

CAMP ALPINE

The Best of BSA & International Scouting



TRANSATLANTIC COUNCIL

LEADER'S GUIDE

2010 Edition

July 4 - 10, 2010

Kandersteg International Scout Centre
Kandersteg, Switzerland

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Camp Alpine

The Best of BSA & International Scouting

An Introduction . . .

Camp Alpine is a unique Scout camp with a traditional and international appeal. We offer the opportunity to fully participate in the international Kandersteg program through Kandersteg's High Adventure and evening programs. This is ideal for troops with older Scouts and for Venture Crews. We also provide a traditional BSA merit badge and first year camper program to support your troop's program.

The camp itself is sited at the Kandersteg International Scout Centre located at Kandersteg, Switzerland. The camp allows us to take advantage of the international cultural experience that is so unique to the Kandersteg International Scout Centre (KISC). The site provides our camp with a wide range of facilities with plenty of opportunities for all levels of experience. KISC provides Camp Alpine with experienced trail guides, an extensive trail system, and an opportunity to sample international scouting.

Camp Alpine is a troop and patrol experience where your unit brings all tentage and equipment for a week of scout camping. Camp Alpine is a patrol cooking camp, allowing Scouts to hone and improve their outdoor skills while your troop is at summer camp. Each troop and patrol prepares its own meals using food from the camp's commissary. Meals can be cooked on stoves or over open fires. The camp fee includes all foodstuffs and campsite rentals, but just in case you wish to spice up the menu there are two small grocery stores located in Kandersteg.

During the past few months, we have been developing the program for this year's camp. The camp staff is made up of mostly adult volunteers with some youth volunteers. The camp staff is well experienced and ready to provide your unit with a mountaintop experience this summer. We are looking forward to your arrival at Camp Alpine. Please join us with celebrating this year's theme, "100 Years of Heritage" to make the most of your Kandersteg experience.

Please read this guide and the KanderActive 2010 Guide as well. It should answer most of your questions but should you need further information please contact:

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An Overview of the Camp Alpine Programs

There are many options for troops and crews that attend Camp Alpine, beginning with our **First Year Camper program (known as FROGS, Fundamental Requirements of General Scouting)** (*previously known as ACE*) which is an introduction to outdoor skills for new Scouts. FROGS is a skills based program where Scouts work together on outdoor skills necessary to achieve First Class.

We offer a **merit badge program** that is designed to take advantage of the Swiss Alps and Kandersteg area. What a great place to learn about orienteering, environmental science, wilderness survival, hiking etc.

We have reserved **Kandersteg International Scout Center hikes and activities** for High Adventure experiences for Scouts of all ages. A complete list of activities is listed later in this guide. Besides what we have reserved, you can also book other activities listed in the *KanderActive 2010* guide. This guide can be downloaded at <http://www.kisc.ch/programme/> All fees for KISC high adventure activities are in addition to the camp fee and must be paid in Swiss Francs to KISC.

Troops and Crews also will have a day to explore Kandersteg and the surrounding area on their own. Each troop/crew will be given either Wednesday or Thursday to organize your own program. Merit Badge Classes and FROGS Classes on these days will be duplicated so that Scouts will not miss class to participate in the troop activity. Troops can sign up for programs in this guide, the *KanderActive 2010* program, or review the guide for activities in the local area. This day can also be used by Scouts taking merit badges, or participating in the FROGS program, to participate in age-appropriate high adventure activities. Scouts who are registered for high adventure activities can have a choice of spending the day with the troop or continuing on in the high adventure program.

Scouts can **mix and match** programs. Scouting teaches young men to make choices. For example, if a Scout signs up for an overnight hike and four merit badges, there is a good chance the Scout will not finish the merit badge. He may have a good start but probably will not finish. Likewise, a Scout may participate in the Merit Badge program but make an appointment with the FROGS director to finish up items for Second and First Class. Again, the scout may not finish the merit badges but will have a good start. Our goal is to provide a program that is safe, fun, and exciting and meets the needs of the scouts whether that need be advancement or an opportunity to experience hiking in the Swiss Alps. *Scouts will profit the most by participating in one of the program opportunities (FROGS, Merit Badge, or High Adventure).*

In the **evening** as the sun sets, we will participate **in the events organized by the Kandersteg International Scout Centre (KISC)**. We will have an opportunity for **our own campfire on Thursday evening** while participating in the KISC campfire on Friday evening

Troops and Crews are not expected to be able to do everything in one week There are choices to be made, and we hope you will continue to return year after year to discover new opportunities and new programs.

FROGS Program

The FROGS program is geared toward the needs of Scouts who are at the very beginning of their Scouting career...either brand new Scouts or boys who have recently graduated from Webelos. The program is designed primarily to teach, practice and test basic Scouting skills that are required to attain the rank of First Class. These skills will be taught, discussed, practiced and tested by a series of games, lectures, and demonstrations. Our aim is to help a new Scout become more interested in advancement and continuing with the Boy Scout program.

Scoutmasters are asked to screen their Scouts carefully for this program. Scouts who already possess the basic Scout skills may not find the FROGS program challenging. We do not want anyone to be bored. Scouts could potentially take FROGS for one or more sessions during the day and also schedule a merit badge class.

Please remind your Scouts that just being present does not indicate proficiency. They will be required to demonstrate proficiency before having items signed off on the master roster. A listing of the skills taught to each Scout will be issued to the unit leader on the last day of camp. The Scoutmaster may then sign it off in the Scout's handbook.

This year at Camp Alpine, we are again offering the opportunity for adult leaders to join in the fun with FROGS and learn some basic outdoor skills. This is designed for the new leader that has limited experience with the Boy Scout program or just wants to brush up on their basic skills.

The Merit Badge Program

Camp Alpine offers several Merit Badges, listed on the next few pages. To help us adjust the schedule to meet demand, we ask all units to ***sign up for merit badges by 1 June 2010*** using the sign-up form included in this guide. If a Scout is signed up for a merit badge, we assume he has Scoutmaster Approval to work on that badge. The program is set up to allow scheduling of a maximum of 4 merit badges during the day. A *tentative schedule* is included with this guide. Merit Badge sessions are 90 minutes in length. Some merit badges such as lifesaving will require multiple sessions.

By signing up for Merit Badges by 1 June 2010, we are able to recruit the right number of counselors as well as relieving the stress of arriving early to sign up for merit badges at camp. When you sign up in advance, you will know that your scouts will be able to work on the badges that they wish to earn.

Merit Badge Pamphlets can enhance the learning process, and give Scouts a source of study material for knowledge requirements. A minimum number of Merit Badge Pamphlets will be available for purchase in the Camp Alpine Trading Post, so if your Troop has a Merit Badge reference library it is recommended that the Scouts come prepared with pamphlets for the badges they plan to earn. Please check to make sure the Merit Badge book is up to date since BSA has had new revisions for 2010.

Venturing Ranger Award Program

This year at Camp Alpine we will not have a specific program for Ventures, but will work one-on-one to offer activities specifically aimed at helping Ventures work towards requirements for the Ranger Award.

The Scoutmaster's Merit Badge Program

Camp Alpine will have a Scoutmaster's Merit Badge program again in 2010. This program will recognize all adult leaders (not just Scoutmasters) that provide service to Camp Alpine or the Kandersteg International Scout Centre. A detailed listing of requirements is included in the Appendix to this guide.

Adult Leader Training Sessions

We are planning to offer a number of training sessions such as Safe Swim Defense, Safety Afloat, "What is Scouting" which replaced New Leader Essentials, etc. A schedule will be provided at the Sunday evening Leaders Meeting.

Honor Unit Program

This year units will again be able to earn an Honor Unit Award by reaching a number of goals set by the staff. Details can be found in the Appendix to this guide.

Merit Badge Program

Merit badges listed are tentatively to be offered. Camp Alpine has a volunteer staff and relies on leaders and mostly other adults to teach merit badges. Therefore, the merit badge list may be altered according to the expertise of the volunteers. We are hoping all adult leaders will step forward to teach at least one merit badge class period daily. If you would like to teach a merit badge not listed, please contact the Program Director, David Van Proosdsij, and we will add the class to the list. An updated class list will be posted and updated weekly as a supplement to this guide on the TAC website as soon as individuals start responding.

Merit Badges Offered at Camp Alpine

Merit Badge	Offered When	Description
Astronomy	Sessions 3 or 4	Rain or shine, this is a fun badge. Most of the badge can be done regardless of the weather. Requirements 4 and 7b are weather dependent.
Basketry	Sessions 1 or 4	You will purchase 2 basket kits (approximately \$15 total) and then learn how to weave baskets and a stool. You can also purchase a stool kit (\$10) or borrow one from the camp (however, no guarantees that we have enough).
Camping	Session 1	This is an Eagle-Required badge. Requirement 9 cannot be completed at camp (although the camping time counts towards the badge).
Citizenship in the Nation	Sessions 1 or 3	This is an Eagle-Required badge. This is a new merit badge for Camp Alpine being added secondary to survey results from camp last year.
Communications	Sessions 1 or 3	Learn how to “get your message across”, understand the messages others are trying to give, and teach a skill to others.
Cooking	Session 2	All of the requirements for this merit badge can be completed at camp during week 1 except 7. Requirements 4, 6, and 7 cannot be completed at camp during week 2. If you would like to complete this badge at camp bring a note from your unit leader that states you have completed 4, 6, or 7 as appropriate, or you will be given a partial. Some of the other requirements will be done in the troop area as part of regular meal preparation during week 1.
Cycling	Triple Session, 1, 2 & 3 combined (plus all day on Friday)	Experience the thrill of cruising down the trails and roads of the Swiss Alps. This is a very challenging Merit Badge and Scouts will need to be experienced riders and meet all pre-requisites before attempting this badge. Scouts must have completed one 10 mile, one 15 mile and one 25 mile ride before arriving at Camp Alpine. Please bring your own bike or Swiss Francs to rent one locally. You must provide your own helmet. Due to the challenging nature, all participants will require a Class III physical. You will spend three mornings riding on increasingly longer rides, then rest on Thursday before completing a 50 mile ride on Friday that will last the entire day.
Emergency Preparedness	Session 2 or 4	To complete this badge, a Scout must also earn the First Aid Merit Badge. (However, it is not a pre-requisite to take this badge). Eagle-Required
Environmental Science	Double session. Sessions 1 & 2 or 3 & 4	A very difficult badge with lots of different parts. This does require field study time. Kandersteg takes great pride in its work in protecting the environment. Eagle-Required.
First Aid	Session 1 or 3	Eagle-Required. Scouts are required to demonstrate that they are still proficient in all the first aid skills required up to First Class.
Indian Lore	Session 4	A fun badge to earn that has nothing to do with Kandersteg. Please bring about \$25 to purchase materials for this badge from the Trading Post.

Leatherwork	Session 3	Work on leathercraft projects involving tooling, stamping, and lacing. There is lots of information for you to know and share with your counselor. It is advisable to obtain and read the Leatherwork MB Pamphlet. Pamphlets will be available for purchase at the Trading Post. There is a \$10 charge for Leatherworking supplies.
Life Saving	Double Session 1 & 2 combined	Conducted at the Kandersteg municipal pool. Must complete requirement 1 before attempting requirements 2 to 15 (requirement 1 involves most of the aquatic requirements up to First Class). Also must be able to swim 400 yards using the following strokes (min 50 yards each) before starting the badge: front crawl, sidestroke, breaststroke, and elementary backstroke. Scouts participating in this merit badges will have to pay the daily pool fees. The pool is outdoors and is heated! Scouts under 16 years of age pay a daily fee of SFr 4.00, and Scouts 16 and over pay a daily fee of SFr 5.30. Pool fees will be collected during check in. Eagle-Required
Nature	Session 2 & 3	Scouts will explore nature by focusing on plant and animal life throughout the Kandersteg footprint and possibly beyond.
Orienteering	Double session. Sessions 1 & 2	Scout must have his own compass. Lots of work but a great place to work on this badge! Should have basic skills up to First Class before starting this badge.
Photography	Sessions 1 or 2	Learn techniques to improve your picture taking skills and create lasting memories of your Camp Alpine experience. Bring a digital camera with you if possible.
Pioneering	Session 4	Lots of knots, rope work etc. This is not an easy badge at all. Scouts should at least know the 7 basic knots. Leaders should review requirements before permitting scouts to sign up for this badge.
Pulp and Paper	Session 3	Learn all about paper and get a chance to make your own.
Salesmanship	Session 2 & 4	Learn about sales and what it takes to run a trading post. Those who choose to take this Merit Badge will help out the Trading Post Manager with inventory, sales, and marketing.
Soil & Water Conservation	Session 2	Kandersteg is an ecological wonder. Explore how a camp works in a mountain environment and contribute to the conservation in the area.
Swimming	Session 3 & 4	Work on the Swimming Merit Badge in Kandersteg's municipal pool. Always a popular badge for Scouts! Scouts participating in this merit badge will have to pay the daily pool fees. The pool is outdoors and is heated! Scouts under 16 years of age pay a daily fee of SFr 4.00, and Scouts 16 and over pay a daily fee of SFr 5.30. Pool fees will be collected during check in. Eagle-Required.
Tracking	Session 3 & 4	One of four Heritage Merit Badges only offered by the BSA in 2010. Unlike the other three Heritage MBs, this one can be completed at camp.
Weather	Session 1	A great badge to work on. Kandersteg can have all four seasons in a day
Wilderness Survival	Session 2 or 4	A camp favorite...should be a challenge in a mountain environment. (I would bring a plastic tarp to help make my shelter).
Wood Carving	Sessions 1 or 3	During all that "free time", a great way to use knives in a useful manner. Scouts should have a Totin' Chip before starting this merit badge.

Specific merit badge requirements can be found at <http://usscouts.org/usscouts/meritbadges.asp>

Merit Badge Schedule Camp Alpine 2010

Merit Badges Offered During "Blank" Periods and Not Offered During Shaded Periods

Merit Badge	Session 1 0845-1015	Session 2 1030-1200	Session 3 1345-1515	Session 4 1530-1700
Astronomy				
Basketry				
Camping				
Citizenship in the Nation				
Communications				
Cooking				
Cycling	Triple Period with bag lunch			
Emergency Preparedness				
Environmental Science	Double Period		Double Period	
First Aid				
Indian Lore				
Leatherwork				
Life Saving	Double Period			
Nature				
Orienteering	Double Period			
Photography				
Pioneering				
Pulp and Paper				
Salesmanship				
Soil & Water Conservation				
Swimming				
Tracking				
Weather				
Wilderness Survival				
Wood Carving				

The High Adventure Program

The Camp Alpine High Adventure program gives Scouts and Venturers the opportunity to challenge themselves. The program introduces new skills, piques interests, and generates excitement. It instills a sense of adventure and boosts self-confidence and leadership skills for Scouts and Scouters alike. High Adventure Activities are available for all ages of Scouts.

Age & Experience Requirements

Due to the nature of the high adventure activities, there are specific age requirements for each activity. These requirements are either based on BSA standards or KISC policy and are **not negotiable in any circumstances**. The age is based on the age of the Scout on the day of the activity.

Leaders and Scouts also must review the KanderActive 2010 guide for age, clothing requirements, etc. If a Scout shows up for an Alpine hike in tennis shoes and t-shirt with no other clothes with him, he will not be able to go and the money paid will be lost. Besides payment for the activity, the Scout must meet all the requirements. There are no refunds for not knowing the guidelines.

Just because Kandersteg offers an activity, it does not mean that it is acceptable as part of the BSA program. For example, parasailing is not permitted although it is offered as part of the KISC program. Details on Age Appropriate Guidelines can be found at <http://www.scouting.org/boyscouts/resources/18-260/chart.html>.

Additional Costs

The High Adventure program costs are in addition to the normal camp fees. Each activity is priced separately, to include Swiss insurance & transportation fees for some of the hikes and rafting trips, and is subject to change. It should be noted that the costs are estimated and not fixed — they are dependent on the exchange rate and the prices charged for the number of KISC staff members required for the activity. High Adventure fees are paid in full, in Swiss Francs, at check-in. Also, some outside vendors do not set their prices until May 1st. Therefore, costs could change by the time you get to camp. We will do our best to keep unit leaders informed as information becomes available.

Reservations

The demand for the high adventure activities is fairly high.

Camp Alpine has reserved certain activities listed in this Program Guide. You can reserve your slot for those activities on a first come, first served basis until **31 May 2010**, at which time all slots not filled will be turned back to the Kandersteg International Scout Centre.

For all programs & activities other than the ones specifically offered by Camp Alpine in this guide, Tom at Kandersteg will assist your booking up until 15 May 2010. Just because the activity is listed does not mean it is available (it may be booked up). You must book with Kandersteg International Scout Centre (KISC) after arrival and check-in with Camp Alpine. Notification of the Program Director is required for any program booked directly with KISC. This is necessary since we have a requirement to know when any Scouts or leaders are off of camp property. This notification can be

made in the Camp Alpine Camp Management Office.

Remember, all activities are first come, first served until full!

Scouts who do not desire to work on merit badges, participate in FROGS, or participate in the High Adventure program may opt to schedule other activities as explained in the KanderActive 2010 pamphlet. These activities are booked by the unit with notification to the Camp Alpine Program Director. Two-deep leadership requirements must be met. KISC staff can fulfill only one of the two on guided hikes/activities since most KISC Staff Guides are under 21. The unit will be responsible for meeting two-deep leadership requirements but the Camp Alpine staff will facilitate communication between units to share two-deep leadership responsibility.

Route Cards

Route Cards are required for all groups going hiking outside the Camp. The group leader is required to give the route card to a Staff member at the KISC Program Office and check back in upon return. Failure to check back in on time causes the KISC Staff to begin emergency rescue procedures. A false alarm may cause the unit to pay for a mountain rescue team being mobilized.

High Adventure Points to Remember

- **Every** High Adventure participant, including adults, needs the standard new Annual Health and Medical Record Parts A, B, and C (physical examination in the last 12 months). This summer we will only accept this new Health record.
- **A unit may sign up for any KISC activity *except* those which are prohibited by National BSA policy (such as paragliding and canyoning).** Please refer to the “**Guide to Safe Scouting**”, <http://www.scouting.org/HealthandSafety/GSS.aspx>. Two-deep Leadership, Safe Swim Defense and Safety Afloat requirements will be strictly adhered to. Additional information about KISC High Adventure activities is available in the “**KanderActive 2010**” pamphlet.
- Participants will need suitable clothing for High Adventure. This usually means old, durable clothes and sturdy hiking boots. **NO JEANS!** Temperatures can get very low at high elevations, especially at night - bring warm clothes. All necessary equipment such as helmets, personal flotation devices, and climbing gear will be provided. It is always a good idea to take along a towel and a spare set of clothes on most High Adventure activities. You must have all of the items as listed on the High Adventure Personal Equipment Checklist. The KISC Staff will **NOT** allow anyone to participate in an activity that is improperly dressed or equipped – Be Prepared!
- Some High Adventure activities are weather dependent and may be canceled if there is inclement weather. If this happens, the activity will be rescheduled if possible or a refund will be issued by KISC.
- High Adventure hikes are generally at high altitudes on steep trails. Participants should not expect to successfully accomplish these hikes without some prior "working up" to increase strength and stamina and minimize the effects of the reduced oxygen content of the air. Once started, no one can simply "drop out and go back." You must be in good physical condition to enjoy the experience.
- Participation in High Adventure activities may partially meet some merit badge requirements, such as

Hiking.

- High Adventure fees will be collected during unit check-in on Sunday, July 4th. Should you register for an activity, you are obligated to pay for the activity. Refunds are not guaranteed unless KISC cancels an event due to inclement weather or if there are an insufficient number of participants. Refunds may be granted if a cancellation is due to an illness or injury or if our camp or KISC can fill the vacancy. Activities run with an outside company may charge the full price – this is normal in Switzerland.
- All activities must be scheduled in advance with the Program Director no later than 8 June and paid for at initial check-in. Please do not book activities directly with KISC until after 8 June.
- Plan activities by patrol whenever possible and consider age and experience levels.
- Route cards are required for all groups hiking in the backcountry. KISC Staff will take care of Route Cards for guided activities.
- Camping is only allowed in Camp and in Alpine Huts. Primitive camping is forbidden in Switzerland.

High Adventure Program Activities

4-10 July, 2010

The following Adventures have been selected by Camp Alpine, and tentative reservations have been made with Kandersteg International Scouting Centre (KISC). These reservations will be held through 15 May 2010, and then will be turned back to KISC for re-booking. It is important to get your reservations in as soon as possible, because our bookings are limited.

Monday July 5th:

Alpine Cheesery Hike - 15 slots
Gasterntal Hike – 15 slots
Abseiling AM – 12 slots
Beginners Rock Climbing Course - 10 Slots

Tuesday July 6th:

Cheesery Hike - 15 slots
Bunderspitz Hike 7:30 - 15 Slots
Abseiling AM – 12 slots
Beginners Rock Climbing Course - 10 Slots

Wednesday July 7th

Lötschenpass Hike 0730 - 15 slots
Alpine Cheesery Hike - 15 Slots
The Bunderspitz Hike 0730 - 15 Slots
Gasterntal Hike – 15 slots
Doldenhorn Hut Hike – 15 slots
Abseiling AM – 12 slots
Abseiling PM – 12 slots
Beginners Climbing Course Adult – 10 slots
Simme River Rafting AM – 15 slots

Thursday July 8th:

Lötschenpass Hike 0730 - 15 slots
Alpine Cheesery Hike – 15 slots
The Bunderspitz Hike - 15 Slots
Gasterntal Hike - 15 slots
Doldenhorn Hut Hike – 15 slots
Abseiling AM – 12 slots
Abseiling PM – 12 slots
Beginners Rock Climbing Course Adult - 10 Slots
Simme Rafting AM – 15 slots

Friday July 9th:

Lötschenpass Hike 0730 - 15 slots
Alpine Cheesery Hike – 15 slots
Abseiling AM - 12 Slots
Simme River Rafting AM – 15 slots

Scouts signing up for High Adventure Treks can choose 1 trek or as many as 5 treks. We have included a number of activities appropriate to younger Scouts in our offerings for Wednesday and Thursday so that Troops wanting to take their whole Troop on an adventure on their day off may do so. Scouts who are taking Merit Badges or participating in the FROGS program may wish to schedule a High Adventure Activity for their day off, if the Troop isn't planning a special activity.

Descriptions of the selected Activities: Prices may be adjusted slightly after spring/summer season begins.

Alpine Cheesery Hike

Age: 10+, Cost: SFr 9 per person + SFr 5 Insurance, Time: full day, Maximum Number: 15

This is your opportunity to discover how to make cheese Alpine style! The hike gains 700 vertical metres over 12 km. Leaving the Centre at 0730 for a hike of approximately 3 hours up to the Golitchen Alpine Cheesery. A guide will accompany you and the farmer will explain the cheese making process. Bring a cup and bread as you will sample the cheese and milk whilst there. Normally, groups are back by 1600.

Beginners Abseiling (Rappelling)

Age: 10+, Cost: SFr 8 per person + SFr 5 Insurance, Time: Half day, Maximum Number 12

If you would like to try this exciting activity, then why not take part in a session on a rock outcrop on the Campsite. Under the supervision of the KISC Staff you undertake a 4 meters belayed rock climb you will experience the exhilaration of a 10 metre Abseil! This activity is aimed at groups with little or no abseiling experience. This half day activity starts at 0830 or 1430. Please confirm start times.

Lötschenpass Hike

Age: 14+, Cost: SFr 33 per person (includes transport) + SFr 5 Insurance, Time: one full day, Maximum Number: 15. The Lötschenpass glacier provides you with a spectacular introduction to glacier walking. A KISC guide will lead groups over the pass that has been used since Roman times. The hike is about 7 hours walking around 1100 vertical metres height gain over a total of 10 km. You will then drop into the beautiful Lötschental Valley where you will catch a bus and a train arriving back at Kandersteg.

Bunderspitz Hike

Age: 14+, Cost: SFr 15 per person (includes cable car) + SFr 5 Insurance, Time: 0730 full day, Maximum Number: 15. From Kandersteg, take an exciting cable car ride to the Allmenalp valley, where you will experience one of the most exciting hikes that KISC offers. The hike has some beautiful scenery and amazing views over the Alps. A KISC guide will lead you over Bunderspitz (2546 m) and over the Bunderchrinde pass (2385 m). From here, enjoy the scenic descent into the Ueschinen valley and back to Kandersteg.

Gasterntal Hike

Age: 10+, Cost: SFr 15 + SFr 5 Insurance, Time: full day, Maximum Number 15.

The Gastern Valley is one of the most spectacular valleys in Switzerland. Enjoy a guided hike through this beautiful valley and absorb some of amazing scenery. This hike is focused on younger Scouts but is suitable for everyone. You take the bus to Selden and then hike to Heimritx, where you can enjoy views of Kandersteg's snow-capped peaks and ancient glaciers. The hike gains 300 vertical meters and is about 14 km long. The rest of the day is a leisurely cruise down hill to the Centre, passing through a gorge. Groups will arrive at the Center at approximately 17:00.

Rock Climbing Course

Cost: Adults, SFr 35 + SFr 5 Insurance; Time: depart at 0730 and return at 17:30, Maximum Number: 10.

This one-day course is aimed at younger Scouts who want to get out and experience rock climbing at its best. The participants will be introduced to rock climbing, and then instruction will be tailored to the participants' needs and Scouts will gain knowledge about equipment, belaying and climbing knots. The Scouts will be under the constant supervision of the KISC climbing staff.

Simme River Rafting

Age: 12+, Cost: SFr 70 + SFr 5 Insurance, Time: full day, Maximum Number: Flexible.

The Simme offers water sport at its best with a combination of calm passages and rapids. Participants get detailed instructions from contracted rafting guides. Units will need to provide their own transportation or purchase discounted train tickets from the KISC Programme Office for SFr 28 (16 yrs old and over) and SFr 18 (Child). Directions to the meeting point will be provided by the KISC Programme Office. If travelling by your own vehicle, plan to depart at approximately 0830 and return around 1500, if taking the train it departs at 0750 and returns around 1600.

Doldenhorn Hut Hike

Age: 10+, Cost: Free + SFr 5 Insurance, Time: Full Day, Maximum Number: 15

This new hike travels along some spectacular forest paths while providing some great views of Kandersteg. The Doldenhorn hut is situated on a plateau directly below Doldenhorn, a prominent peak high above the Kandersteg valley. You stop at the hut for lunch, and to take in the views of the surrounding peaks and further down the valley and towards Oeschinensee. You then hike down to Kandersteg taking a different route and return to the Centre via the village. This hike gains vertical 700 metres and covers 12 km.

There are a number of other High Adventure Opportunities offered by KISC listed in the *KanderActive 2010* You are welcome to book these adventures directly with the KISC Program Office upon arrival at Camp Alpine. You are free to request any activity listed in the *KanderActive 2010* that is permitted by the *Guide to Safe Scouting*. All units are required to purchase the Swiss Insurance for High Adventure activities.

High Adventure Personal Equipment Checklist

Bring the following items to camp if participating in High Adventure activities:

- o Backpack
- o Sweater and/or jacket
- o Warm clothing (layers)
- o Long pants (NOT jeans)
- o Extra socks
- o Warm hat and gloves
- o Swim trunks
- o Waterproof jacket and trousers
- o Waterproof hiking boots
- o Pocket knife (no sheath knives)
- o Map, compass and whistle
- o Towel
- o Emergency food
- o Sun protection (sun block, hat, neckerchief)
- o Sunglasses and lip balm
- o Water bottles (2 liters)
- o Matches
- o Flashlight & extra batteries
- o First aid kit
- o Money (Swiss Francs)
- o NEW Annual BSA Health & Medical Record

Special Programs at Camp Alpine

One of the unique features to Camp Alpine is that we are a BSA camp in the middle of the most popular international camp in the world. Units are expected to join in with their brother (and sister) Scouts with Kandersteg's unique and colorful evening programs.

Sunday:

International Sports Afternoon (1430) ~ Sports Field

Get together a top-class team, or one for fun, and join in the International Volleyball and Football Tournament. The winning team gets the chance to be beaten by the KISC Staff Team! There will also be Ultimate Frisbee Action, Hacky Sack and Slack lining available.

Pioneering Competition (1900) ~ Sports Field

Pioneering, creativity and teamwork. Teams of up to 8 people are given a task, a time limit and exactly the same amount of equipment. Points are awarded for technique, artistic expression and of course, completing the task. You need to have a basic knowledge of pioneering to succeed.

KISC Light Trail (2000) ~ Chalet

This is a quiet time for the Scouts and Guides staying in Kandersteg to come together in a non-religious, spiritual evening. Following a Light Trail through the forest in small groups, you will read by candle light our messages and discuss them together in your group. The trail will end with you signing our "Hope Board" with your own thought.

Monday:

The International Carnival and BBQ (1830-2100) ~ Chalet

Come and experience an evening of Scouting, friendship, food and fun. We invite you to come and join scouts from all around the world and share in this magical evening. The evening will be packed with games, world scouting displays, BBQ and much more. A display, game and/or food samples must be provided by each group. Wear your uniform or something to represent your country. This is a great way to start your week of International Friendship. Not to be missed! This will be the Monday evening meal and has been included in your camp fee.

Tuesday:

Race with the World (1900) ~ Sports Field

Discover your fellow Scouts and friends from around the world! In your Team you will take part in a number of fun races against Scouts from all over the world. Don't miss this opportunity to see the world from a different angle. Suitable for all ages.

Wednesday:

Wet 'n Wild (1700) ~ Village Pool

Cost: SFr 5 per person

Water volleyball, ping pong, softball and more! Have a great evening at the village pool. Don't want to rush back for dinner? A pool BBQ is available for an additional cost. Appropriate swimming clothing required. Tickets must be booked in advance and picked up at the KISC Programme Office.

Thursday:

Camp Alpine Inter-Troop Campfire (2030) ~ Campfire Circle

Share Camp Alpine's fun and fellowship with our own inter-troop campfire.

Friday:

International Campfire (2000) ~ Campfire Circle

Close out your week at Camp Alpine with a memorable international campfire.

Pool and River Activities

All youth and adults in camp who either wish to use the pool in Fruitigen and/or Kandersteg or are involved in a river activity must take the BSA swim qualification test to determine their swimming ability. We strongly recommend units conduct BSA swim tests prior to attending Camp. Only individuals classified as Swimmers are permitted on river rafting trips. Everyone (youth, adult and staff) is **required** to wear a personal flotation device on river rafting trips.

All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water. The Swimmer's Test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth and with a shallow water footing or a pool or pier edge always within 25 feet of the swimmer.

The various components of each test evaluate the several skills essential to the maximum level of swimming ability. Each step of the test is important and should be followed as listed below:

- **Swimmer's Test:** Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: side stroke, breast stroke, trudgen, or crawl; then swim 25 yards using an easy resting back stroke. The 100 yards must be completed in one swim without and must include at least one sharp turn. After completing the swim, rest by floating for one minute.
- **Beginner's Test:** Jump feet first into water over the head in depth, level off, swim 25 yards on the surface, stop, and turn sharply, resume swimming as before, and return to starting place.

Administration of Swim Classification Test

Swim classification tests conducted at the unit level should be conducted by one of the following council approved resource people: Aquatics Instructor BSA, Aquatics Supervisor BSA, BSA Lifeguard, certified lifeguard, swimming instructor, or swim coach. The results of the test should be recorded on the Unit Swim Classification Record (See Appendix) and brought with the unit leader to camp. When the unit goes to the public swimming facilities, the unit must conduct the activity under the guidelines of the Safe Swim Defense Plan.

Swimming Facilities Available

Fruitigen is a short journey down the valley from Kandersteg. It has a 25-meter indoor swimming pool and in the same building you will also find a café, sauna, and fitness room. Cost is not available at this time; contact KISC Programme Office for more information. Adult leadership must accompany youth.

Kandersteg Village's Open-Air swimming pool features include solar heating, whirlpools, a diving pool, water volleyball operation, water slide and plenty of grassy areas to relax on. Admission prices are SFr 4.00 for Scouts under 16 years of age, and Scouts 16 and over pay a daily fee of SFr 5.30. Tickets can be purchased from the KISC program office if a unit wishes to go swimming as part of a unit activity. Pool tickets for Merit Badge classes will be paid for at check-in for the entire week.

Daily Program Schedule

0630	Reveille (cooks rise at 0600)
0630 – 0800	Breakfast
0815 – 0845	<i>Monday - Friday:</i> Camp Assembly & Morning Colors, followed by KISC Camp Assembly (Flag Break) & Welcome on Monday
0845 – 1015	Program Period 1
1030 – 1200	Program Period 2
1200	Lunch
1230 – 1330	Open Period, Troop Time
1310 – 1340	Daily SPL Meeting
1345 – 1515	Program Period 3
1530 - 1700	Program Period 4
1700 – 1900	Supper (except Monday, International BBQ 1830-2100)
1900 – 2200	<u>Evening Programs</u> Sun - 1430 KISC International Sports Afternoon (Sports Field) Sun - 1900 Pioneering Competition (Sports Field) Sun - 2000 KISC Light Trail (Chalet) Sun - 2000 Camp Alpine Leader's Meeting (Tower) Mon - 1830-2100 KISC International Carnival and BBQ (Chalet) Tues - 1900 KISC Race with the World (Sports Field) Wed - 1700 Wet 'n Wild at Village Pool (SFr 5) Thurs - 2030 Camp Alpine Inter-Troop Campfire (Campfire Circle) Fri – 2000 KISC International Campfire (Campfire Circle)
2200	Taps

Health & Safety

The number one goal of our Camp Alpine Camp Director is that every Scout, Scouter, and Staffer has a safe camp experience. On the following two pages you will find some health and safety guidelines that are in force at camp. In addition to these guidelines we will follow those outlined in *The Guide to Safe Scouting*, National BSA Camp Standards, and those of the Kandersteg International Scout Centre. Safety is a concern for everyone, not just the camp staff, and you are encouraged to take action to correct safety concerns as quickly and as tactfully as possible. Kandersteg is a beautiful area. The mountains, lakes, and rivers all combine to provide a beautiful area and a challenging environment. ***Please do not be fooled by the beautiful scenery. Mountain trails can be steep and slippery; rivers have white water, rocks, and other dangers Scouts and Scouters need to be fit regardless of the age limitations. Know your Scouts and their capabilities and be willing to say “no, you are not ready or fit enough for a strenuous activity”.***

Medicals

Every individual in camp must have the newly required Annual Health and Medical Record medical examination with completed power of attorney. Anyone arriving at camp without a medical examination will have to obtain a medical examination before they can check in. The new BSA medical form can be found under resources at the TAC website. www.tac-bsa.org All medical examinations will be collected and filed in the camp dispensary and returned when you check out of camp.

If you do not arrive with a medical form for every Scout or Scouter, you may end up paying SFr 100+ for a physical upon arrival.

Camp Dispensary & Swiss Medical Treatment

Camp Alpine will have at least two full-time medics on duty. They will be prepared to handle emergencies and provide treatment for most injuries and illnesses associated with camp life. Participants should be prepared to pay up front in Swiss Francs for medical services rendered by one of the two doctors located in the village of Kandersteg. Cases requiring further medical attention will be directed to the Fruitigen Hospital located about 15 minutes from Kandersteg.

Fireguard Equipment

Each unit should bring tools to camp to enable them to set up a unit fire station in accordance with the Unit Fireguard Plan that will be issued to each leader at the Sunday Leaders Meeting. The station should include a shovel, two or more water buckets (kept full at all times), and a fire extinguisher suitable for use on any stoves your unit may bring to camp.

Food Allergies, Allergies, & Special Medical Problems

All individuals, youth and adult alike, who have allergies or special medical problems (e.g. asthma), must be brought to the attention of the camp medical personnel upon check-in. Unit leaders who have individuals with special dietary requirements or food allergies are asked to contact the Camp Director no later than 1 June, 2010 and also upon check-in.

Prescription Medications

All medications *must* be turned in to the Camp Medic during the medical screening which each individual will go through as part of the camp check-in procedure. The Camp Medic will control access to these medications for the safety of all in camp. Those individuals who are required to keep medication, such as inhalers, with them will be allowed to do so, but the Camp Medic must still be notified of the medication during check-in. All medications should also be listed on the individual's medical form. The Camp is not responsible for ensuring that a camper takes his/her medication. It is the responsibility of the camper and his/her unit leader.

Rules and Policies

Adult and Youth Registration

All adults serving in a leadership capacity at camp must be registered as an adult leader with the Boy Scouts of America. We do realize that often times a parent will volunteer to serve as a leader at camp at the last minute. We do need that parent to become a registered member of the Boy Scouts of America. It is for the “parent’s” protection as well as our own. All youth participants must be registered members of a Scout Troop, Venture Crew, or Varsity Scout Team.

Youth and Adults sharing Tents

No youth member in any circumstance may sleep in the same tent as an adult unless the adult is the youth member’s parent.

Youth Protection Issues

Leaders should review the *Guide to Safe Scouting* and must adhere to the rules and regulations. Failure to comply with BSA Youth Protection and Guide to Safe Scouting policies will result in disciplinary action.

Alcoholic Beverages, Non-Prescription Drugs, and Tobacco Use

The Boy Scouts of America prohibits the use of alcoholic beverages and controlled substances at encampments operated by the Boy Scouts of America. Such use by members of the BSA may result in immediate dismissal from camp. Adult leaders should support the attitude that young adults are better off without tobacco. Use of tobacco is limited to designated areas away from youth participants and should not be used in the campsites or activity areas.

Tents, Open Flames, Fires, and Stoves

This is a fairly easy policy: **No open flames in tents.** This ban on open flames in tents includes a ban on the use of matches, candles, kerosene, propane or liquid lanterns and heaters in tents. Lighting in tents is to be provided by battery-powered lanterns or flashlights in tents. It is acceptable to use a lantern under a dining fly. Batteries are fairly expensive in the local shops, so stock up before you leave for camp.

All cooking fires, campfires, and stoves are to be attended while they are burning.

Liquid Fuels

The BSA permits use of liquid fuels only under the direct supervision of a knowledgeable adult. Coleman fuel is difficult to find and is very expensive. US type propane canisters are non-existent. Bring all the fuel you will need to camp. The “blue” propane fuel cans are widely available in the area. **Liquid fuel may never be used as a fire starter!**

Weapons, Knives, Full Size Axes, Fireworks, Firearms & Ammunition

Non-folding sheath knives, throwing stars or martial arts weapons are not allowed at camp. Fireworks of any kind are also prohibited. Personal firearms and ammunition should not be brought to camp unless required by military or law enforcement authorities. Full size axes are not permitted in camp.

Pets

For reasons of safety of animals and campers, as well as owner liability, pets are prohibited. Visually impaired persons may bring guide dogs.

Family Camping

Our camps are not permitted to accept siblings of Scouts or adults staying in the campsite in a non-leadership capacity. (There is flexibility for families desiring to attend the last night at camp and to see the International Campfire before departing for home the next day). Our camp cannot be used as lodging for families wishing to tour the local area while the scouts are attending summer camp.

Emergency Procedures

Camp Alpine will follow the emergency procedures established by KISC. Emergency procedures will be discussed with the camp leadership at the camp leaders meeting on Sunday. It is essential for everyone's safety that every member of your unit fully understands the camp's emergency procedures – their life, your life, or someone else's life could depend on it.

For emergencies in the tent sites or program areas please send a runner to the "Medical Tent", where there should be a medic or nurse on duty. They will be radio-equipped and will be able to contact the Camp Director and other camp leadership. Many of the camp staff will be equipped with radios, and if one is present in your area you may ask them to contact the medics and Camp Director. The Camp Director, Program Director, or Camp Commissioners will provide liaison with the Kandersteg International Scout Centre Staff.

It is important for unit leaders to be aware of where their Scouts are located and their expected return times. If a Scout does not return from an activity when expected please contact the Program Director, Asst Program Director, or Camp Director, so they can initiate appropriate actions. Also make sure any Scouts and Scouters returning from a High Adventure activity or one where they have filed a "Route Card" have checked in with the KISC Program Office. KISC will initiate a lost hiker search for any Scouts and Scouters who are overdue from their trips, and such searches can consume a lot of manpower and time.

Food Service Information

Camp Alpine uses the patrol cooking method, as we believe it is part of the total camp experience. Patrol cooking builds upon the patrol method and helps develop teamwork and leadership. There is no other method that achieves the same ends as the patrol method. We urge you to use it to the fullest extent possible during camp, not just for cooking, but for everything. This will help your unit, your unit leaders, and your Scouts derive the maximum benefit possible from camp.

A separate camp commissary guide will be issued that details the camp commissary operation.

Food for patrol cooking is issued daily by our central commissary. Units will pick up their food issues. Units must bring a sufficient number of **blue freezer blocks** labelled with their unit number that can be frozen along with a cooler to keep perishables. A system has been developed to refreeze your freezing blocks. (**NO PLASTIC BOTTLES**). Food issued on Sunday will include Monday's breakfast and lunch. You will return on Monday to receive dinner and the next day's breakfast and lunch. This process will continue for the duration of camp. Your signal for food issue will be when the "Commissary Flag" is up and flying high. The flag will stay flying until the last unit has picked up its food. Evening snacks are the responsibility of the unit.

Each unit will receive an initial issue of such items as sugar, salt, pepper, cooking oil, bread, butter, and spices. After the initial issue, you will need to notify the Commissary Officer of any items that you need when you pick up your daily food issue. Equally, if you find that you are building up a surplus of food items, please let the Commissary Officer know and return any excess food items.

Vegetarian menus are available but requests should be sent to the Camp Director by **1 June 2010**.

Cooking

Units may choose to cook over fires or bring gas or propane stoves – all are to be used under the supervision of an adult. Fires are permitted in campsites where designated. Be prepared to have a fire off of the ground. Units should procure all liquid and propane fuels before coming to camp. We do not sell them. KISC will provide a barrel but wood must be purchased from the KISC Campsite Office at 5 SFr per barrel. Additional information will be provided at check in.

Check-In Procedures

Check-in for Camp Alpine starts at 1300 on Sunday, July 4, 2010. We ask that you arrive between 1300 and 1500 so that your unit has enough time to set up camp and complete camp in-processing. Check-in will be conducted in the covered area near the entrance to the campsite area just across the street from the Chalet. Vehicles are not permitted in the campsite, so all equipment will be off loaded onto KISC trailers that can be pulled to your campsite. Any unit that need to arrive early due to logistical or religious reasons needs to contact the Camp Director as soon as possible. Reservations and payment of fees will need to be arranged with KISC based on Campground availability.

Once you arrive, you will be greeted by a Camp Alpine Staff member. One leader will go to the registration area with the forms listed below. The other leader and Senior Patrol Leader will be guided to the unit's campsite and depending upon the availability of the trailers, can begin to set up camp with the Scouts. When camp is set up, take the medical forms and the scouts to the First Aid area (you will be shown where) to complete the medical screening process. After you are set up, you can participate in the International Sports event held by KISC starting at 1430.

For the Leader who checks in, please bring the following:

- Any changes to the Unit Attendance Roster previously sent to the Program Director
- Cash or check for balance due for camp fees – USD Currency unless approved by Camp Director
- High Adventure fees in Swiss Francs
- Swimming Pool pass fees
- Merit Badge fees
- Receipts for any camp fees paid
- A list of Scouts/Scouters with special dietary needs and/or allergies, and the nature of those needs (should have been sent to the Camp Director by 1 June)
- FROGS and Merit Badge Roster (to review and make any changes since you sent it to the Program Director)
- Tour Permit number

If you need to arrive before check-in begins, please contact the Camp and Program Director as soon as you know when you will be arriving. If arriving by train, the village runs a bus service from the train station to KISC.

Please note that food service does not start until Sunday evening and that you will not be able to check-in before 1300 on Sunday.

Sunday dinner will be at least partially catered. You will receive your staples and first food issue on Sunday afternoon.

Check-Out Procedures

Check-out from camp starts at 0800 on Saturday and ends at 1000. If you need to leave earlier or later please let us know so that we can make arrangements. Regardless of your actual departure time, you must check out by 1000 on Saturday. There will not be any food service after breakfast or any program activities on Saturday.

When you are ready to clear your campsite, come to the location identified on your camp check-out instruction sheet where one of our staff will come and inspect your site. All of your equipment, to include all trash, must be removed from the campsite. A unit leader and/or Senior Patrol Leader must take the signed check-out form to the tables outside the KISC Campsite Office to turn in the camp evaluations and be issued the camp patches for all participants.

Before departing camp, please be sure to pick up all medical forms, medications, advancement records, camp patches, and powers of attorney.

General Information

Batteries

Batteries are very expensive in Switzerland, so stock up before coming to camp.

Boards of Review

Boards of Review are a unit responsibility. The Camp Staff will not conduct Boards of Review as part of their staff duties.

Camp Telephone and Camp Address

Only emergency calls will be accepted for campers at the KISC reception office. The telephone number is +41-33-675-8282.

Camp Address: Scout's name & Unit Number – TAC/BSA

Kandersteg International Scout Centre
CH-3718 Kandersteg
Switzerland

Send mail prior to camp date for delivery while at camp.

Directions to Kandersteg International Scout Centre

From the North: Travel south on Autobahn 5 direction Basel. Just prior to the Swiss and German borders, there is an Esso Station in Weil Am Rhein. Take the Weil am Rhein exit, turn left at the light, follow this road to the next left turn. Upon turning left, the road will come to a "T" intersection, turn right and follow this road into the village and the Esso will be on your left. This is the last Esso before going into Switzerland. Reverse your directions and return to the Autobahn direction Basel. After crossing the border stay on this Autobahn which is actually N3 direction Bern. Follow the N3 until it changes to N2 direction Bern to N1 to Bern. From Bern take the N6 direction Thun and then follow signs to Fruitigen and Kandersteg. Travel time from Kaiserslautern is about 5 to 6 hours.

From the South: Follow signs to Semitone, Brig, and Visp. Take the car train at Goppenstein (past Visp). Approximate cost is 25 SFr for passenger car.

Purchase a Swiss Road Tax Sticker from ADAC or your host country's Automobile Association before leaving for Switzerland. You can purchase it at the borders but the border guards are curious, so do not give them a reason to stop you and search your vehicle.

Garbage and Recycling

Camp Alpine will follow all recycling procedures used by KISC. Specific procedures will be provided at the Leaders Meeting on Sunday. Thorough sorting of rubbish is essential if we are to avoid additional costs and waste of recyclable material. KISC sorts rubbish into: paper, cardboard, metal, different colors

of glass, and other rubbish (in the bins at the different Toilet blocks). **Please bring a sufficient supply of trash bags to properly sort recyclables and trash.**

Going and Coming While At Camp

Upon check-in at Camp Alpine, you become the responsibility of the camp to know where you are at all times. A sign in/sign out log is located in the Medical Tent. Scouts and adults must use this when leaving and returning to camp, to include all High Adventure Programs. Under no circumstances will a youth member of a unit be allowed to leave the camp without adult supervision. We use the buddy system when leaving the camp. Each unit must have a minimum of two adult leaders (at least one of them of the age of 21) travelling to and from camp, in addition to being in residence at all times, unless cleared with the Camp Director. Tour permits for attendance at camp must include information on the leaders who will attend. All High Adventure Programs must have two-deep adult leadership.

Grocery Stores

Troops may purchase items for snacks or for meals if arriving in advance of camp food service in the villages of Kandersteg and Thun. There are a Co-op and a Kunzi in Kandersteg Village and a larger Carrefour in Thun. Please note that the grocery stores only accept Swiss currency.

Lost and Found

The camp lost and found will be located in the Camp Alpine Office at the Tower. Remind Scouts to have their personal property and clothing **clearly marked** with name and troop number. Please do not take valuables to the swimming pools, showers, or leave them lying unattended in camp. Although not responsible for lost or stolen items, we will make every legal effort to recover and return items to their proper owner. It is also recommended that units check with the KISC Reception office in the Chalet since they also maintain a lost and found. Items turned in to the Camp Alpine office will be sent to the KISC Lost and Found in the Chalet if not claimed after 24 hours.

Money and Spending Money

Swiss currency is required for all transactions except for paying for camper fees. High Adventure fees are required to be paid for in Swiss currency. Camp Alpine Trading Post accepts Dollars, Swiss Franc and Euros although change may be given in US Dollars. Mastercard and Visa are also accepted. ATM and Swiss Banking Services are located in the local village.

Scouts may want to bring an additional \$50 to \$100 for enroute meals, camp T-shirts, camp hats, camp souvenirs, program materials, and other items that can be purchased from the Camp Alpine Trading Post or the KISC Shop. The KISC Shop accepts Swiss Francs, Euros, British Pounds, US Dollars and some credit cards. Camp Alpine does not assume any responsibility for money or equipment lost during camp. Many units set up a “troop bank” to assist their Scouts in stewardship of their money, as well as to provide security.

Neckerchiefs

Kandersteg and Camp Alpine request that Scouts wear a neckerchief at all times, both in town and in camp. It helps to identify who is part of our camp and who might not be. We will sell Camp Alpine Neckerchiefs in our Trading Post, or a Troop or BSA neckerchief may be worn.

Provisional Camping

Camp Alpine does not offer a provisional troop camping program but will work to place provisional scouts with a troop for camp. All Scouts attending camp must attend with two-deep adult leadership. Scouts attending camp with only one adult leader may be placed with a unit with sufficient leadership to meet the requirement. There are no exceptions to the two-deep leadership requirement.

Religious Considerations

A Scout is Reverent. The KISC campsite has a chapel area for the camp which may be used for unit-led worship and serves as a place for meditation. Camp Alpine units are encouraged to participate in the KISC Light Trail on Sunday evening at 2000 hours.

Scout Shop, Kandersteg International Scout Centre

KISC operates a Scout Shop fully stocked with all kinds of “comfort/junk” food as well as distinctive KISC apparel and souvenirs. They accept Swiss Francs, Euros, British Pounds, US Dollars and credit cards.

Trading Post, Camp Alpine

Camp Alpine will operate a Trading Post with BSA items. Camp Alpine Trading Post accepts Dollars, Swiss Francs and Euros although change may be given in US Dollars. Mastercard and Visa are accepted.

Tentage and Camping Equipment

Each unit coming to Camp Alpine must bring its own tents, dining tarps, tables, chairs, cooking equipment, fuels, lanterns, and associated camping gear. Camp Alpine does not provide any of this equipment; KISC may have a limited number of tables and benches available for rent for 5 SFr per day, per set. A set includes a table and two benches. Please see the suggested equipment listing in the Appendix. If you need to rent tables and benches please notify the Program Director as soon as possible with the number of sets required. We will do our best to facilitate reservations but units will be responsible for arranging payment through the KISC Campsite Office prior to departure.

Weather, Rain Gear

When it rains (and maybe it won't this year) at Kandersteg, it rains! The rain produces a real challenge with tons of mud, so you need to plan for it. Campers will need a good rain parka/poncho and we highly recommend and encourage at least one good pair of wet weather boots or overshoes; tennis shoes just don't cut it. You might have to adapt your campsite as well to the mud, so plan accordingly.

Camp Alpine Leader's Guide

Appendices

Troop Pre-Camp Checklist

Camp Roster

Unit Swim Classification Record

Merit Badge and FROGS Sign Up Sheet

High Adventure Sign Up Sheets

Troop & Patrol Equipment Checklist

Personal Equipment Checklist

Scoutmaster's Merit Badge Requirements

Honor Unit Program Requirements

Camp Alpine Troop Pre-Camp Checklist

Request Your Troop Committee To:

- Arrange transportation.
- Collect all fees and forward them to the Transatlantic Council Service Center.
- Visit homes of Scouts not signed up for camp and encourage them to attend.
- Arrange for medical examinations for both Scouts and adults.
- Arrange for a unit swim test where desired.
- File a Transatlantic Council Tour Permit with the Council Service Center.
- Submit the FROGS, Merit Badge, and High Adventure sign-up forms as soon as possible and no later than by 31 May to the Program Director.
- Prepare and distribute a unit summer camp information packet to include information on Camp Alpine and travel plans, medical forms, power of attorneys, parent's itineraries, equipment lists, and program information.

At a Troop Meeting:

- Review the different programs with your Scouts.
- Conduct conferences with your Scouts to enable them to set realistic goals for what they want to do at camp.
- Review the personal equipment list with your Scouts.
- Fill out FROGS, Merit Badge, and High Adventure Sign-Up Forms.

At a Meeting of Your Troop Patrol Leader's Council

- Review troop and patrol equipment lists.
- Review program opportunities.
- Review travel plans.

At A Parent's Meeting Held At Least Two Weeks Prior to Camp:

- Confirm travel plans both to and from camp.
- Check on progress towards medical examinations and follow up on any problems.
- Confirm with parents the activities and merit badges their Scout(s) want to work on.
- Review program opportunities.
- Review general information.

Before Leaving for Camp:

- Make sure you have a completed medical (with power of attorney) for each Scout and adult.
- Prepare the Camp Roster, in two copies (included in this Appendix).
- Make sure you have any receipts received for payment of camp fees and that you have cash or checks for the balance of any registration fees for payment at camp.
- Make sure you have sufficient Swiss currency to pay for all High Adventure Program activities.
- Ensure that a Transatlantic Tour Permit has been filed. You should have the Permit #.

- If you conducted a unit swim test, make sure you bring the completed Unit Swim Classification Record (found in this Appendix) with you.
- Before pulling out of the parking lot to leave for camp make sure that you have everyone that is going, all of the unit's and individual's equipment, and that you have the medical forms (with power of attorney) for each Scout and adult.
- Finally, since you will be crossing a border or two, make sure everyone has their passport.
- Purchase a Swiss Road Tax Sticker from ADAC or your host country's Automobile Association before leaving for Switzerland. You can purchase it at the borders but the border guards are curious, so do not give them a reason to stop you and search your vehicle.

2010

High Adventure Program Sign-Up Sheet

This year, KISC will be coordinating the High Adventure directly with Unit Leadership

Sheet 1 of 2 - E-mail **no later than 15 May 2010** to KISC Program Office; +41 33 675 82 82

Fax. +41 33 675 82 89 E-Mail: reception [at] kisc.ch

And David Van Proosdij, Program Director

Email: dproosdij@googlemail.com

Payment Due in Swiss Francs at Check-In

Please enter the name and date of birth of each person that wishes to sign up for a High Adventure Activity. Enter an "X" under the activities they are interested in participating in.

Unit #	_____	Work Phone:	_____
Unit Contact's Name:	_____	Home Phone:	_____
Address:	_____	E-mail:	_____

Name	Date of Birth	Mon Alpine Cheesery Hike	Mon Gasterntal Hike	Mon Abseiling AM	Mon Beginners Rock Climbing	Tues Cheesery Hike	Tues Bunderspitz Hike	Tues Abseiling AM	Tues Beginners Rock Climbing	Wed Lötchenpass Hike 0730	Wed Alpine Cheesery Hike	Wed Bunderspitz Hike	Wed Simme Rafting	Wed Gasterntal Hike	Wed Doldenhorn Hut Hike	Wed Abseiling AM	Wed Abseiling PM	Wed Beginning Climbing Course
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2010

High Adventure Program Sign-Up Sheet

Sheet 2 of 2

Please enter the name and date of birth of each person that wishes to sign up for a High Adventure Activity. Enter an "X" under the activities they are interested in participating in.

Unit: _____

Name	Date of Birth	Thurs Löttschenpass Hike	Thurs Alpine Cheesery Hike	Thurs Bunderspitz Hike 0730	Thurs Gasterntal Hike	Thurs Doldenhorn Hut Hike	Thurs Abseiling AM	Thurs Abseiling PM	Thurs Climbing Course	Thurs Simme Rafting AM	Fri Löttschenpass Hike 0730	Fri Cheesery Hike	Fri Abseiling AM	Fri Simme Rafting AM	_	_	_	_	_
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Camp Alpine - Troop & Patrol Equipment Checklist

This is a suggested list of what a troop should bring to camp, based on many years of experience:

Suggested Patrol Equipment

- Tents
- Waterproof Ground Cloth for each Tent
- Dining Flys or Trail Tarps
- Patrol Box
- Cooking Kit and Cooking Utensil Kit
- Dutch Oven
- Stoves (Liquid or Propane)
- 2 Water Carriers
- Wash Basins
- Dish Soap & SOS Pads
- Paper Towels
- Tables for eating, cooking, clean up, etc.
- Folding Chairs and/or Stools
- Lantern/Flashlight
- Bow Saw
- Hand Axe
- First Aid Kit
- Fire Buckets or Fire Extinguisher
- Patrol Flag
- Ice Chest or Cooler
- Chemical Ice Packs (two sets – one set to use, one set to freeze, marked with unit number)
- Compass
- Toilet Paper
- Rope & Binder Twine
- Plastic Garbage Can Bags

Suggested Troop Equipment

- Coffee Pot
- Troop First Aid Kit
- Troop Flag
- American Flag
- Shovels
- Fire Extinguishers
- Lanterns
- Pencils & Pens
- Blue Cards <http://tac-bsa.org/bluecard.pdf>
- Lockable Cash Box or Footlocker
- Advancement Chart
- Surprise Awards & Recognition Items
- Pioneering Poles & Rope for Campsite Projects
- Resource Books
- Merit Badge Books
- Soccer Ball or Football
- Frisbee

A Few Notes . . .

- The following items are prohibited so leave them at home: Pets, Fireworks, Rifles, Archery Equipment, Electronic Games, Walkmans, Discmans, ipods, BDU or Camouflage Clothing (prohibited at all BSA functions) , Sheath Knives, Flick Knives or any knives with a blade longer than three inches (all of these knives are prohibited by law and will be confiscated on sight), un-Scout like attitudes.
- Mark all of your equipment with your troop number.
- Remember we are a patrol cooking camp – bring your own cooking equipment.
- Don't forget, tents are not provided – bring your own tentage and sleeping equipment.

Camp Alpine - Personal Equipment Checklist

You should bring the following items to camp:

- Sleeping Bag
- Pillow
- Backpack
- Scout Uniform Shirt, Pants or Shorts, Socks, Belt, Neckerchief & Slide
- Sweater and/or Jacket
- Pants (Enough to last a week)
- Changes of Underwear (Enough to last a week)
- Extra Socks (Enough to last a week)
- Handkerchiefs or Tissues
- Swim Trunks
- Poncho or Rain Gear
- Rain Boots
- Hiking Boots
- Tennis Shoes
- Towel, Wash Cloth, Soap & Shampoo
- Shower Shoes
- Toothbrush & Toothpaste
- Comb and/or Brush
- Toilet Paper
- Laundry Bag
- Non-Aerosol Insect Repellent
- Sun Block
- Canteen
- Mess Kit and Eating Utensils
- Ground Cloth
- Flashlight & Extra Batteries
- Matches
- Pens, Pencils, & Writing Paper (you use these in Merit Badge sessions)
- Wallet & Money (US Dollars, Swiss Currency)
- Pocket Knife (**No Sheath Knives**)
- Military ID Card, if applicable
- Passport
- Medical Examination with Power of Attorney
- If a High Adventure Participant, bring the additional items as listed in this guide detailing the High Adventure Program.
- Scout Handbook
- Sun Glasses (It can be very bright at higher elevations)
- **A Scout-Like Attitude to Have the Best Camping Experience Ever!**

You May Want to Bring the Following to Camp:

- Merit Badge Books for the courses you are taking
- Camera & Film
- Musical Instrument
- Bible, Testament or Prayer Book according to faith
- Reading Books
- Clothes Hangers and/or Clothes Pins
- Extra Eyeglasses (if needed)
- Watch and/or Alarm Clock
- Patches for Trading
- Walking Stick or Stave

The Following Items are prohibited In Camp; Leave them at Home:

- Pets
- Fireworks
- Rifle and/or Archery Equipment
- Electronic Games
- Walkmans or Discmans
- Sheath Knives (Prohibited by Law)
- BDU or Camouflage Clothing, except rain gear
- Alcohol

A Couple of Notes . . .

- Make sure all of your personal items are clearly marked with your name.
- Take a look through the Boy Scout Handbook for more information on gear for camp and for packing tips.

Scoutmaster's Merit Badge Requirements

To earn the Scoutmaster's Merit Badge, a unit leader must complete six of the following ten requirements. Turn in the completed form NLT 1200 on Friday to the Camp Alpine Office. Indicate in the space below each entry what you did to meet the requirement.

Name _____ Unit: _____ Community: _____

- Teach a Merit Badge or assist the FROGS instructor at least one period for 4 days
(Mandatory Requirement)
- Participate in a Conservation Project approved by the Program Director
- Provide transportation to activities on at least two occasions (outside of troop activities)
- Provide leadership on at least one High Adventure activity
- Provide coverage in Medical Tent during meal times (total of 3 hours for the week)
- Must have a current First Aid and CPR certification
- Assist in the Commissary for 3 hours during the week.
- Participate in one of the training programs offered during the week
- Participate in one KISC event other than Monday night BBQ or Friday Campfire
- Have your unit lead a song or cheer during morning assembly
- Other activity as approved ahead of time by the Program Director or Camp Director

Approved: _____, Date: _____
(Program Director)

Honor Unit Program 2010

Unit #: _____ Campsite: _____ Number of Campers: _____

To earn the Honor Unit Award, you must complete all of the starred items and at least three additional requirements. Some requirements need to be initialled by a specific staff member, as indicated.

- * Work on an approved conservation/service project Commissioner _____
- * Participate in campfire program (skit, song, etc) Y or N
- * Attend all morning flag assemblies, on time Y or N
- * Participate in all SPL meetings Program Director _____
- * Scouts participate in at least one KISC activity (does not include BBQ) Y or N
- * Participate in Sunday night leaders meeting Y or N
- * Turn this form into the Camp Alpine Office by 1200 on Friday Y or N

- Achieve campsite inspection score of 90% by end of week Commissioner _____
- Conduct flag ceremony or lead song/cheer Program Director _____
- Patrol method displayed in campsite Y or N
- Conduct one or more troop PLC meetings Y or N
- 75% of Scouts work on advancement in camp Y or N
- Hold a troop or inter-troop campfire Y or N

Missing flag ceremony or SPL meeting on troop activity day is not counted against a unit.

Approved: _____, Date: _____
(Program Director)

Turn in to Camp Alpine Office by Friday at 1200