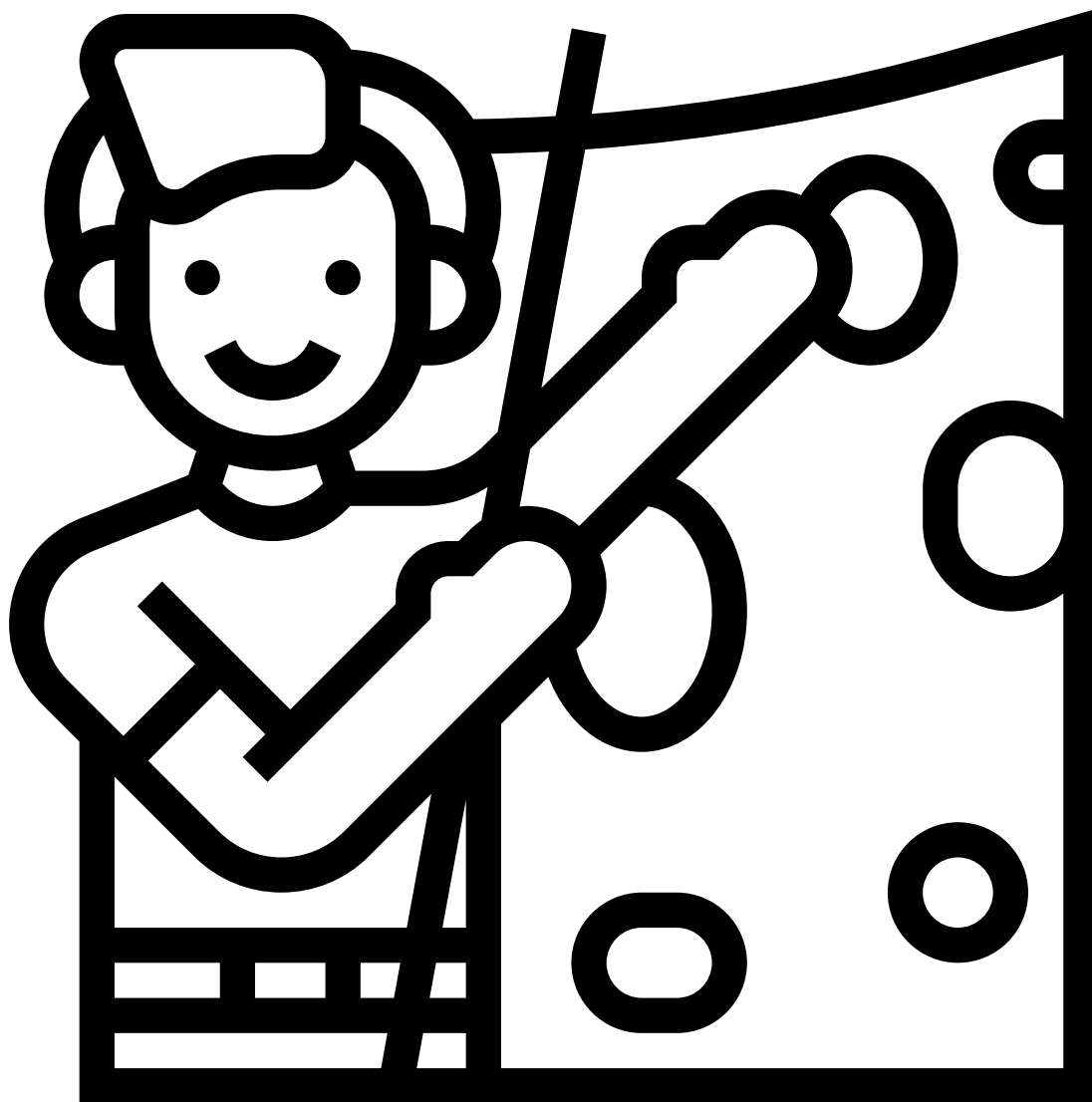
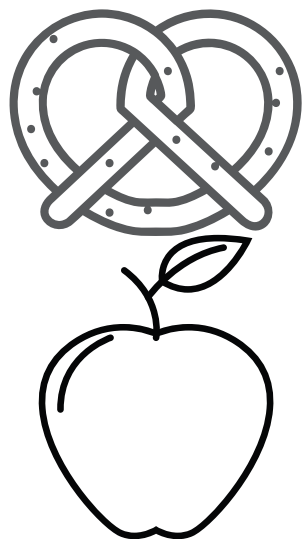


Nutrition for Climbing



Before climbing:

Pretzels, bagels, gummies, fruit



After climbing:

Have a meal!

Sandwich, tacos, spaghetti, etc.,

