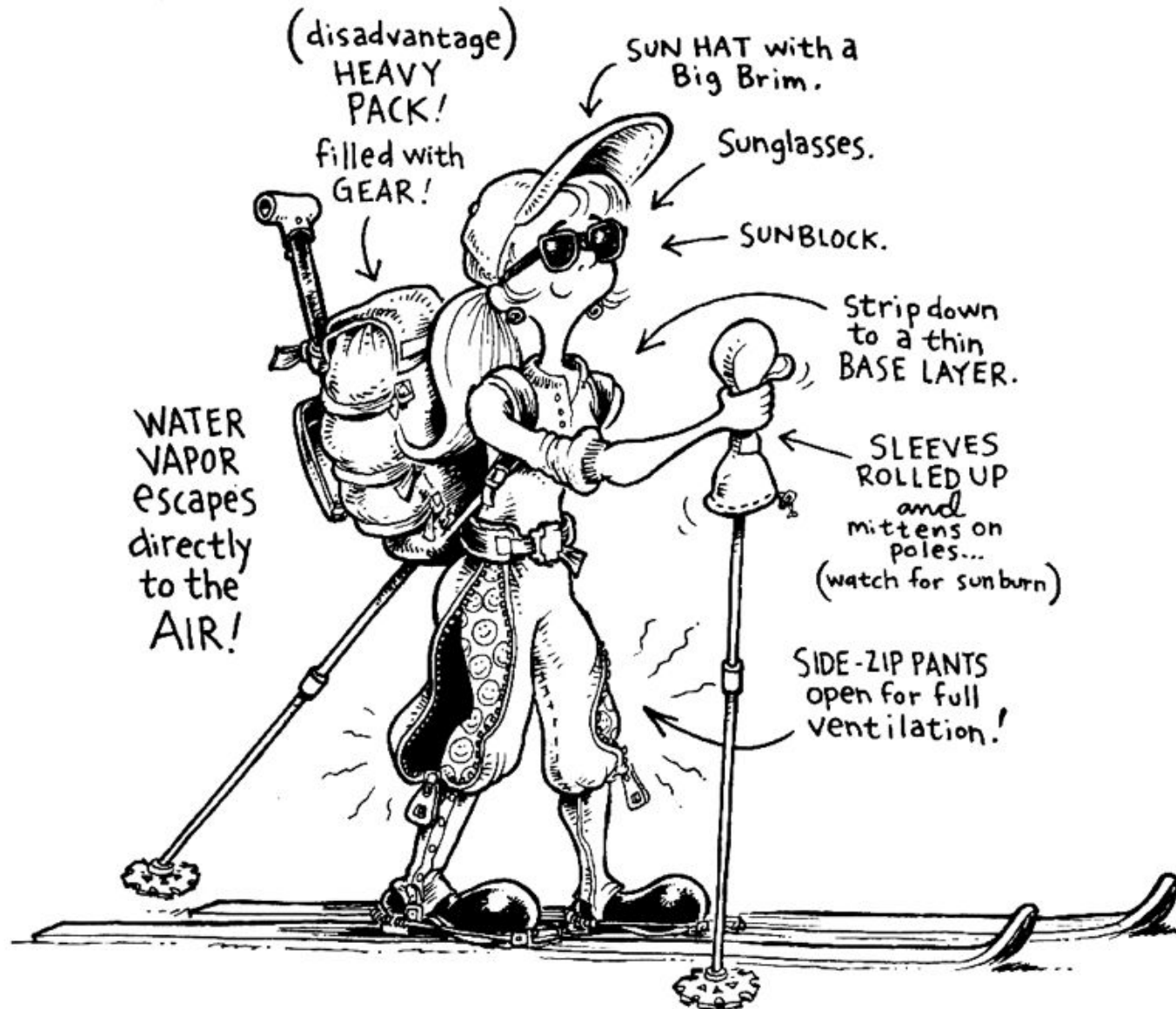
OVER-
HEATING
causes
SWEAT!

SUNGLASSES
FOG UP!
and
SUNBLOCK
RUNS IN EYES
(OUCH!)

Water vapor
becomes
liquid when it's
trapped in clothes!

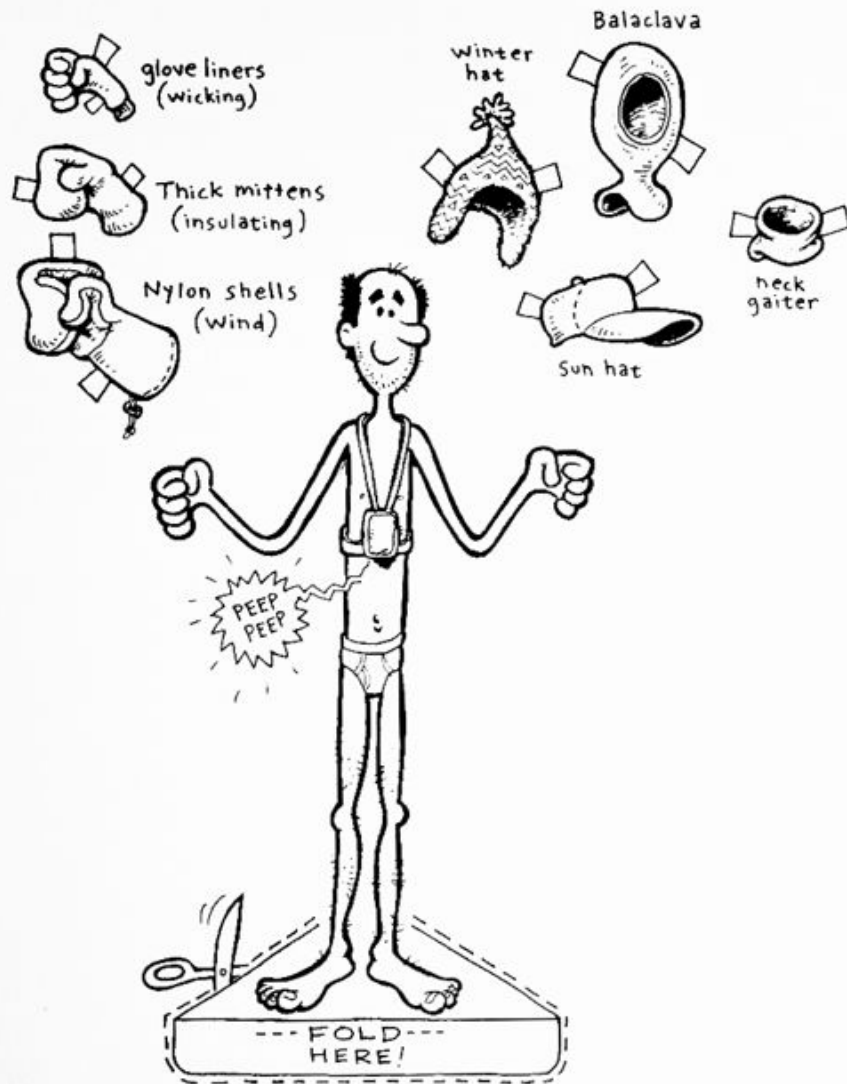
IT'S VERY
DANGEROUS
to be WET!

A NOVICE WINTER TRAVELER
(being miserable)



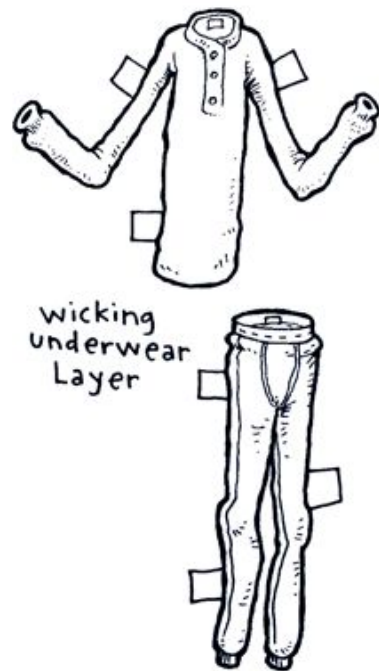
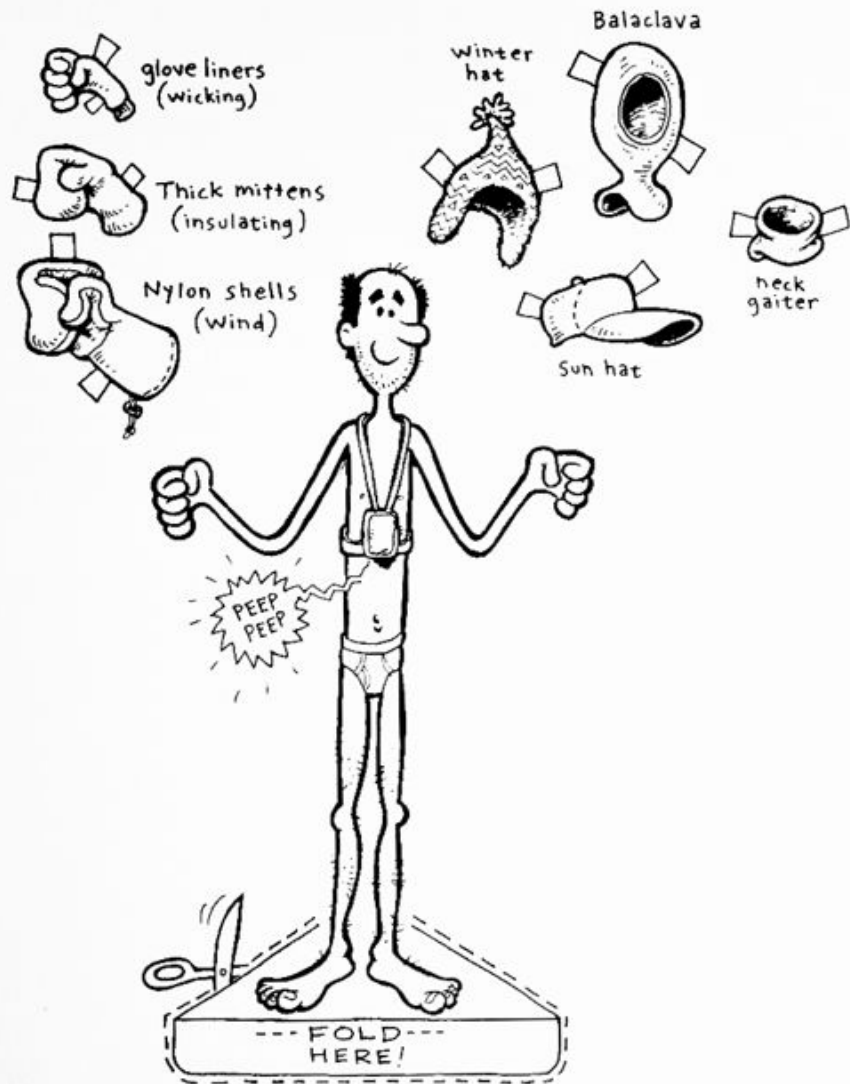
A SKILLED WINTER TRAVELER
(enjoying the scenery)





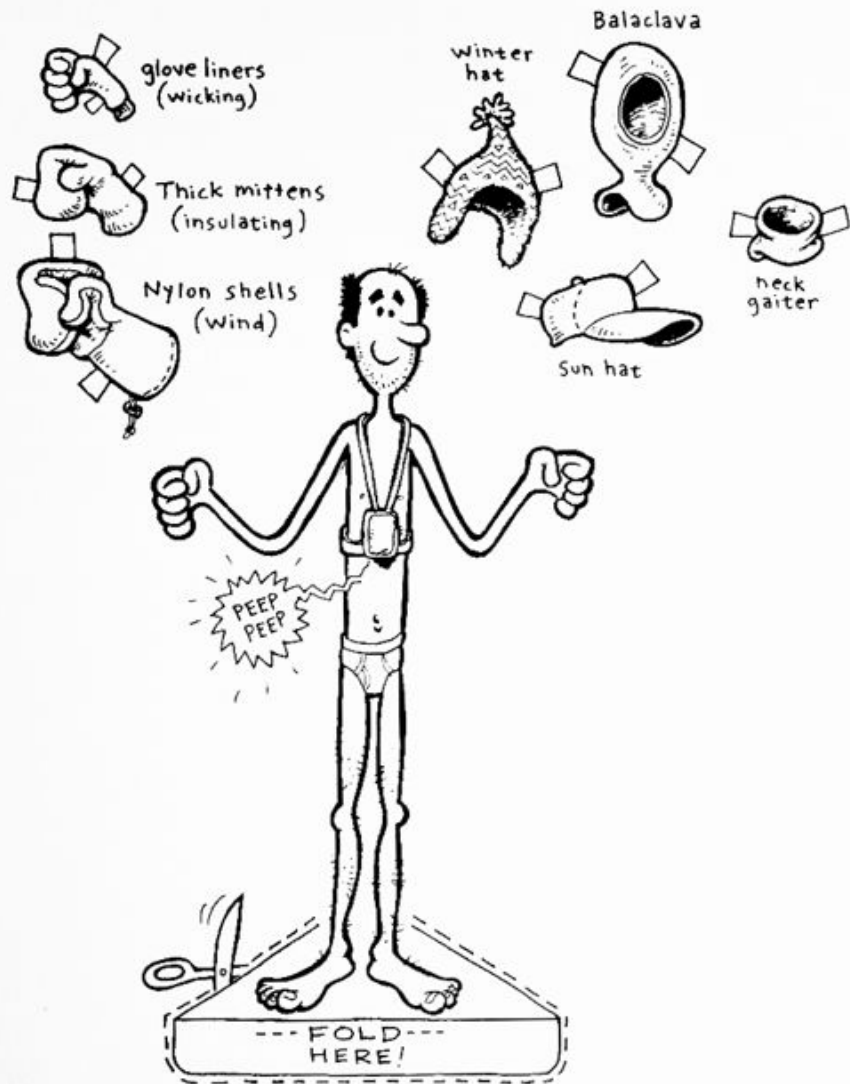
INSTRUCTIONS:

Have your mom or dad help you cut out the skier and his clothes, then you can dress him up for a bitchin' powder day!



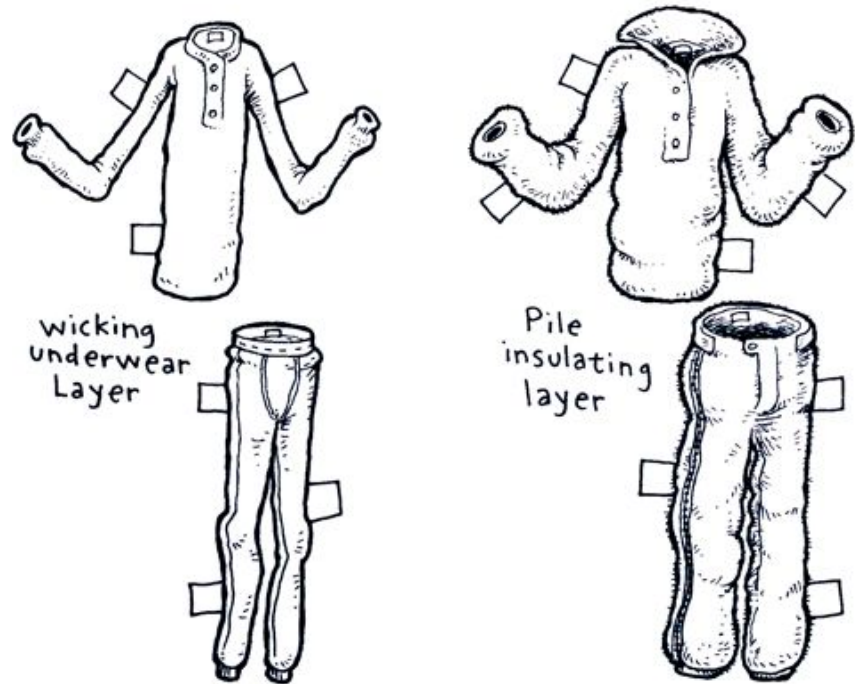
INSTRUCTIONS:

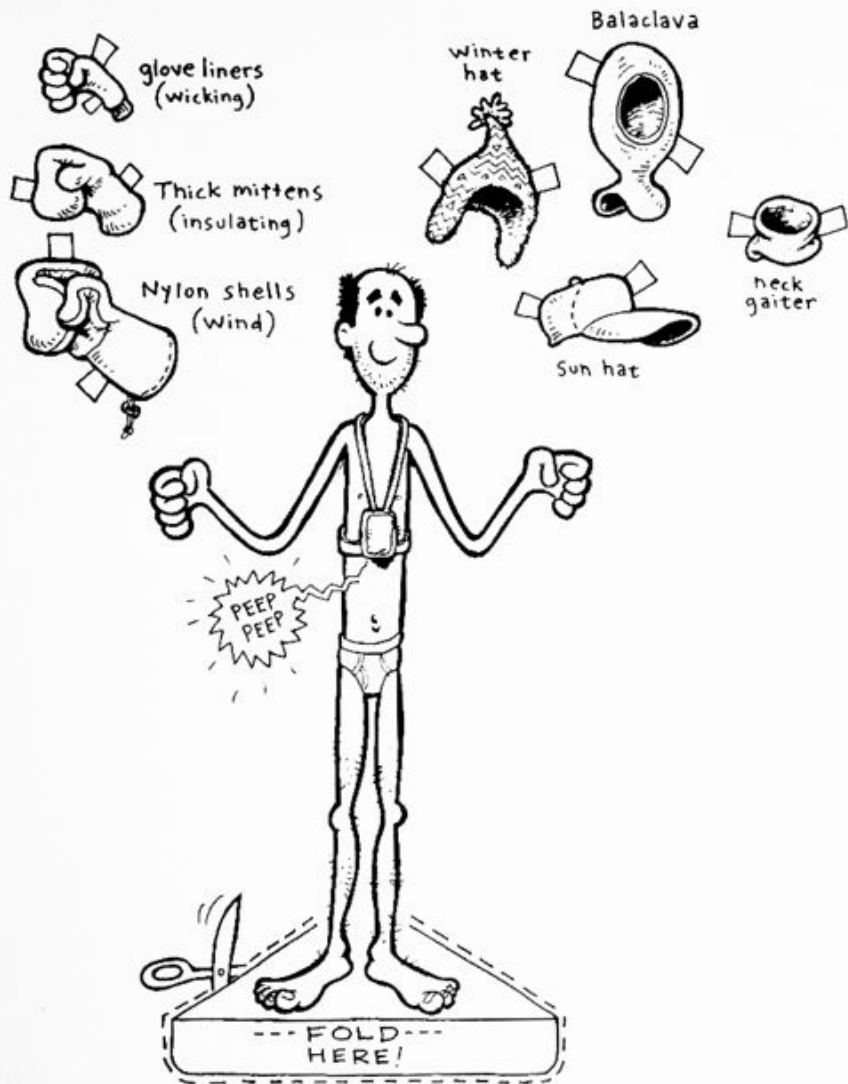
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INSTRUCTIONS:

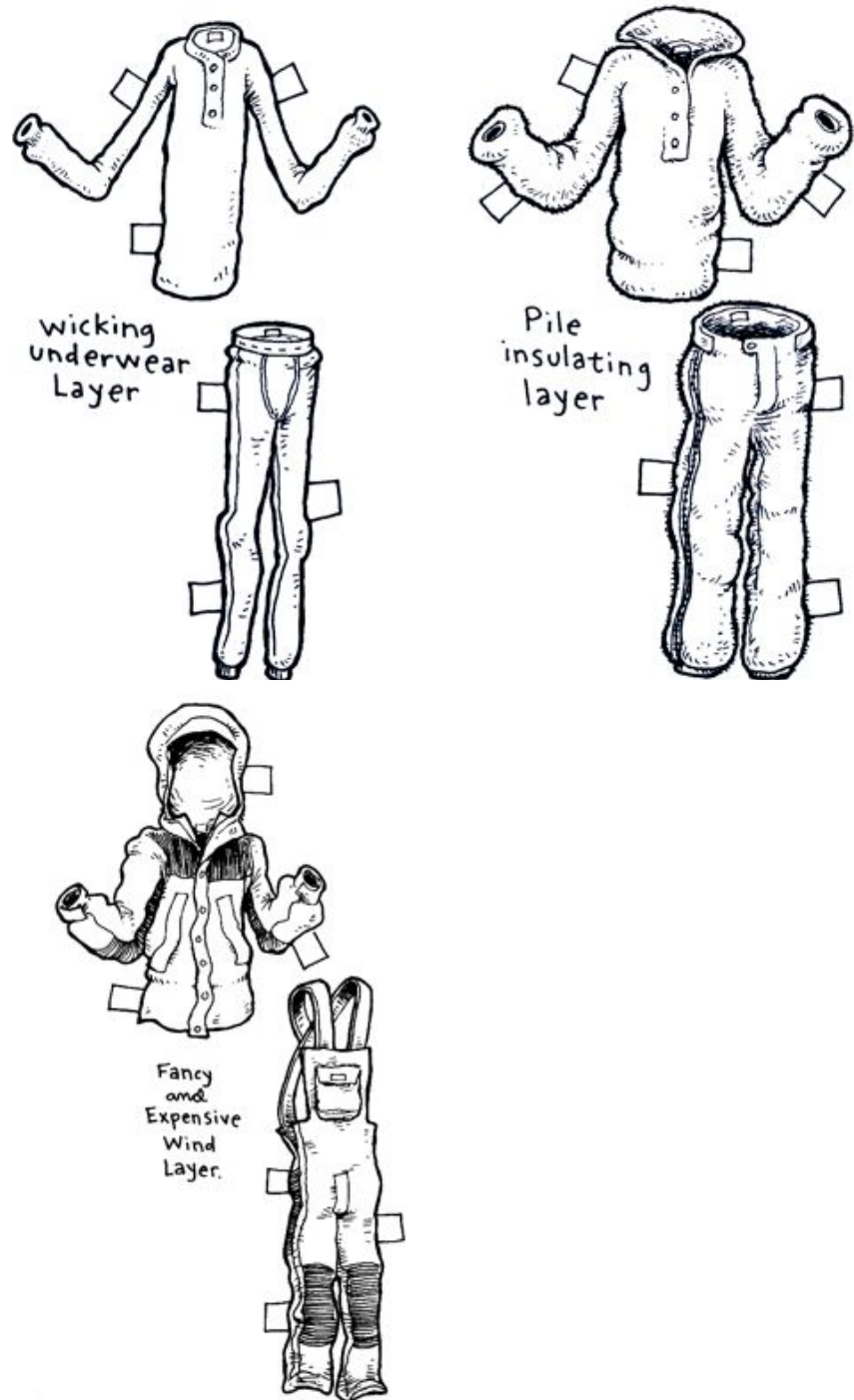
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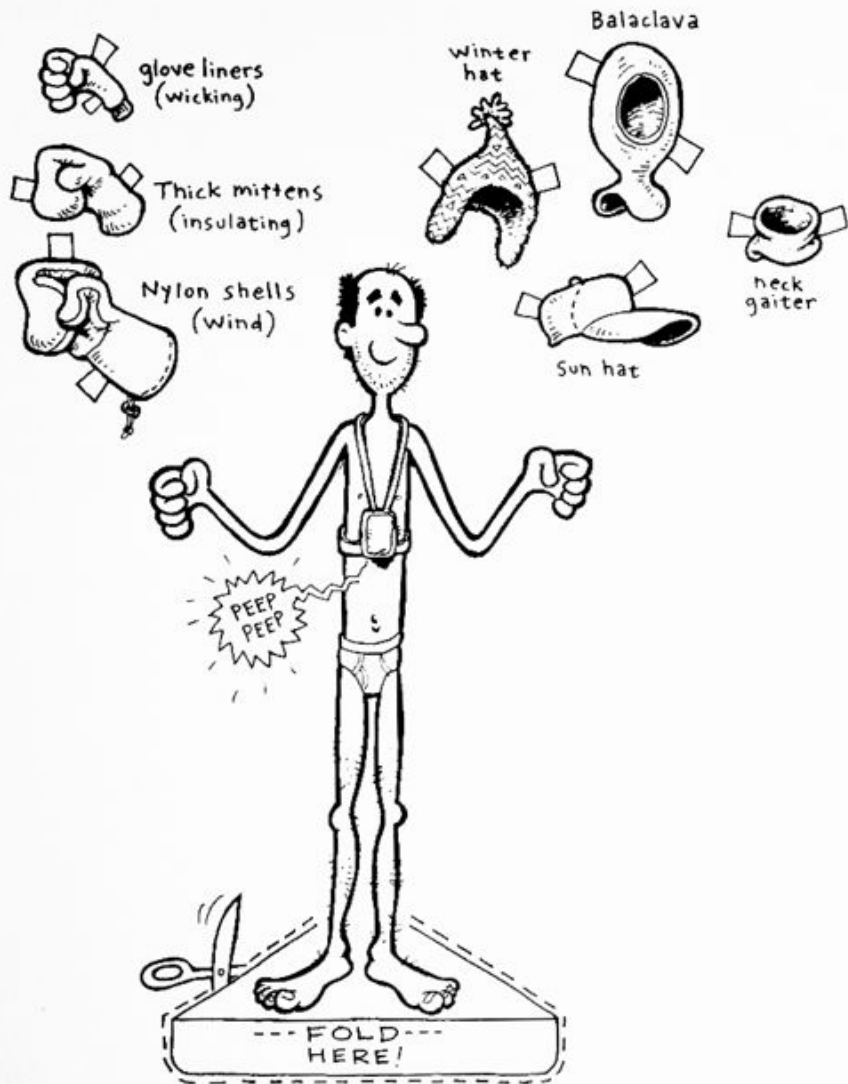




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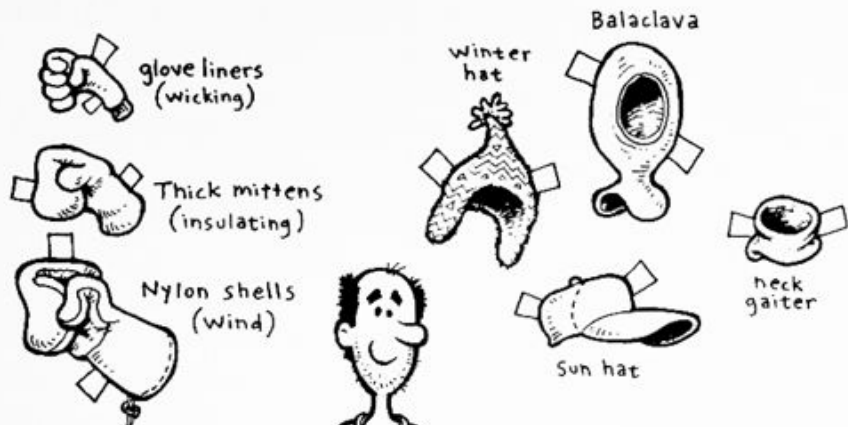




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Have your mom or dad help you cut out the skier and his clothes, then you can dress him up for a bitchin' powder day!

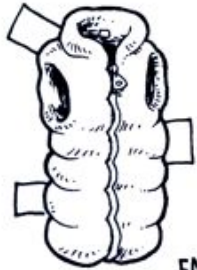




wicking underwear Layer



Pile insulating layer



Down vest



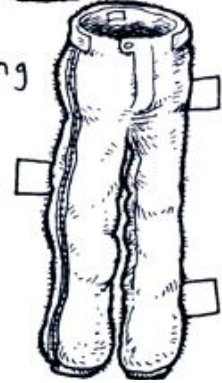
Down sweater

EMERGENCY WARM LAYERS



INSTRUCTIONS:

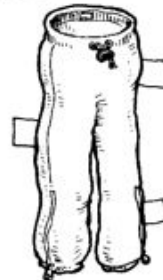
Have your mom or dad help you cut out the skier and his clothes, then you can dress him up for a bitchin' powder day!

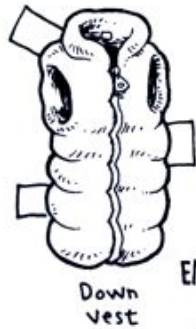
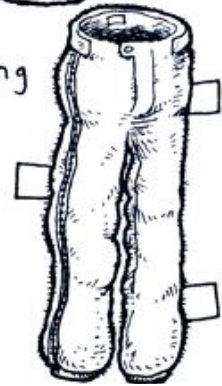
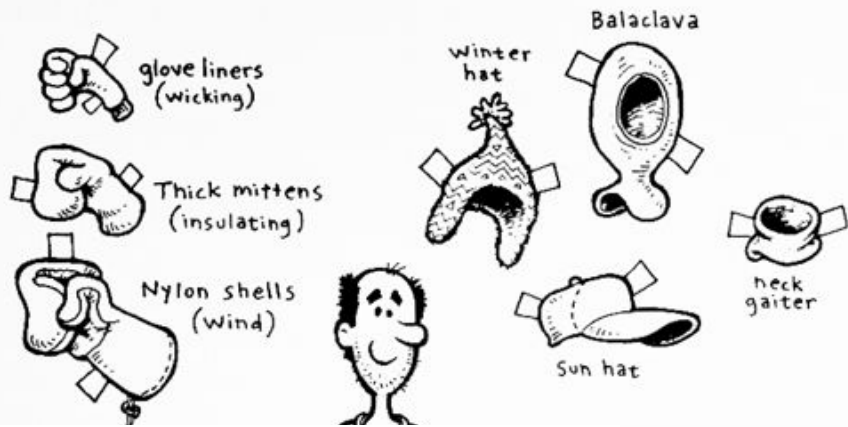


Fancy and Expensive Wind Layer.

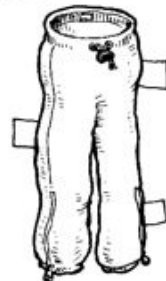
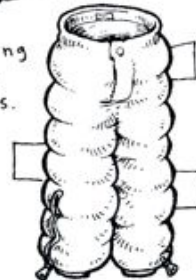
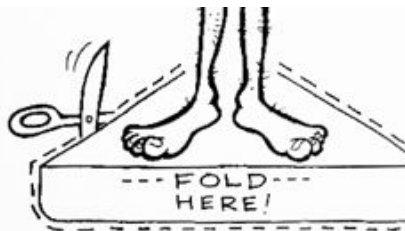


Light Nylon Wind Layer.





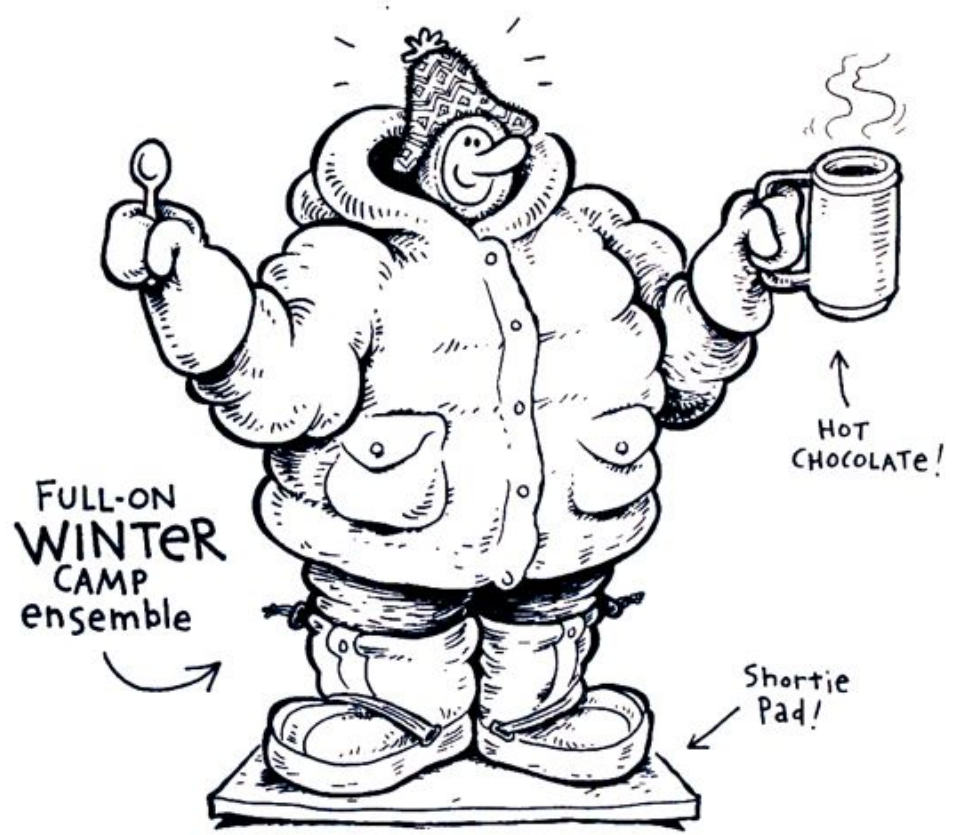
EMERGENCY WARM LAYERS



INSTRUCTIONS:

Have your mom or dad help cut out the skier and his clothes then you can dress him up a bitchin' powder day!

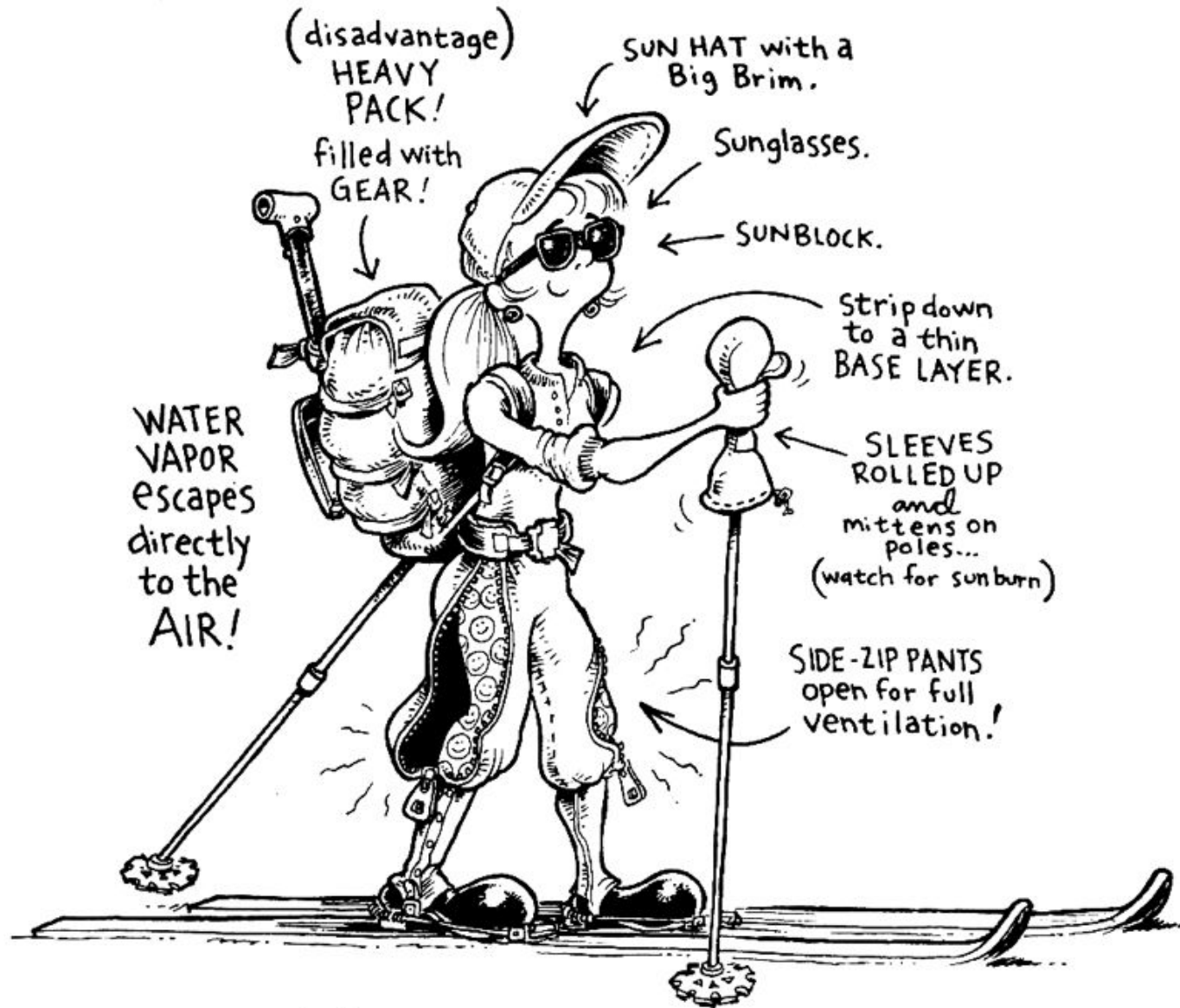




FULL-ON
WINTER
CAMP
ensemble

HOT
CHOCOLATE!

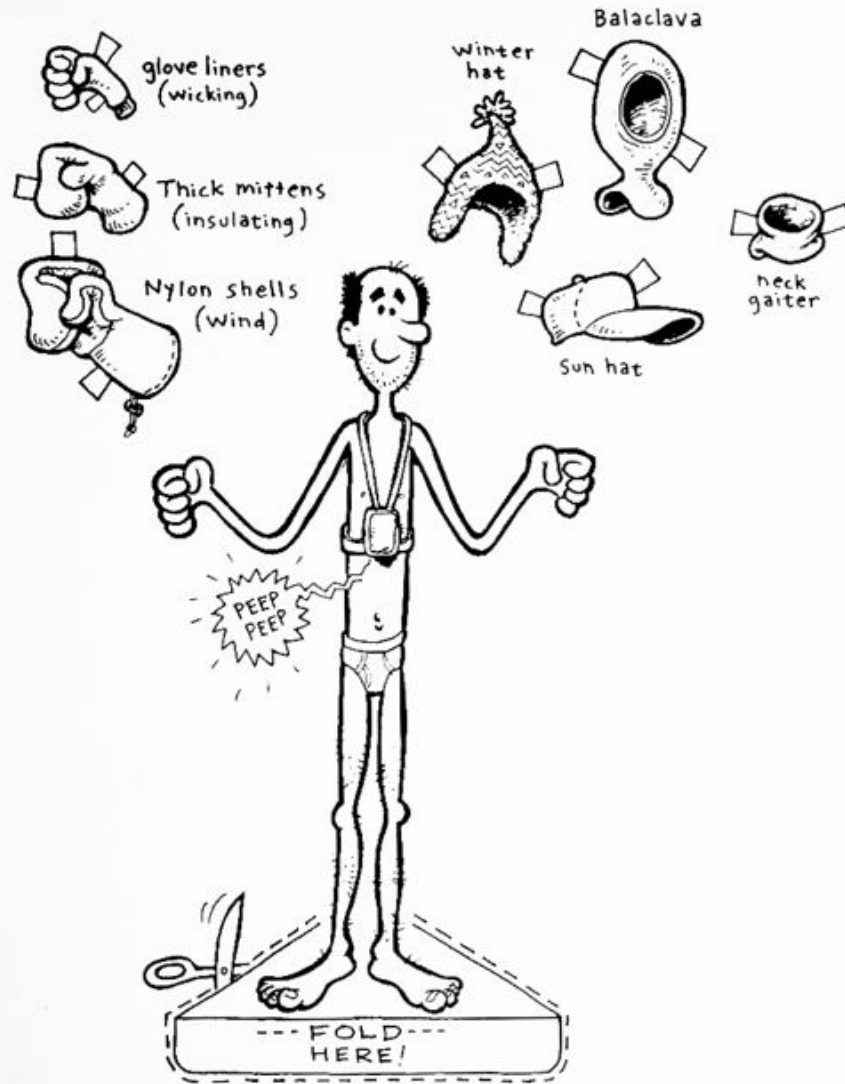
Shortie
Pad!



A SKILLED WINTER TRAVELER
(enjoying the scenery)

Mains et
moufles

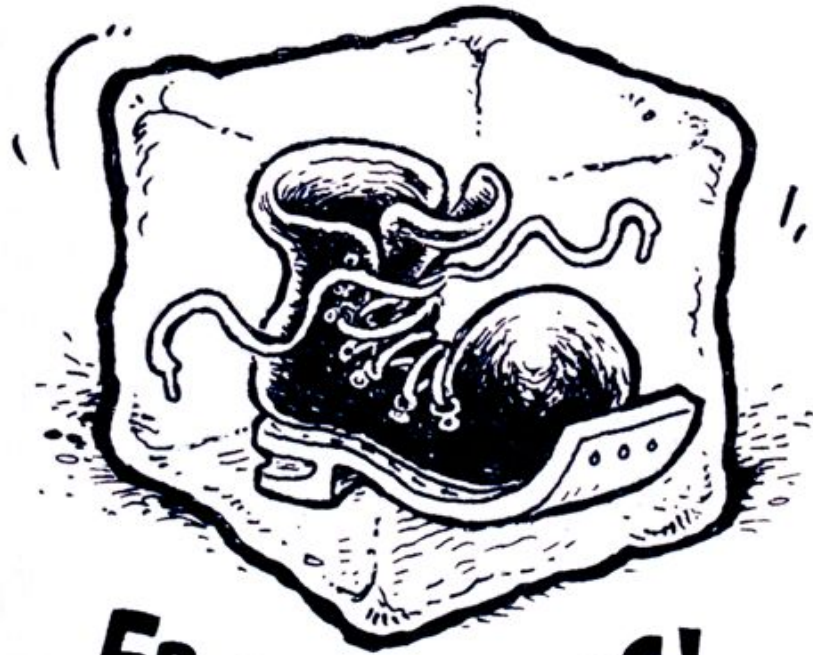




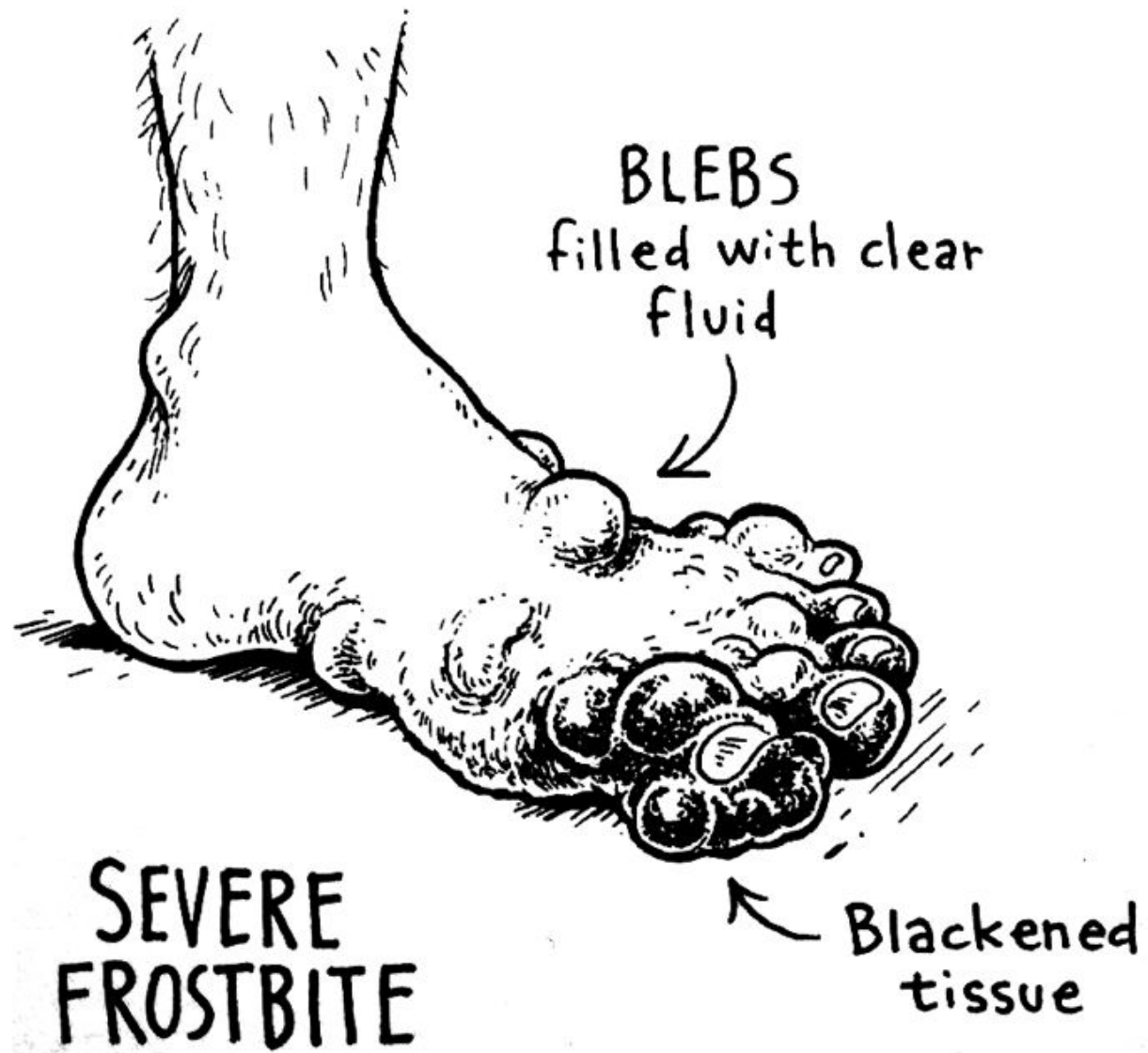
INSTRUCTIONS:

Have your mom or dad help you cut out the skier and his clothes, then you can dress him up for a bitchin' powder day!

Godasses et
pieds



FROZEN BOOTS!



another
VB FACT

YOUR FEET 'LL
STINK... BAD!



and
they'll be
PRUNEY!





KEEP DAMP SOCKS
and GLOVES tucked
in your layers near
your skin!

BODY HEAT will
DRY 'em!

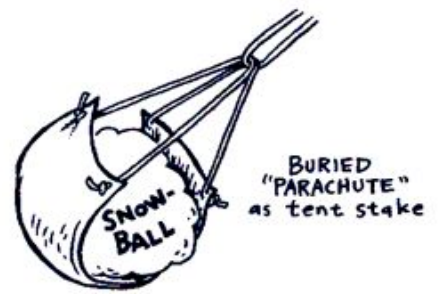
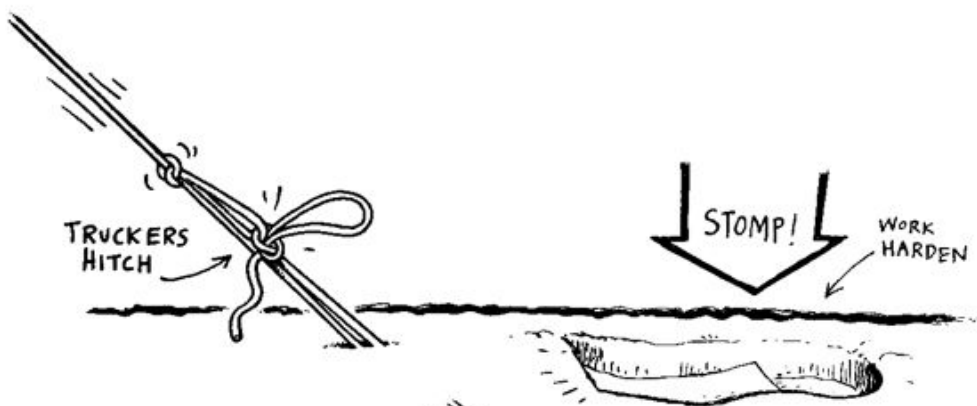
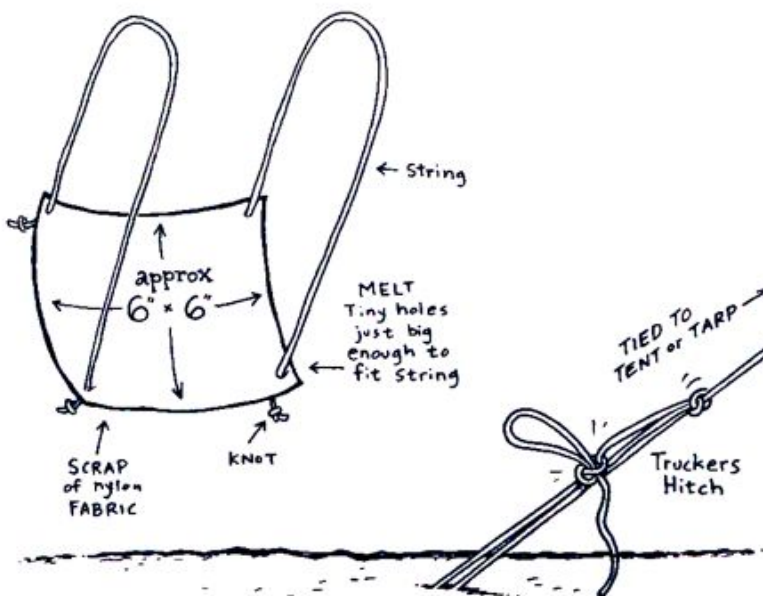


Tente, sac de
couch, matelas

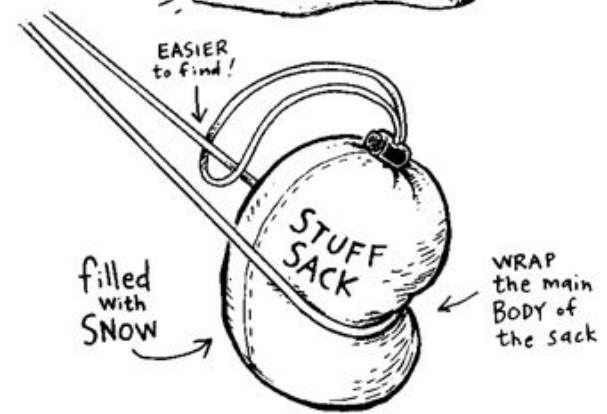
...

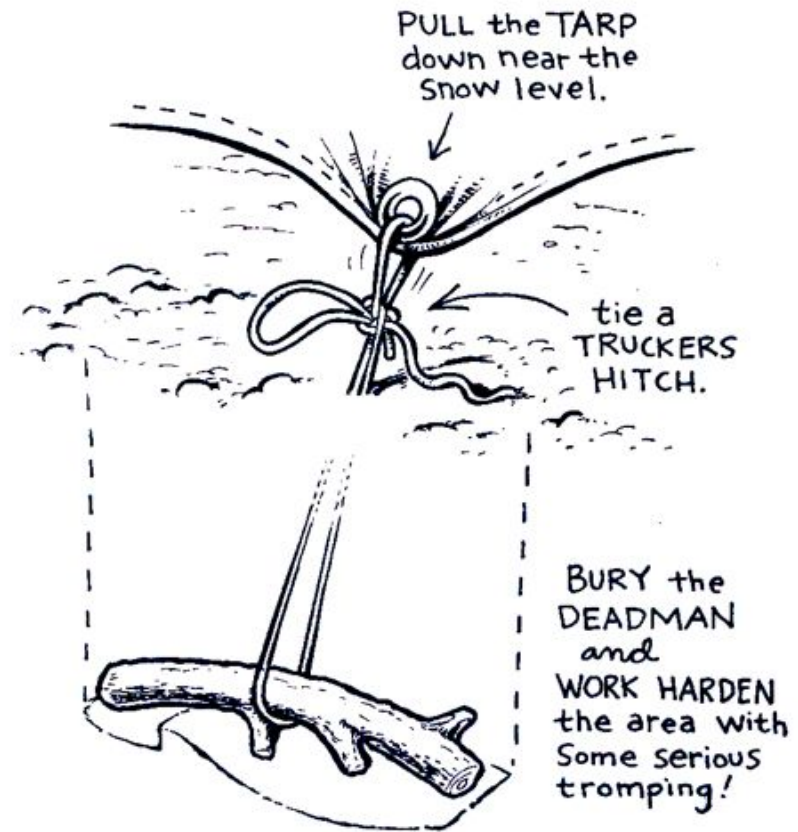
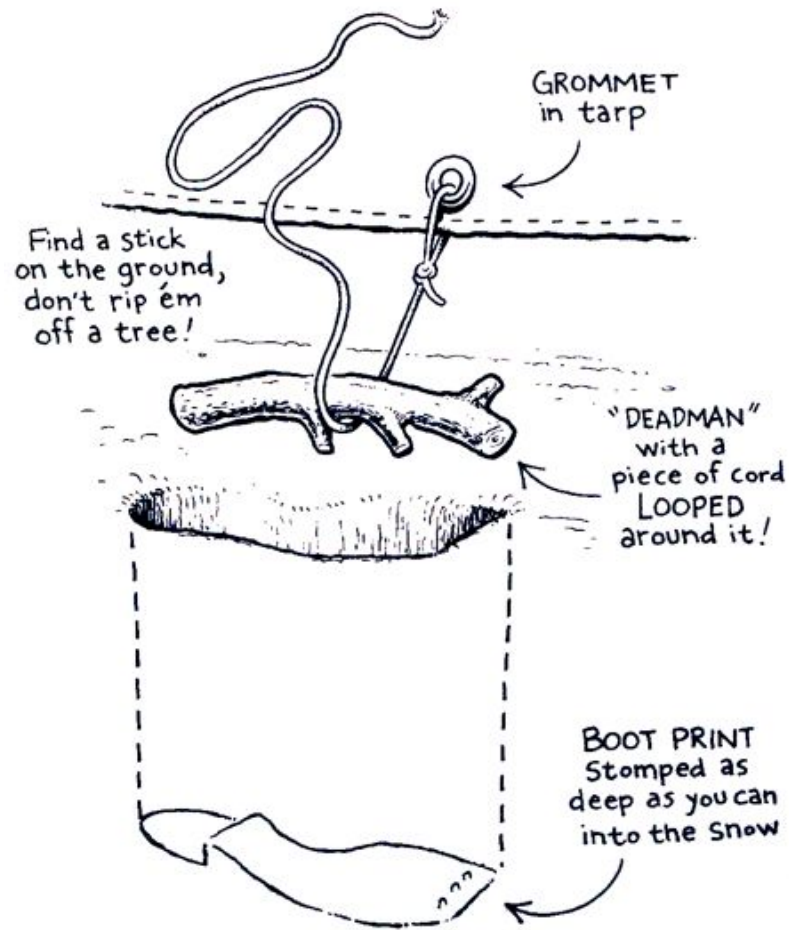


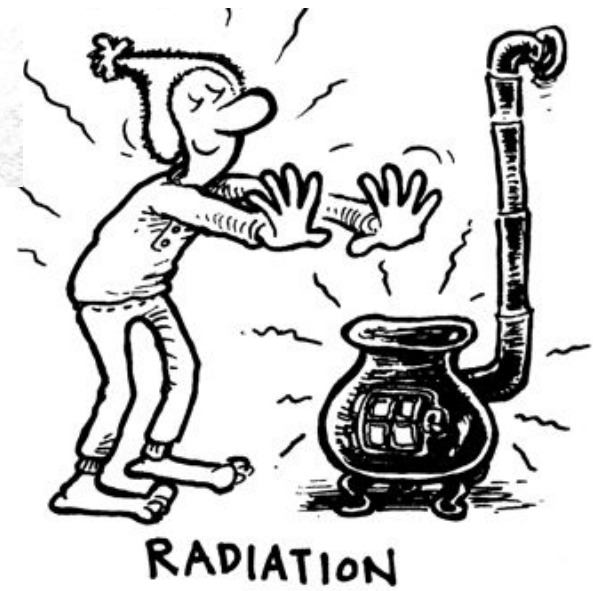
PARACHUTE



DEADMAN tie-down





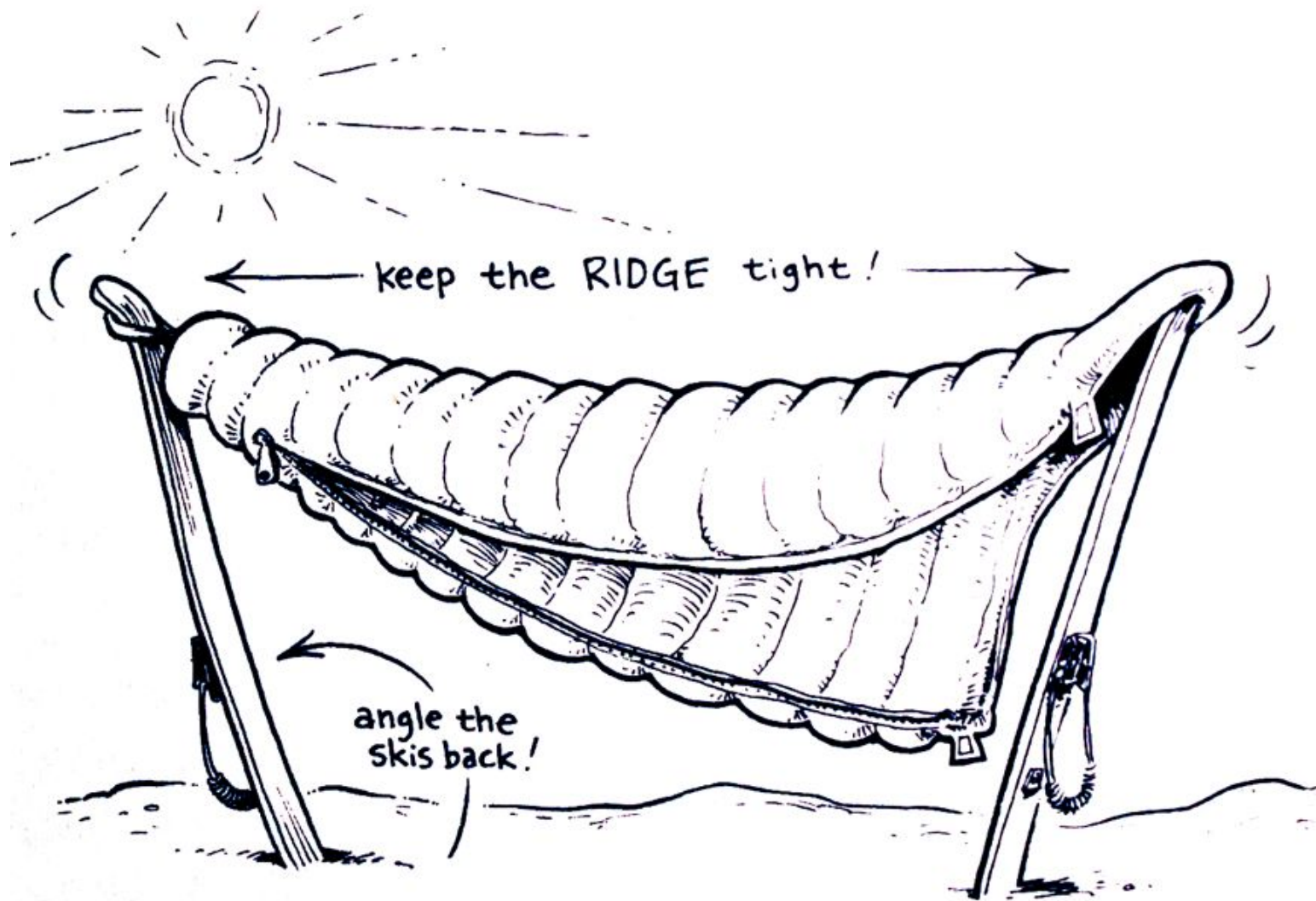






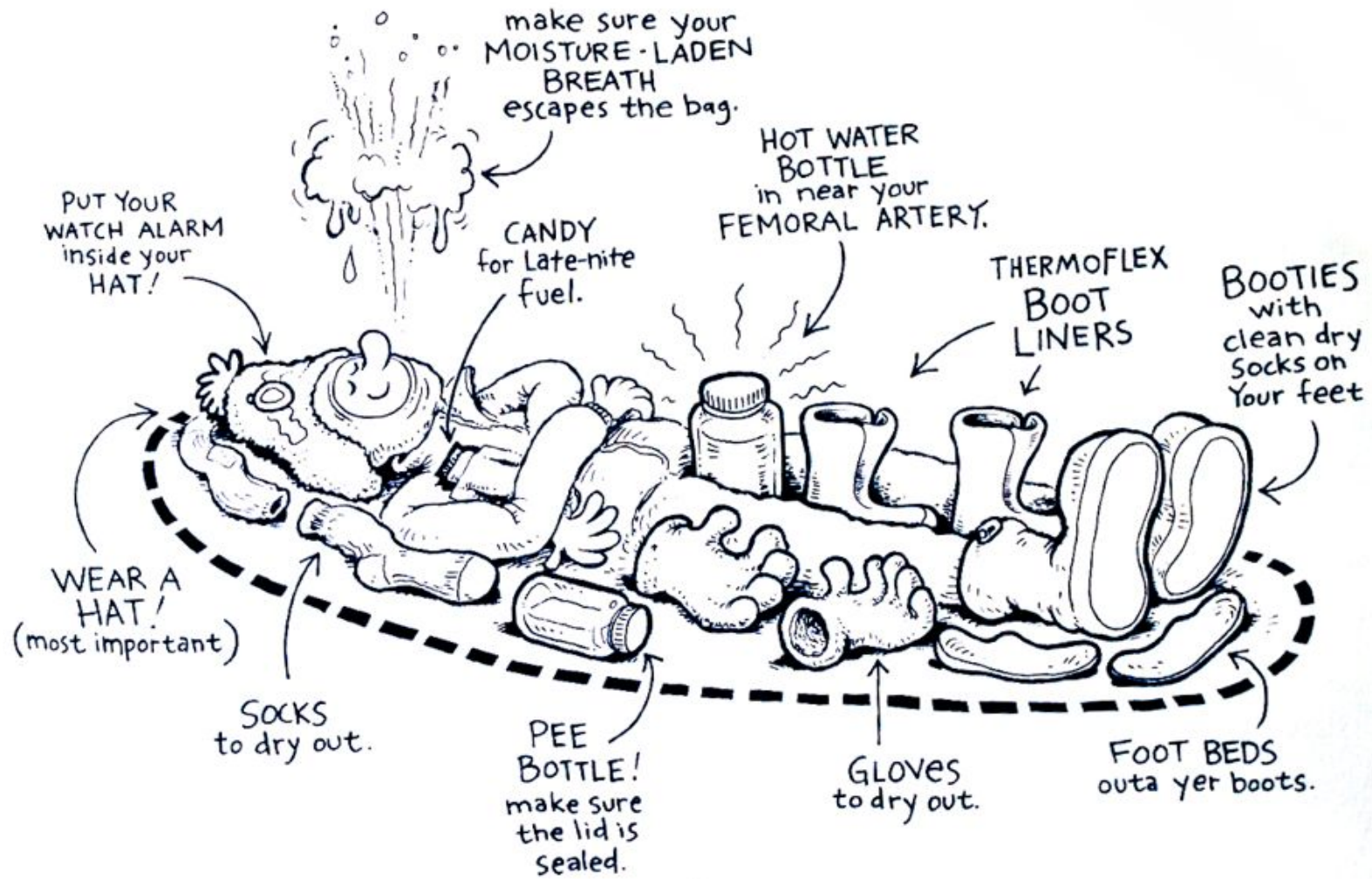


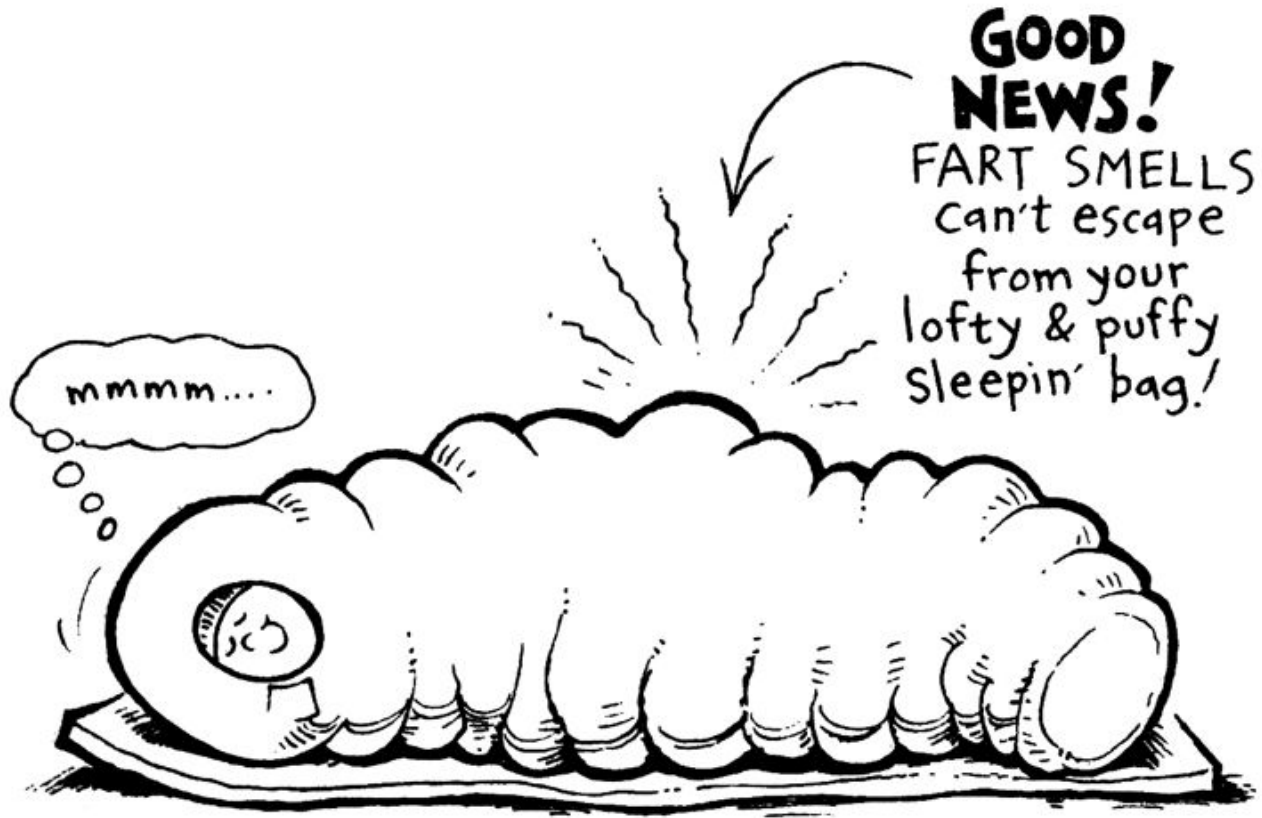




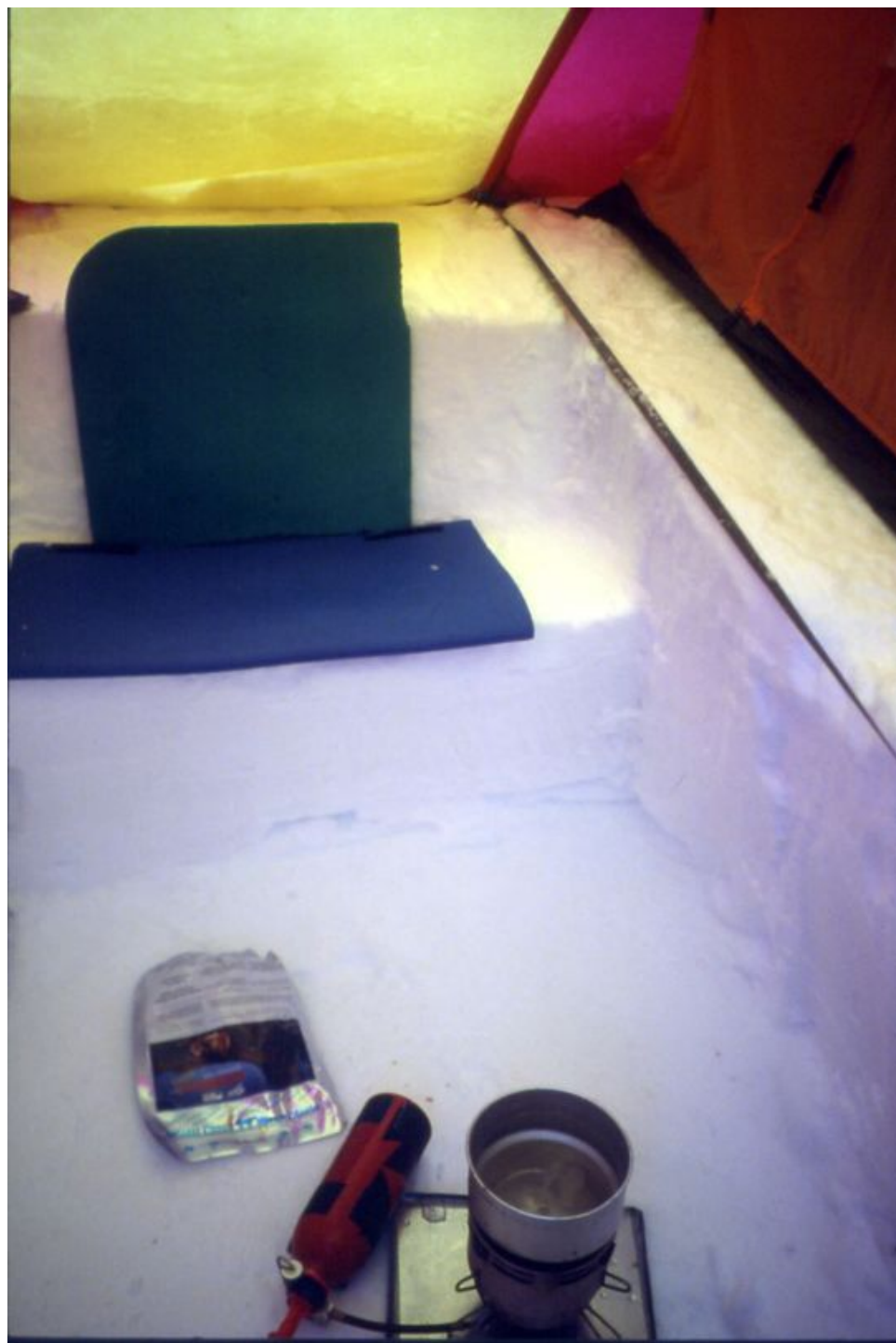
keep the RIDGE tight!

angle the skis back!









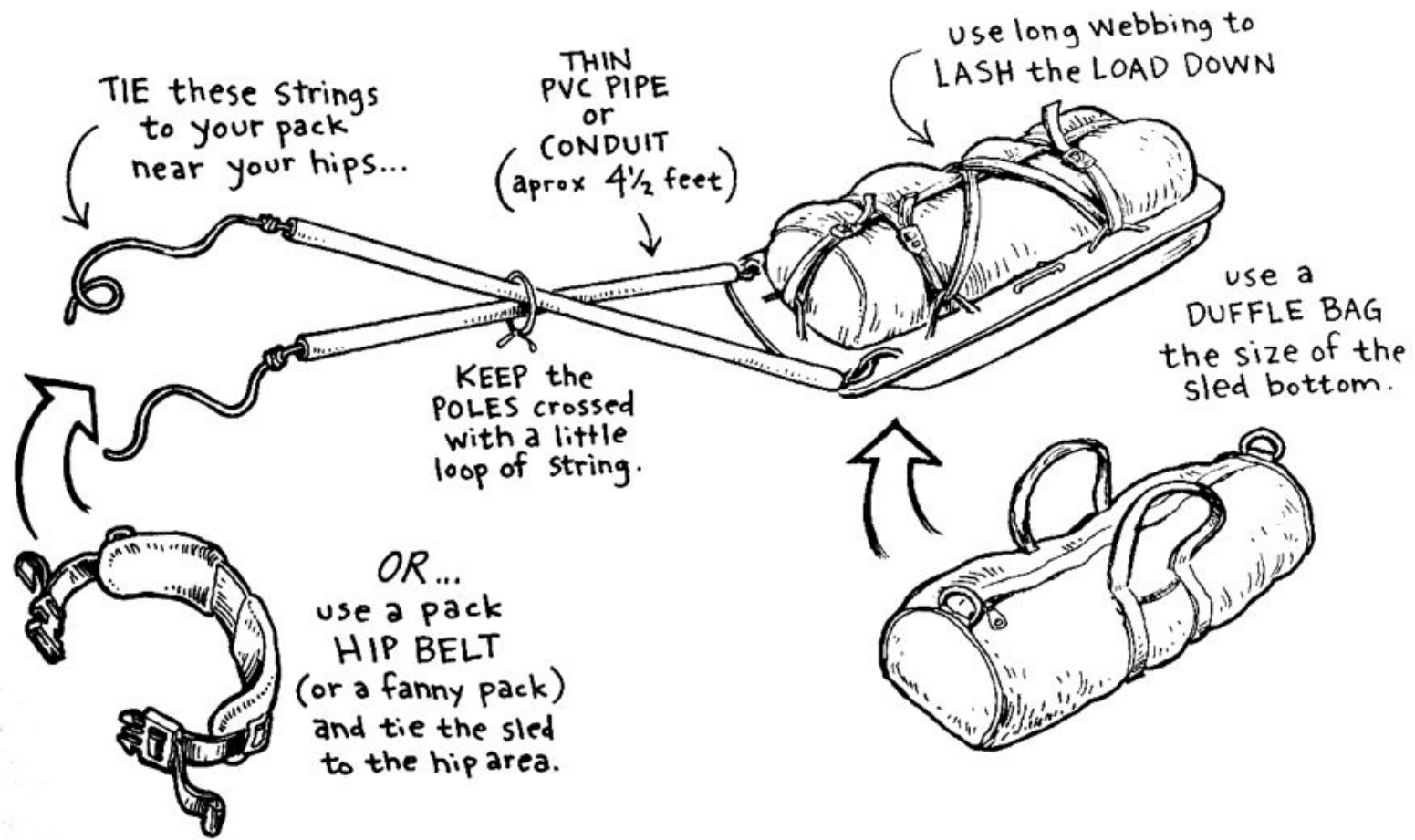


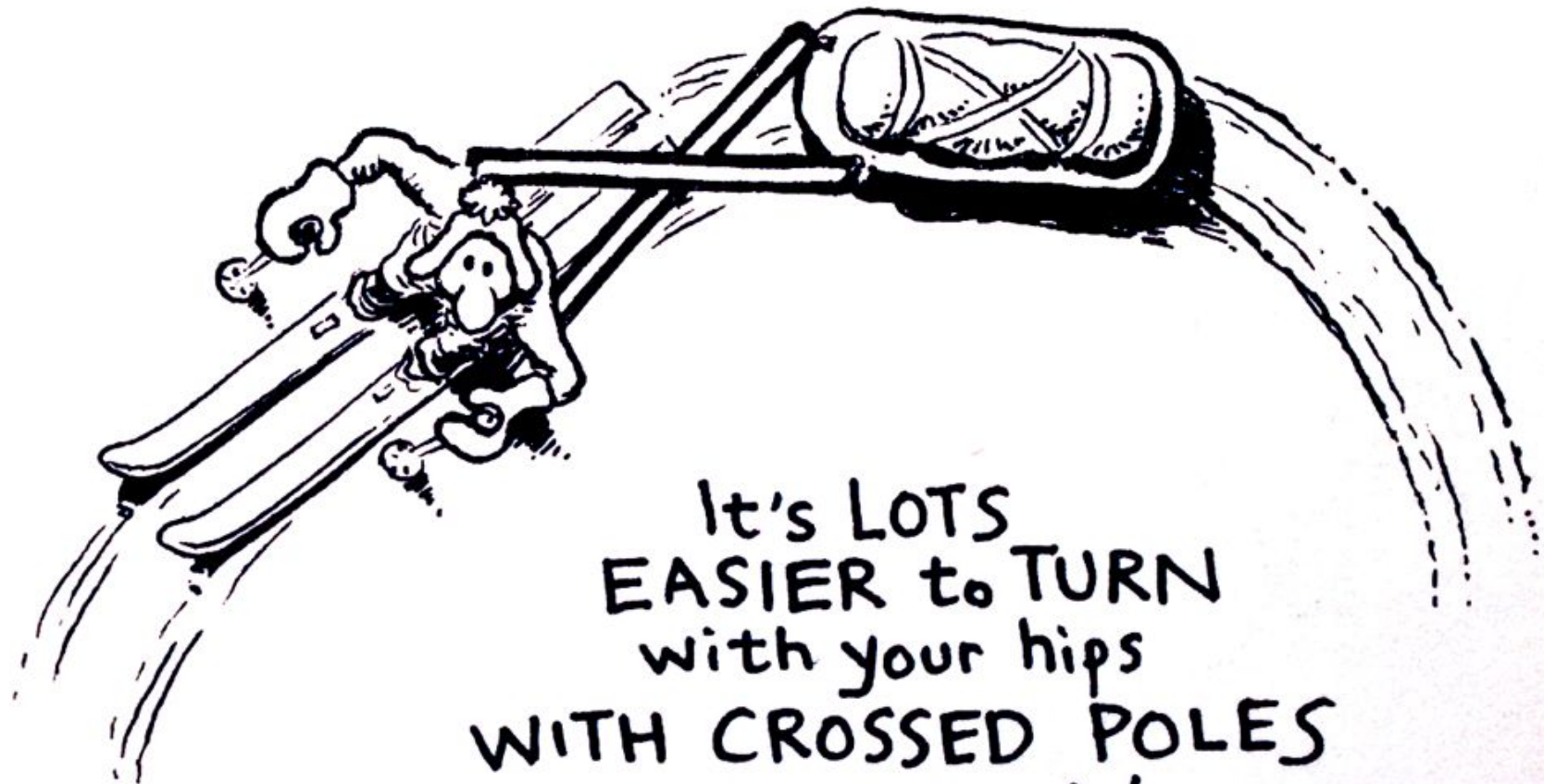
Pulka ...











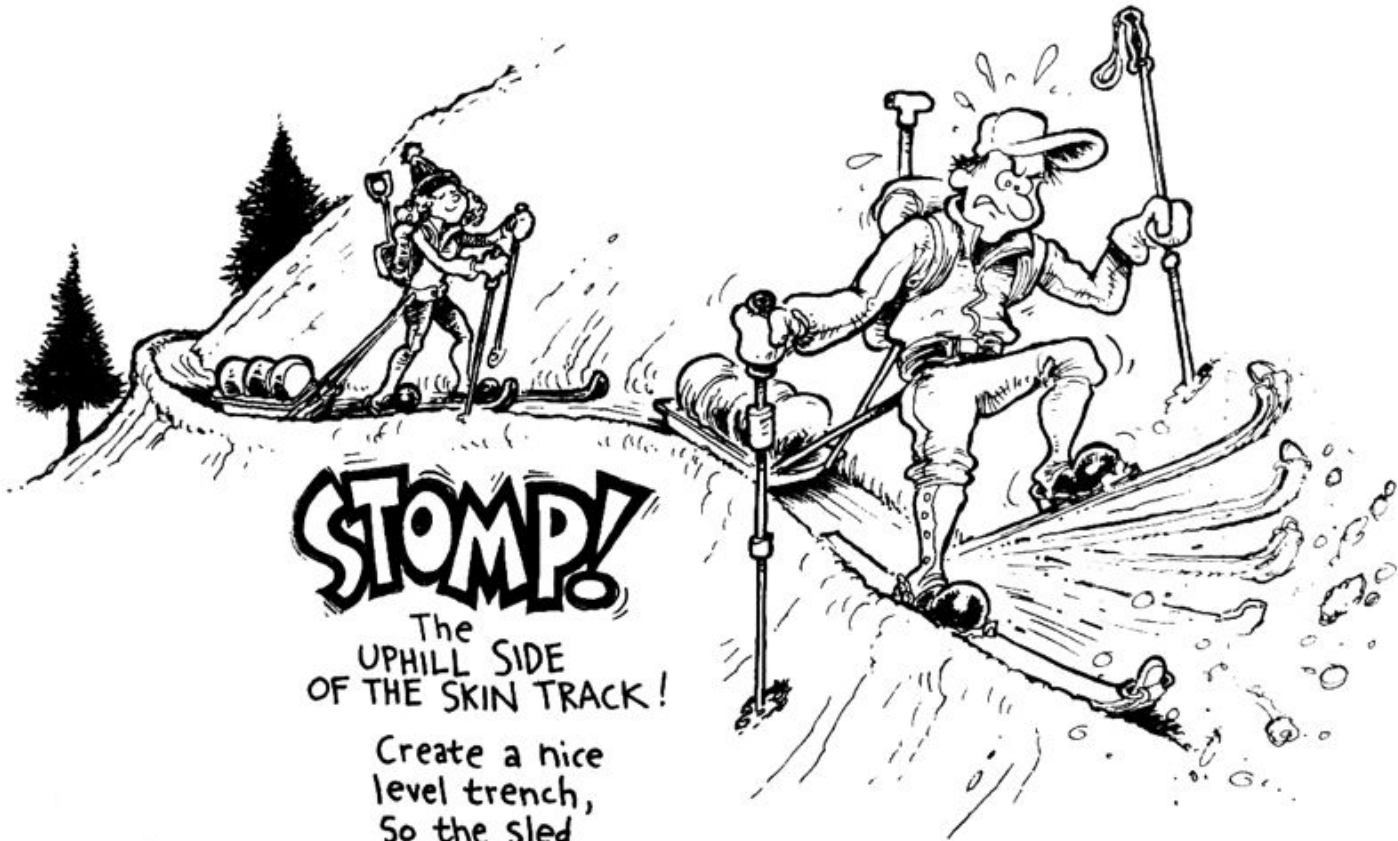
It's LOTS
EASIER to TURN
with your hips
WITH CROSSED POLES
on yer sled!











STOMP!

The
UPHILL SIDE
OF THE SKIN TRACK!

Create a nice
level trench,
So the sled
doesn't tip over.







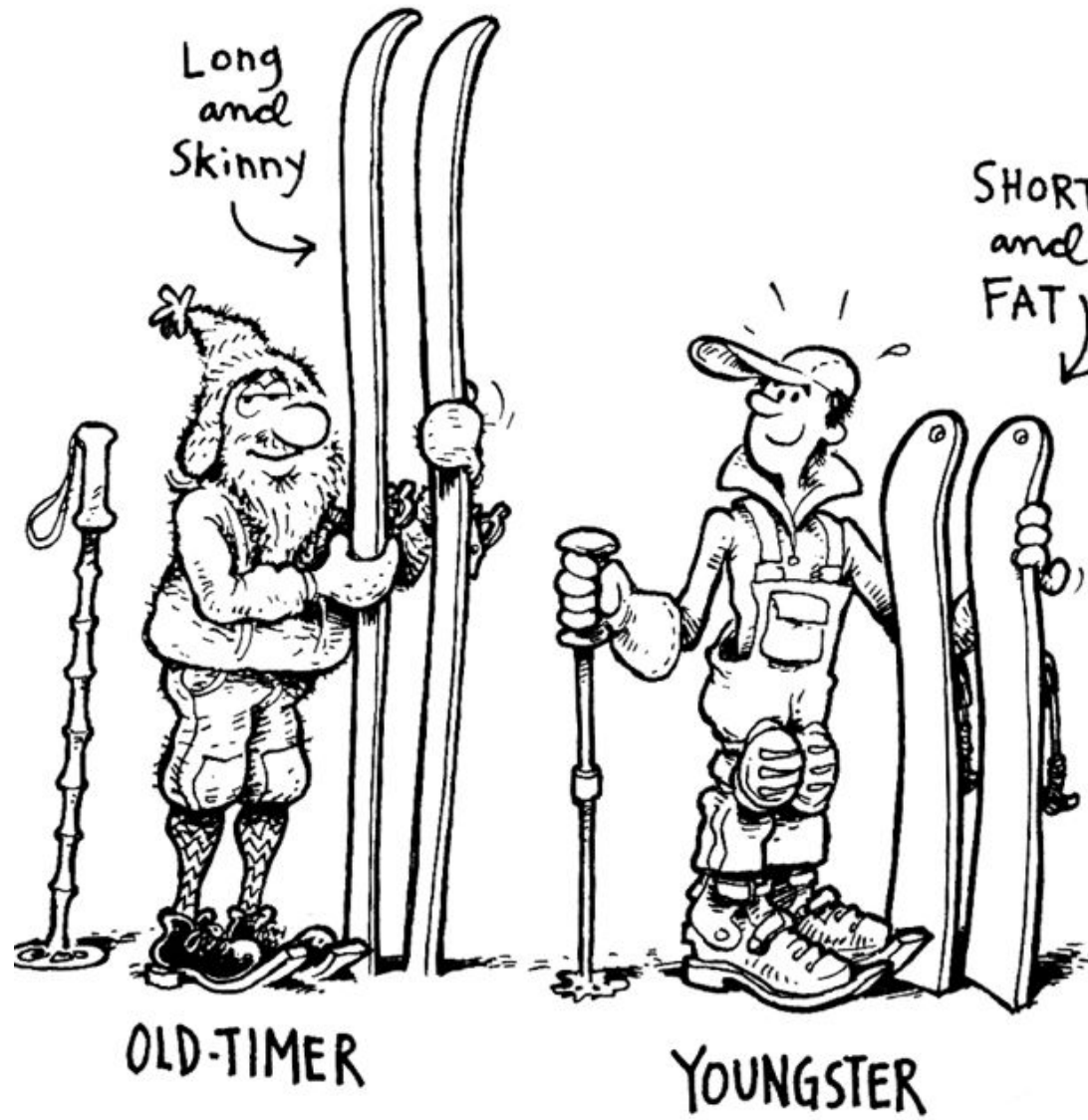






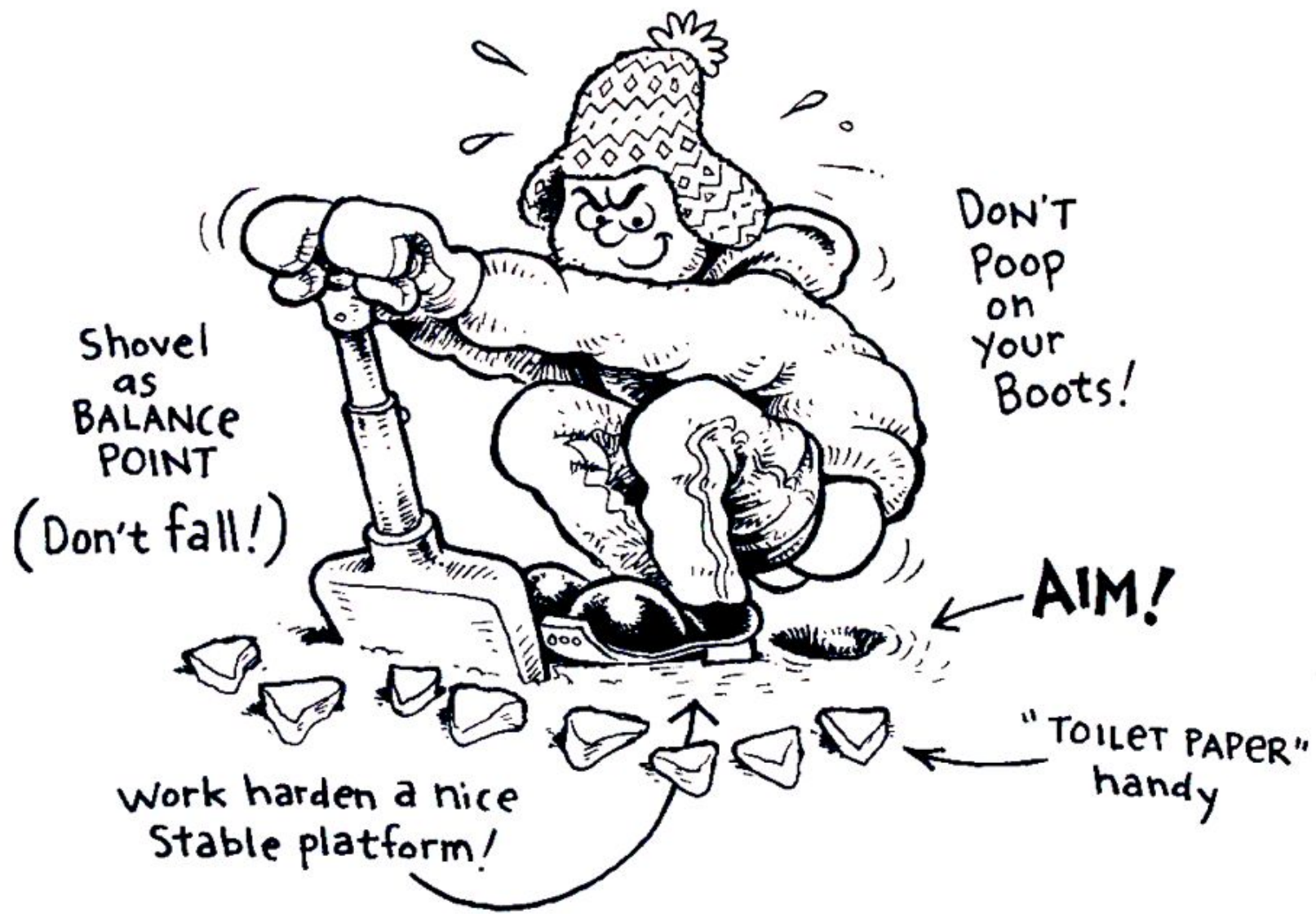






shit, merde,
\$Co

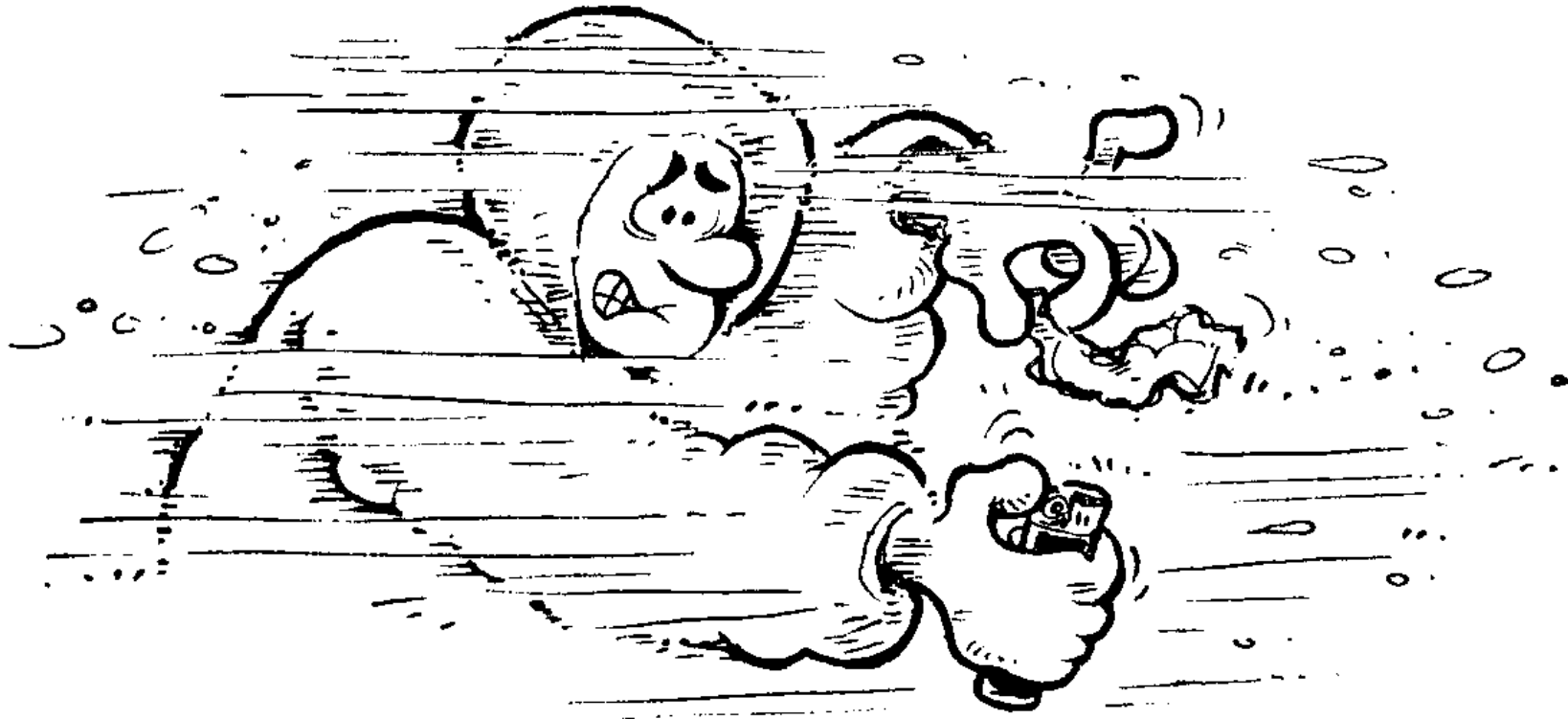




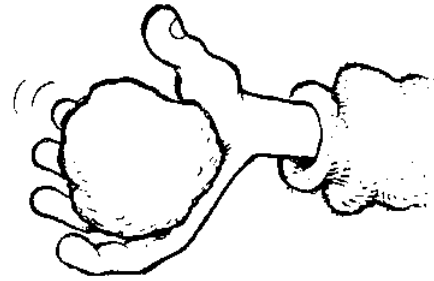


DON'T
POOP on
yer Skis!

"TOILET PAPER,"
all ready



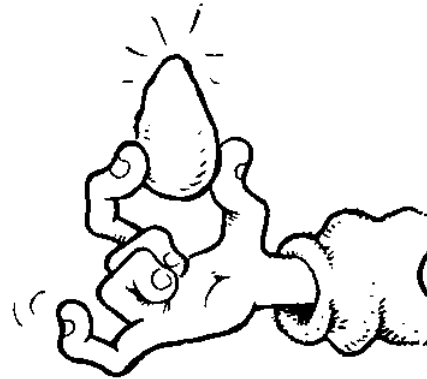
Just try and burn that
toilet paper in winter!



① the
BARE-HANDED
METHOD:
grab a handful
of soft snow,



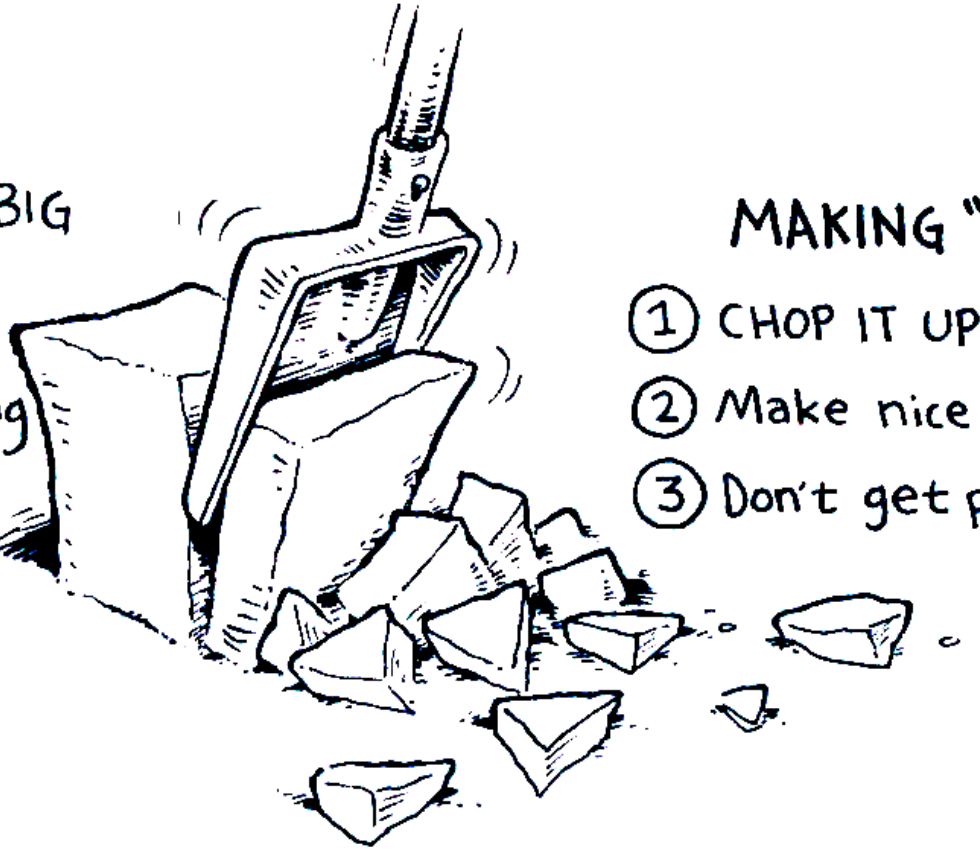
② SQUEEZE!



③ VOILA!
"Toilet paper"
with a nice
wiping point...

NOTICE: This technique
ain't gunna work too well with
cold, dry, noncohesive snow!
good luck!

CARRY A BIG
BLOCK OF
SNOW TO
YOUR pooping
Location



MAKING "TOILET PAPER"

- ① CHOP IT UP... *before you need it!*
- ② Make nice pointy shapes...
- ③ Don't get poop on the shovel!

the
WALK
into the
WOODS:

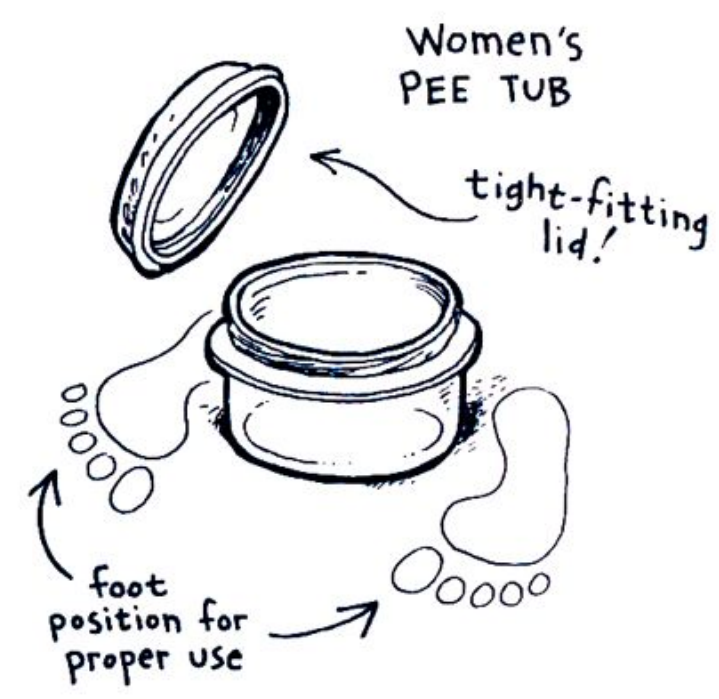
- ① BE READY!
- ② PLAN AHEAD.
- ③ GET OUT OF VIEW
of other campers.
- ④ PICK A GOOD
SPOT!



(remember:)
YOU'LL MOVE SLOWLY
walking in deep snow!



use a textured bottle so you don't confuse it with your water bottle!



the ALL-important **PEE BOTTLES**

Bouffe



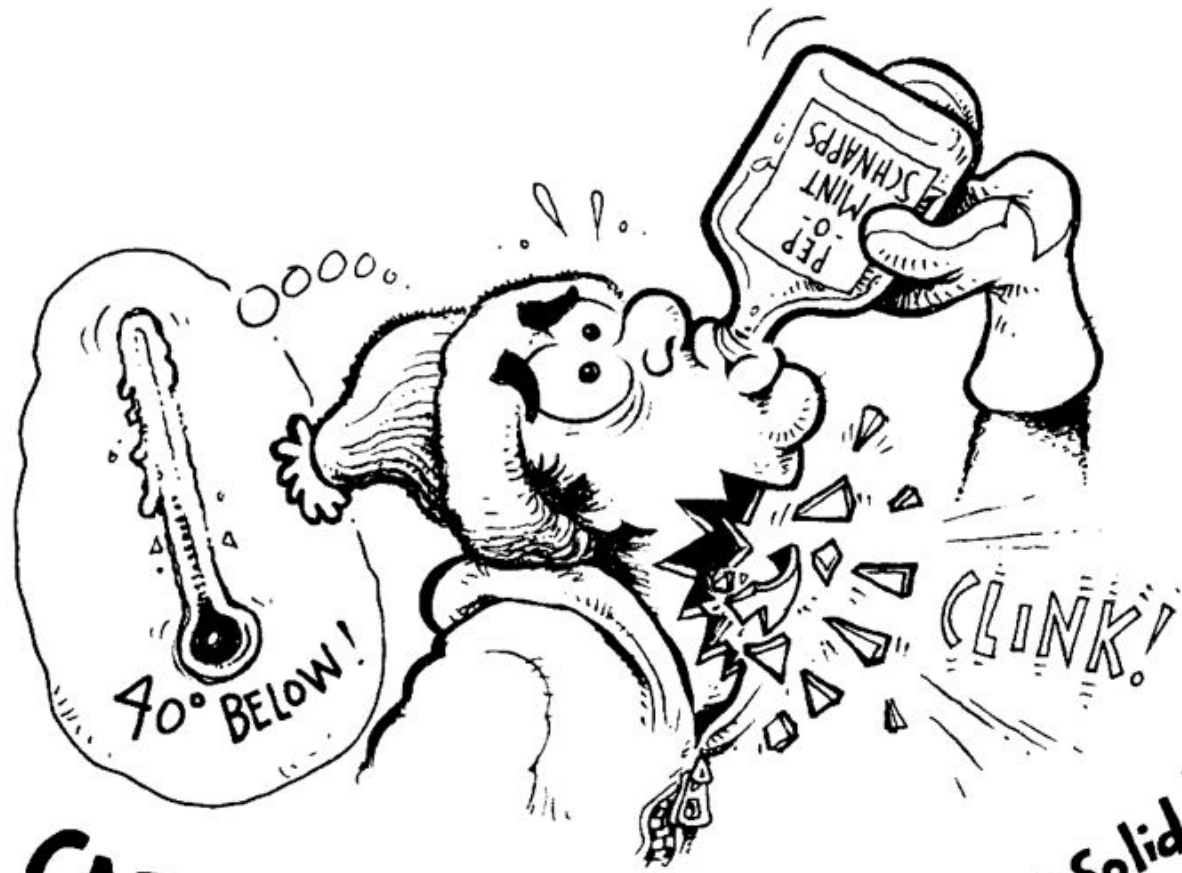
ON LONGER EXPEDITIONS
YOUR BODY WILL BE CRAVING
MASSIVE CALORIES...

(THIS MEANS FAT!)

Bon Appétit!



CAREFUL
WITH those FROZEN
ROCK-HARD TREATS!



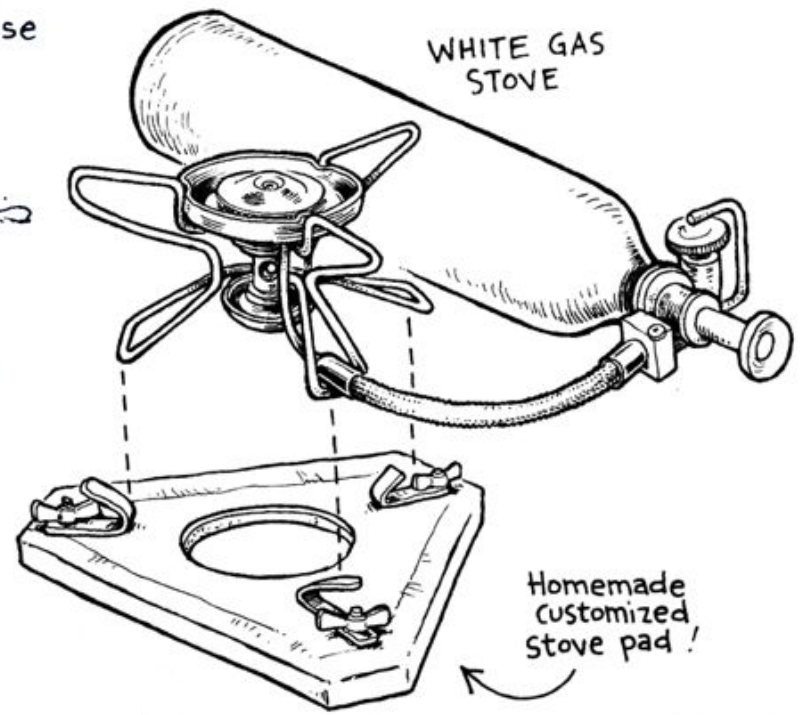
CAREFUL! Not everything Freezes Solid!

Réchaud,
cuisine ...



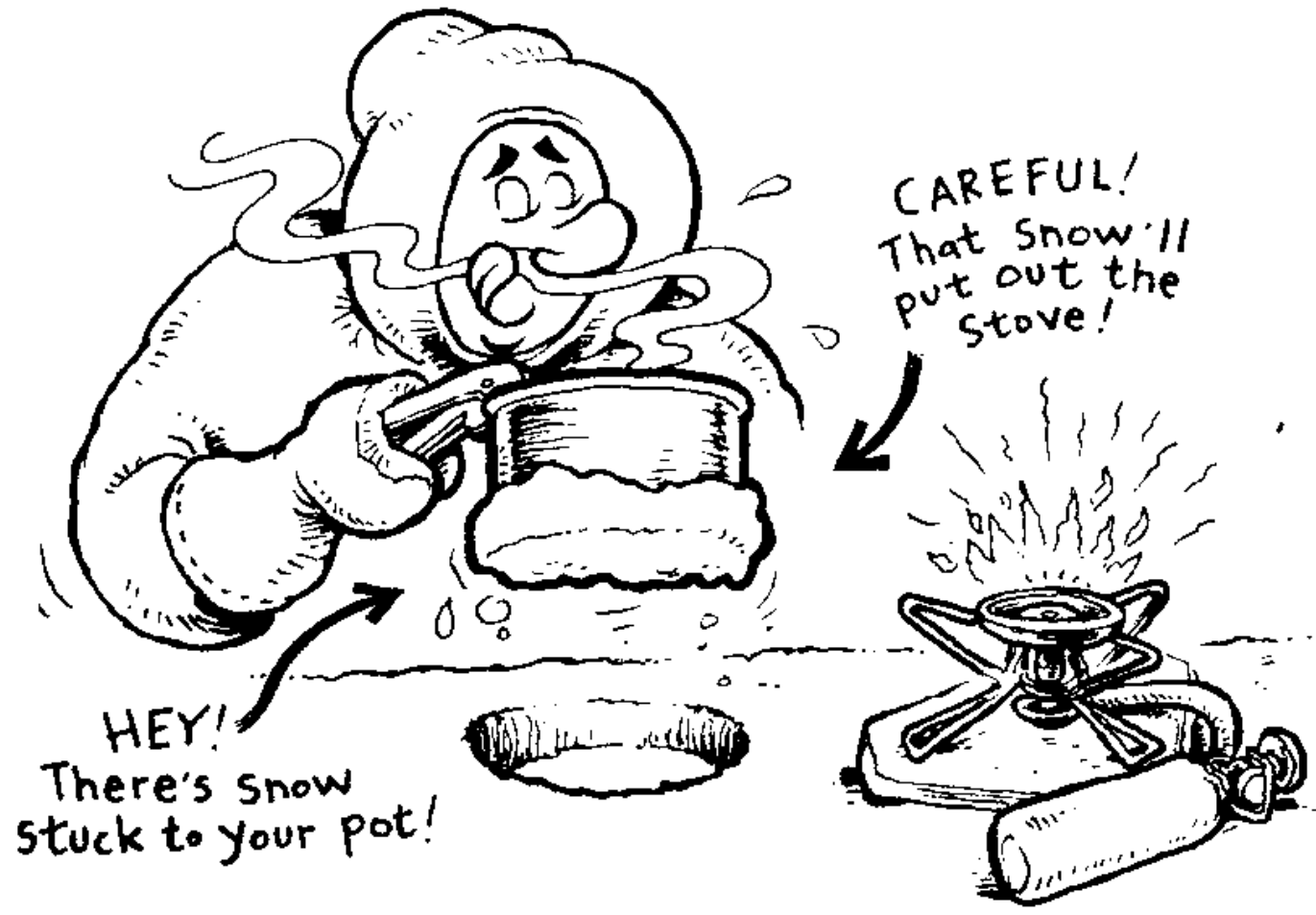
macaroni
&
cheese

Don't try to cook directly on the snow
'cuz the stove is gunna sink!



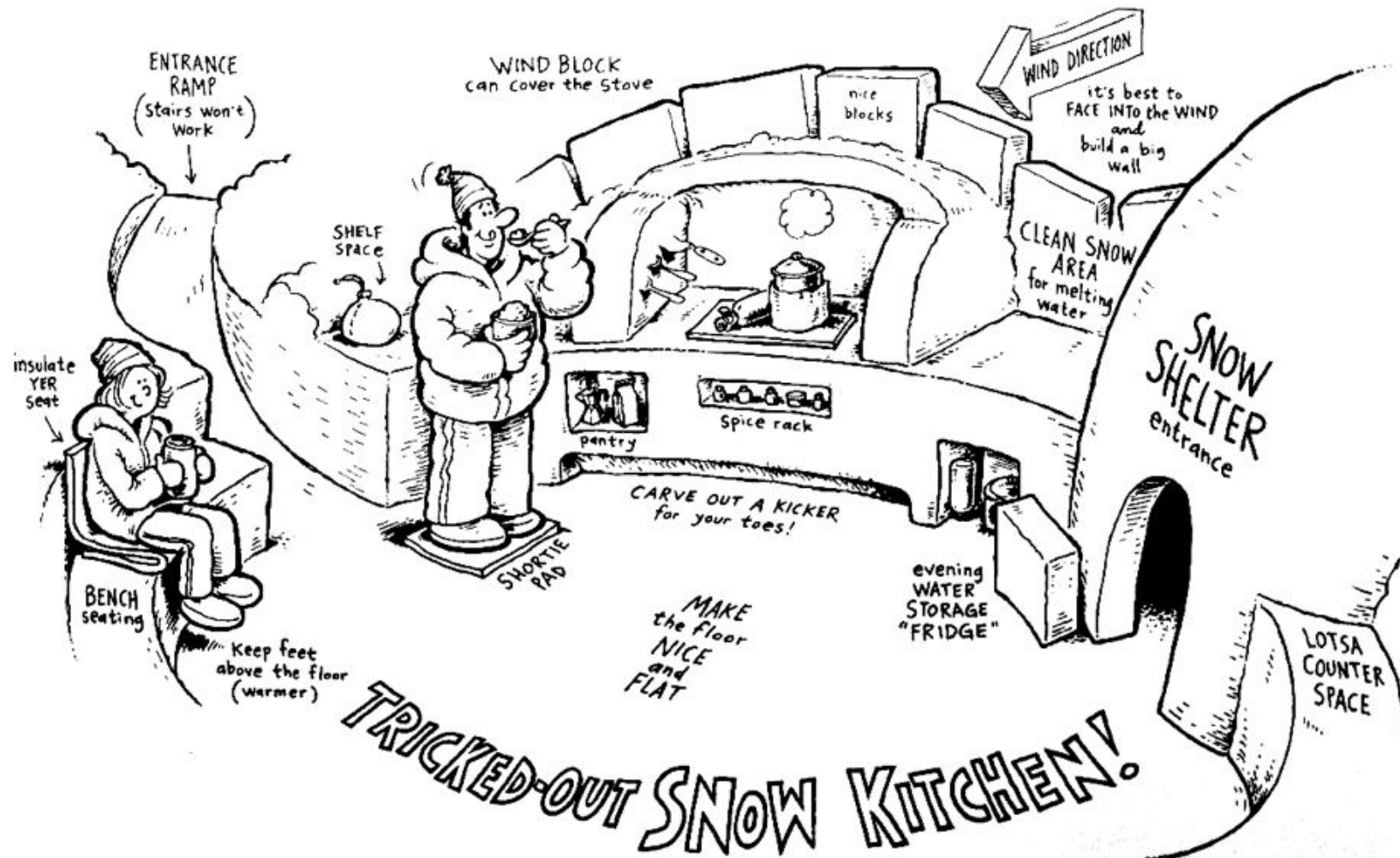
WHITE GAS
STOVE

Homemade
customized
stove pad!



HEY!
There's snow
stuck to your pot!

CAREFUL!
That snow'll
put out the
stove!



ENTRANCE RAMP
(stairs won't work)

WIND BLOCK
can cover the stove

WIND DIRECTION

it's best to FACE INTO the WIND and build a big wall

SHELF SPACE

CLEAN SNOW AREA for melting water

SNOW SHELTER entrance

insulate YER seat

BENCH seating

Keep feet above the floor (warmer)

pantry

spice rack

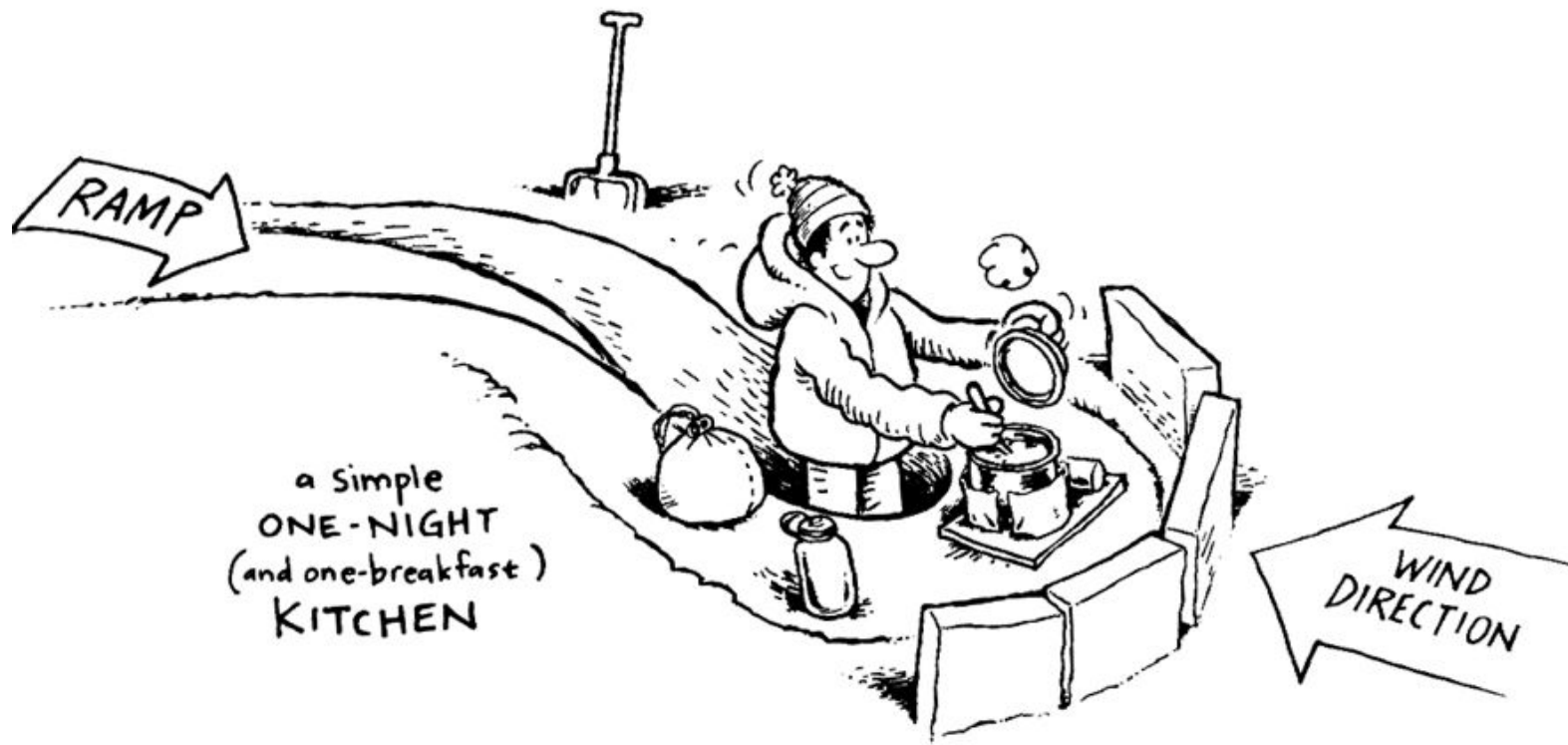
CARVE OUT A KICKER for your toes!

evening WATER STORAGE "FRIDGE"

MAKE the floor NICE and FLAT

LOTSA COUNTER SPACE

TRICKED-OUT SNOW KITCHEN!



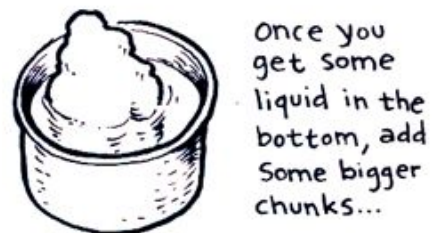
RAMP

a simple
ONE-NIGHT
(and one-breakfast)
KITCHEN

WIND
DIRECTION









A la recherche
du temps ...













Last but not least:
beard & hat !

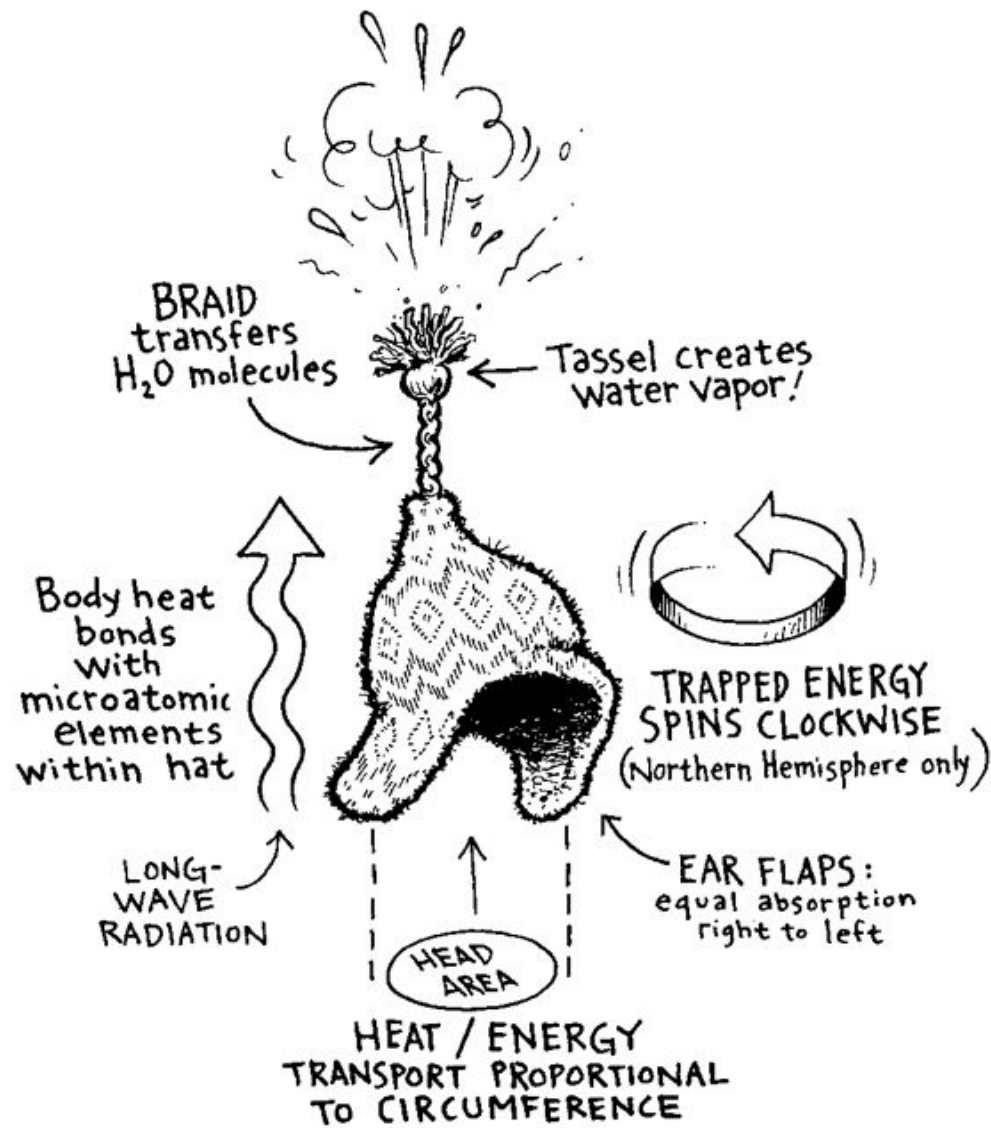


NEVER

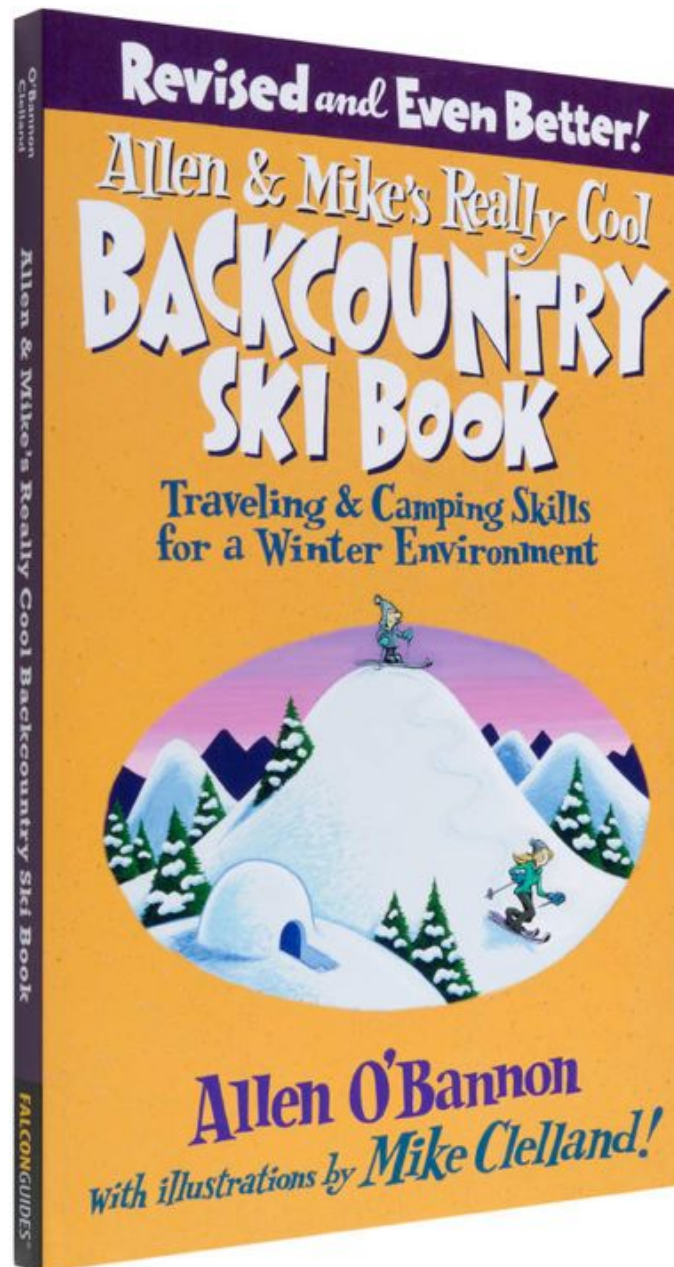
PICK the ICE
out of your
BEARD!



Simply allow it
to gently
melt away;
this is much less
irksome.



HOW A HAT WORKS



www.amazon.com/Allen-Really-Backcountry-Revised-Better/dp/0762745851