

IT'S ALL ABOUT THE PANTS

Fresh from the Aosta Valley in Italy, the adventurer **Squash Falconer** is awaiting confirmation that she is the first British woman to paraglide from the summit of Gran Paradiso. Never one to twiddle her thumbs for long, Squash took a few minutes out of her hectic life to answer our questions about the important stuff, such as her philosophical view of knickers

My favourite bit of kit is...

My Rab infinity jacket. It's warm and cosy and is like my security blanket.

I was under-prepared when I went to...

the Cho La Pass and Everest Base Camp for the first time. It was colder than I expected and I needed a heavier weight down jacket. Wearing all my available layers and sandwiching myself between other people in the tent helped! It was a good lesson to learn that taking a warmer jacket than you think you'll need is a good idea and not to underestimate just how cold the mountains can get.

Feeling cold is like...

a kind of pain and very miserable. I clearly remember once being so cold on a mountain and the sensation was how I imagine concrete in your body would feel slowly setting from the outside in.

My feet never get cold when I wear...

Down booties in a warm sleeping bag, with a freshly filled Nalgene hot water bottle between your feet – heaven!

My best gadget is...

My Powertraveller Solarmonkey adventurer – it charges my phone, iPod and GoPro when I'm out in the mountains or anywhere remote.

When I was standing at the top of Everest I was glad that I had packed...

My Rab Expedition Down Suit. (it was -40°C up there!)

My favourite pair of skis is...

My Salomon BBR all-mountain skis without doubt. Fast and firm on piste and float like a dream off piste. These skis give me the confidence to push my boundaries.

When I snowboard I can't do without...

A decent pair of gloves (or mittens). When I get cold hands I get miserable.

I never travel without...

Enough knickers!

Tell us about the 'knickers philosophy'...

The Knickers Philosophy was born on an early mountain trip where most people had 4-7 pairs of knickers and I had 28 pairs (a pair for each day)! I think, 'if your knickers are right then your day goes right'. The bigger meaning here is that if you get the small stuff sorted the bigger things fall naturally into place. On expeditions there is a definite idea about what you should and shouldn't take. This can put a lot of people off, especially if they are without things that make them feel comfortable. We should definitely listen to other people's advice and combine it with our own needs. ■