

SUGGESTED QUESTIONS FOR A DAILY DEBRIEF

- What were the strengths and shortcomings of today's plan?
- When and where were we most at risk? Why didn't we choose to reduce our exposure to that risk?
- When and where were we the least confident about the choices we made?
- How could we improve our plan? If we were to climb the same route or ski the same terrain tomorrow under the exact same conditions, what would we do differently?
- Did we bring the right gear? Were our technical skills proficient for the objective? Are there skills I want to improve?
- When was I the most scared? What is my risk tolerance level, and how does it compare to the rest of my team?