



THE EXPLORER

Sophie Radcliffe

Adventurer and endurance athlete;
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Three times a week, I do a 40-minute strength-training session in my garage. I use kettlebells and body-weight exercises to build strength and endurance. Now I live in Chamonix, I run for two hours in the mountains twice a week – it makes me feel strong and free. It's probably what I do the most, as it's accessible and doesn't take as much time as when I go out cycling, climbing or skiing. At weekends, I ski and climb. I'm training for life so I'll be ready for any challenge.



Sophie has just launched the London to Paris 24h Sportive. Join her on your bike on May 2. Visit londontoparis.sportive.com

I use a **Lowe Alpine or Haglofs 20-litre backpack** (MILA q30, £80; cotswoldsooutdoor.com). They're designed to fit closely to your body and not move around, which gives me freedom in the mountains. I'll pack a **head torch** (SEO 7R rechargeable LED Head Torch (1), £74.95; ledlenser-store.co.uk), as I never know what might happen when out training or adventuring. Being caught out after dark without a head torch would be a recipe for disaster. I also pack a **water bottle** because hydration is so important and although I do eat snow and drink from rivers, it's not ideal or always possible. I'll have a hat – I'm a bit of a sucker for headwear and have a lot of Salomon hats (**Active Beanie (2)**, £20; salomon.com) to keep me warm and to help me feel good. There's always hill food in my bag, such as a few pieces of **chocolate, a nutrition bar, nuts, dried fruit and homemade energy balls**. Right now, I love **9bars** (9bar.com) to fuel me when I'm out training! Even if it's a grey day, I'll take my **Oakley sunglasses**

(**Vented Radarlock Edge (3)** £195; uk.oakley.com) – the weather can change quickly in the mountains and I don't want to be caught out without my sunnies as this could damage my eyes. I'm a sucker for bright, colourful leggings (**Onzie Jewels Graphic Leggings (4)**, £50; activeinstyle.co.uk) and am currently crushing Onzie, EverySecondCounts – pretty much everything on the ActiveinStyle website! I invested in an **annual lift pass**, which gives me access to the whole of the Chamonix valley, Verbier and Courmayeur. Lastly, **my husband!** Although he doesn't fit in my gym bag, he's usually with me on adventures and we train together. If it's not him, it'll be one of my friends. It's important to share your passions and goals with people – it can really help with motivation and keep you focused!

