

Table 1 Baseline and demographic characteristics of study participants (N=49)

Age		Gender		Marital status		Years climbing				Climbing grade				Number of own children	
										Rock		Alpine			
<i>Med</i>	<i>Range</i>	<i>M</i>	<i>F</i>	<i>Si</i>	<i>Ma/DF</i>	<i>1</i>	<i>1-3</i>	<i>3-5</i>	<i>5-7</i>	<i>Med</i>	<i>Range</i>	<i>Med</i>	<i>Range</i>	<i>Med</i>	<i>Range.</i>
33	(21-56)	44	5	25	24	0	2	3	44	23	(12-29)	5	(2-6 ⁺)	0	(0-5)
Professional climbers/ guides		Amateur		Nationality				Climbing style							
				<i>New Zealand</i>		<i>Other</i>		<i>Rock</i>		<i>Mountaineer</i>		<i>Rock and mountaineer</i>			
8		41		28		21		2		1		46			

Med=Median; M=Male, F=Female; Si=Single, Ma=Married, DF=De facto.

Table 2. Accident characteristics of study participants

	MILD - N = (7)	MODERATE - N = (16)	SEVERE - N = (10)
Baseline	<ol style="list-style-type: none"> 1. Frostbite to thumb 2. Frostbite to 3 fingers x2 3. Contusion/soft tissue injury to arm x2 4. Laceration to hand x2 	<ol style="list-style-type: none"> 1. Laceration to hand requiring x10 sutures 2. Ruptured anterior cruciate ligament requiring surgical repair 3. Fractured tibia and fibula 4. Fractured radius and ulna x2 5. Fractured ribs (2) 6. Compound wrist fracture x2 	<ol style="list-style-type: none"> 1. Compound fracture of femur 2. Skull fracture, rib fracture (3), humerus fracture 3. Spinal injury with fracture of multiple spinous processes 4. Fractured vertebrae 5. Compound fracture of ankle 6. Multiple tibia & fibula fractures

		<ul style="list-style-type: none"> 7. Concussion x2 8. Laceration to head with x12 sutures and concussion 9. First metatarsal fracture x2 10. Severe laceration to upper limb 11. Soft tissue injury to spine 12. 1st metacarpal, carpal and scaphoid fracture 	<ul style="list-style-type: none"> 7. Skull fracture with traumatic brain injury 8. Rib fracture (3), extensive head lacerations 9. Multiple lower limb fractures. Traumatic brain injury with 1 week coma 10. Mandibular and maxillary fracture
	N = 7	N = 2	
4-year Follow-up	<ul style="list-style-type: none"> 1. Burn to arm 2. Contusion to hand 3. Contusion to arm 4. Contusion to abdomen and back 5. Tendon strain/soft tissue injury to ankle x2 6. Crevasse fall with contusions to upper and lower back 	<ul style="list-style-type: none"> 1. Rib fracture (2) 2. Femur fracture 	