



STARQUEST

Leader Guide Version 4 (18 FEB 14)

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CAMP ALPINE

29 JUNE - 5 JULY

2014

Kandersteg International Scout Centre
Kandersteg, Switzerland

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STAR QUEST--Camp Alpine

The Best of BSA & International Scouting

An Introduction . . .

Camp Alpine, located at Kandersteg International Scout Centre (KISC) in Kandersteg, Switzerland, is a one-of-a-kind Scout camp with a traditional and international appeal. Please join us as we explore the Swiss Alps and beyond.

This summer we reach for the stars. Star party, Star Trekk, Space Exploration and Astronomy merit badges. Work toward the STEM SUPER NOVA AWARD. Our motto during this week of summer camp will be *“Follow the Stars”*

Transatlantic Council offers options at Camp Alpine to including these programs: traditional BSA merit badge program, a first-year camper program (FROGS—Fundamental Requirements of Good Scouting), and the opportunity for Scouts to fully participate in the KISC program through Kandersteg’s High Adventure and evening programs.

Camp Alpine is a troop and patrol experience where your unit brings all their own tents and equipment for a week of scout camping.

Patrol Cooking Scouts are encouraged to hone and improve their outdoor skills. Each troop and patrol prepares its own meals with 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.

Camp Alpine’s staff is made up of volunteers.

Please read this guide and the Kander Active 2014 Guide you can download from <http://www.kisc.ch/> . You will find all the information you need. But, should you need further information, please contact us:

Melissa Mitchell, Camp Director

Email: melissa.mitchell@scouting.org Tel: +49-151-4664-7484

Melissa is the District Executive for Barbarossa and Charlemagne. Before starting her scouting career in Europe, Melissa had been a volunteer scouter for 23 years. She has directed and staffed camps in five councils including Camp Alpine and Klondike Derby at KISC.

Dick Meijaard, Program Director

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Dick is the District Commissioner for Charlemagne, after joining BSA as a volunteer in 2005 he has not missed a summer camp at Alpine since. After a few years of taking care of the commissary and the bread roles at 6 in the morning, he thought as program director he would be able to get up a little later in the morning. Guess what?

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PREORDER T-SHIRTS

DETAILS SOON!

WED is Troop

Adventure DAY

An Overview of the Camp Alpine Programs

There are many options for troops and crews that attend Camp Alpine:

First Year Camper program (known as FROG, Fundamental Requirements for Outdoor Growth) is a hands-on introduction for new Scouts to work together on outdoor skills necessary to achieve First Class.

Merit badge program is designed to take advantage of the Swiss Alps and Kandersteg area. What a great place to learn about orienteering, wilderness survival, hiking etc.! This year we plug into S.cience, T.echnology, E.gineering, M.ath as well to offer the STEM nova program.

Kandersteg International Scout Center hikes and activities are available for Scouts of all ages. Book our suggested events or plan other age-appropriate high adventure activities listed in the *KanderActive 2014* guide. This guide can be downloaded at <http://www.kisc.ch/programme/> **NOTE:** All fees for KISC high adventure activities are in addition to the camp fee and must be paid in Swiss Francs (US Dollars and Credit Cards can be accepted for a small fee), directly to KISC.

Be aware that some Merit Badges requirements will include parts of activities offered by Kandersteg high adventure program. No harm in climbing the same hill twice; it will be different every time. We only like you to be prepared and not disappointed. To make sure, please read the requirements section in our Camp Alpine Merit Badge program.

Troops also will have a day to explore Kandersteg and the surrounding area on their own. Each troop/crew will have Wednesday to organize its own program. Troops can sign up for programs in this guide, the *KanderActive 2014* 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 FROG program, to participate in age-appropriate high adventure activities.

Kandersteg International Scout Centre (KISC) organized events. We will have an evening to organize **our own campfire on Thursday evening.** The KISC campfire is on Friday evening.

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, the Scout may not finish all merit badges. Likewise, a Scout may participate in the Merit Badge program but make an appointment with the FROG director to complete items for Second and First Class. Again, 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 if they make personal goals for this summer camp experience. However, participating randomly in program opportunities (FROG, Merit Badge, High Adventure) might result in a disappointing collection of loose ends.*

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

FROG Program

The FROG program is a 3-period daily session 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.

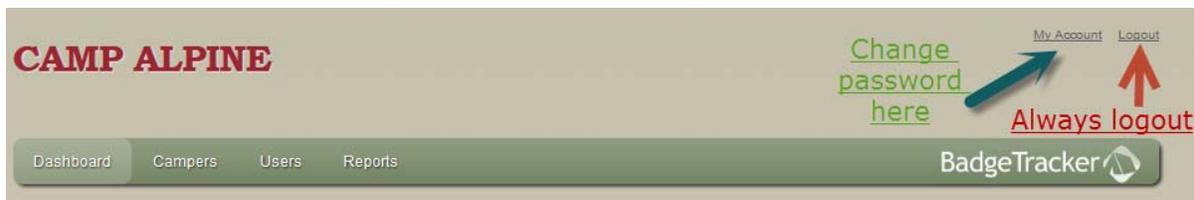
Scoutmasters are asked to screen their Scouts carefully for this program. Scouts who already possess the basic Scout skills may not find the FROG program challenging. We do not want anyone to be bored. Scouts could potentially take FROG for one or more sessions during the day and also schedule a merit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

The Merit Badge Program--Sign-up begins 1 MAR 14

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 2014** using the on-line Merit Badge Sign-up at <http://campalpine.badgetracker.com/login> To sign in you need an username and password. Once you Troop signed up for Alpine you will receive your username and password to log into the system and assign your Scouts to the Merit Badges offered. Once in the system you can change your password.



The system will let you know whether there are slots available for your MB choice or if MB classes are filled. All Merit Badges Classes sign ups are on a first come first served basis. 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, robotics, and environmental science will require multiple sessions.

By signing up for Merit Badges by 1 June 2014, 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 in the last couple of years.

We are offering a record number of Merit Badges this year, as well as more adventurous Merit Badges, where we integrated activities from the KISC High Adventure Program or from the local outdoor companies. If KISC or other activities are mentioned as part of the Merit Badge program, they will be offered without additional charge!

Merit Badges that include third company activities are: Animal Science, Hiking, Geology, Fishing.

MERIT BADGE LIST

Camp Alpine has a volunteer staff and our Merit Badge teachers are the best BSA has to offer. Not only do we select our MB teachers on experience and teaching skills, but we also add a week's training program for staff to provide you with a top quality program. Merit badges listed are tentative, depending on Scouts signing up for the choices offered. If you would like to sign up for a merit badge not listed, please contact the Program Director, Dick Meijaard, and we will try to assemble more participants so a class can be formed.

Merit Badges/Programs Tentatively Offered at Camp Alpine

Merit Badge	Description
Animal Science	Dairy option, of course!
Archery 13+	We offer archery in cooperation with local community! \$5.00 cost
Art	Beautiful scenery to depict!
Astronomy	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. We might have to climb a hill and spend our star gazing party at higher ground to be sure of a clear sky.
Basketry	Learn how to weave 2 baskets and a stool as they have for centuries. Purchase a stool kit (\$10) or borrow one from the camp.
Camping	Eagle-Required. Requirement 9 cannot be completed at camp (although the camping time counts towards the badge).
Chess	Strategy and lots of fun!
Communications	Eagle Required with a STEM and Outdoor emphasis
Composite Materials	STEM focused . . . combine different materials to make stronger structures.
Cooking	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. Eagle required badge
Farm Mechanics	Learn about Farm machinery in rural Switzerland
First Aid	Eagle-Required. Scouts demonstrate proficiency in first aid skills.
Forestry	Explore the complexity of the surrounding forest, discover a variety of trees. A visit to a managed public or private forest area with the forester is included.
FROGS 3-sessions	First-year Camper Program—work on basic Tenderfoot, 2 nd and 1 st Class Skills
Game Design	Will you come up with a new STEM Nova or Galactic game?
Geocaching	Learn the fun of GPS and the sport of geocaching around Camp Alpine.
Geology	At Camp Alpine the rock faces on the surrounding mountains provide fantastic examples of folded rock and illustrate beautifully the powerful forces of nature and geology that brought the Alps into being. We will see fossilized tree trunks at the bottom of the Blausee and the Salt mine in Bex. This merit badge cannot be taught in a better surrounding.
Hiking/Backpacking-3 sessions	With the Bunderspitz (2546 m), the Hockenhorn (3293), the Lotschenpass glacier and the option to do overnight hikes (Ueschinenhutte) in a high Alpine hut Kandersteg is one of the best places in Europe to do the hiking merit badge. Partial requirements are fulfilled through hike in the KISC High Adventure Program. Bring your own equipment and hiking boots.
Life Saving 2-3 Sessions Ages 14+	Eagle-Required. 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. Must be a strong swimmer. Cost: 21 Swiss Francs
Orienteering	The use of map and compass to find locations and plan a journey has been a vital skill for humans for thousands of years. Where could this be more fun than in the stunning surroundings of the mountains of Camp Alpine?
Pioneering	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.
Railroading	Study and then ride a train through the alps Cost: TBD for ticket
Search and Rescue	New to Alpine. Explore an important career field in the Alps
Scouting Heritage	KiSc is a vital part of scouting heritage. In addition the MB offers a visit to the Kandersteg Scouting Museum and has all the ingredients to study scouting history.
Swimming	Eagle-Required. 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 must be swimmers to take this badge. Cost: 21 Swiss Francs
Space Exploration	Reach for the Stars--studying about SPACE!
STEMNOVA SHOOT Session	Focus on working toward Scouting STEM NOVA Award. This year it's SHOOT! http://www.scouting.org/stem/awards/boyscouts.aspx
Sustainability	New Eagle Required MB to debut at Camp Alpine
Wilderness Survival	A camp favorite...should be a challenge in a mountain environment. (Bring a plastic tarp to help make a shelter).
Evening Opportunities	
Intro to Model Design	Build a Space Ship---Prizes to be given
Songs and Skits	Practice with a Director. Get ready to perform at campfire!!
YO-YO Challenge	Will you become the Yoda YO-YO master?
Surprise Events	

*****SCOUTMASTERS AND ADULT LEADERS complete your Scoutmaster Merit Badge by teaching a merit badge for the boys! Let us know where you'd like to help*****

The High Adventure Opportunities

The KISC High Adventure Opportunities give Scouts a chance 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 2014 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, paragliding 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/scoutsources/BoyScouts/Age-AppropriateGuidelines.aspx>

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—the preferred method (US Dollars and Credit Cards can be accepted for a small fee) 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. BOOK EARLY.
Booking opens 1 MARCH

For all programs & activities other than the ones specifically offered by Camp Alpine in this guide, Program at Kandersteg will assist your booking. 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) prior to arrival and check-in with Camp Alpine. Please notify the Camp Alpine Program Director once any program is 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 FROG, or participate in the High Adventure program may opt to schedule other activities as explained in the KanderActive 2014 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 Annual Health and Medical Record Parts A, B, and C (physical examination in the last 12 months).
- 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 2014 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, June 30th. 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.
- 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 June 29th, July 1-5, 2014

Kandersteg International Scout Camp (KISC) would like for you to check out the activities online at <http://www.kisc.ch/> . Scroll to bottom left and click on Kanderactive 2014 to access the booklet. **RESERVATIONS OPEN 1 MARCH.**

The KISC Program Director has changed the procedures from years past to better serve you. They have reserved some staff to be activity guides for our camp dates (Monday through Friday) for High Adventure activities. When they hear from you, they will book the guide for the precise activity you desire. Of course, as always slots are first come, first serve.

Please refer to the Guide to Safe Scouting when choosing age-appropriate and BSA-approved activities. Some favorites in years past include Rock Climbing, Lötschenpass Hike, Simmie River Rafting, Gasterntal Hike, Bunderspitz hike, Beginner Abseiling (Rappelling), and Alpine Cheesery Hike.

Scouts signing up for High Adventure Treks can choose 1 trek or as many as 5 treks. KISC has 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 FROG program may wish to schedule a High Adventure Activity for their day off, if the Troop isn't planning a special activity. The roster with troops scheduled for their Adventure Day Off will be published on our website www.tac-bsa.org/Camps/Camp%20Alpine. Make sure your scoutmasters and people going to camp get this roster before leaving. You also need the roster to make your reservations with KISC for your high adventure day!!!

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

Alpine Cheesery Hike

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

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 10 Insurance, Time: Half day, Maximum Number 8

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 35 per person (includes transport) + SFr 10 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 10 Insurance, Time: 0730 full day, Maximum Number: 10. 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 16 + SFr 10 Insurance, Time: full day, Maximum Number 10. 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

Age: 12+, Cost: SFr 25, Adults, SFr 40+ SFr 10 Insurance; Time: depart at 0730 and return at 17:30, Maximum Number: 12. 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 83 + SFr 10 Insurance, Time: full day, Maximum Number: 40. 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.

Go to these links

[http://www.kisc.ch/?redirect=getfile.php&cmd\[getfile\]\[uid\]=11567](http://www.kisc.ch/?redirect=getfile.php&cmd[getfile][uid]=11567)

Please note that canyoning is not an approved BSA activity. Check GUIDE TO SAFE SCOUTING AS YOU PLAN YOUR DAY with KISC.

There are a number of other High Adventure Opportunities offered by KISC listed in the *KanderActive 2014*. 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 2014* 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:

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

The International Evening and BBQ (1800-2100) ~ Chalet

Come together for dinner at our weekly BBQ outside the Chalet. A great way to meet new friends and also to support Scouting in the developing world! Staff will be on hand to organize games for after you have eaten. In summer 2014 KISC will be supporting the Scouting in East Timor project where your donation goes towards the building of a national Activity Centre.

Monday:

Flag Break and Welcome (0830) Sports Field

International Evening (1900) Sports Field

We invite you to come and join Scouts from all around the world and share in this evening of friendship, food and fun. Each group brings an activity, display or food from their country. Come wearing your uniform or traditional dress. There will also be the opportunity to meet Pinkies, play games from around the world, swap badges and try heat printing.

Tuesday:

Race 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.

Main Hall (2000)

Glaciers, Alps and Avalanches

Wednesday:

TROOP ADVENTURE DAY!!!

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.

Scouts Own (1900)

Campsite Chapel

Astronomy Party location TBD

Thursday:

Camp Alpine Transatlantic Campfire (2030) ~ Campfire Circle

Share Camp Alpine's fun and fellowship with our own Transatlantic campfire.

Astronomy Make-up Party location TBD

Friday:

Human Chess Game NOON

Medieval Pot Luck--Dinner

International Campfire (2000) ~ Campfire Circle

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

SPECIAL OPPORTUNITIES

The Scoutmaster's Merit Badge Program

Camp Alpine will have a Scoutmaster's Merit Badge program again in 2014. 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,. Let us know what you'd like offered! 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.

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
0630 - 0800	Breakfast
0815 - 0830	<i>Monday - Friday: Camp Assembly & Morning Colors, (Monday prior to KISC Camp Assembly)</i>
0845 - 1000	Program Period 1
1015 - 1130	Program Period 2
1130 - 1215	Lunch
1210 - 1230	Daily SPL Meeting
1230 - 1345	Program Period 3
1400 - 1515	Program Period 4
1530 - 1645	Program Period 5
1700 - 1830	Supper prep and eat (except Sunday, International BBQ 1830-2000) and Friday Pot Luck 1800.
1900 - 2200	<u>Evening Programs</u> Sun - 1430 KISC International Sports Afternoon (Sports Field) Sun - 1800 International BBQ (Chalet) Sun - 2000 Opening Campfire and Leader's Meeting (Campfire Circle) Mon - 1900-2100 KISC International Evening Tues - 1900 Race the World (Sports Field) Tues - 2030-2300 Spaceship Building Contest and Astronomy Party Wed - 1900 Scout's Own (Campfire Circle) Thurs - 2030 Camp Alpine Transatlantic Campfire (Campfire Circle) Wed - 2200 Astronomy Party makeup Fri - 2000 International Campfire (Campfire Circle) TAPS
2200	

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 required Annual Health and Medical Record medical examination with A, B, and C completed. Anyone arriving at camp without a medical examination will have to obtain a medical examination before they can check in. The 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.

Prescription Medications

All medications ultimately are the responsibility of the individual and in some cases the Unit Leader. The Camp Medic during the medical screening of each individual will go through as part of the camp check-in procedure which medicines that will be maintained in the medical tent. 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.

Food Allergies, Allergies, & Special Medical Problems

All allergies or special medical problems (e.g. asthma), for all individuals, youth and adult alike, 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, 2014. We need to know the allergies in advance, so we can adjust our food orders to the dietary requirements. On top of that, make sure to mention the allergies in your Troop again upon check-in. Informing us in time is important to make the necessary adjustments to menus.

Fireguard Equipment/Procedures

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. Tents must be marked or tagged with **“No open flames in tents.”**

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 or Venturing Crew.

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. All adults must complete BSA Youth Protection, at myscouting.org

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. Tents must be marked with the phrase **No open flames in tents.**

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!** You may purchase certain fuels from KISC.

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. Extra warning on fireworks: they are some years available on sale in the local supermarket in the village. Possession or use will result in an early return home of your scout, or a costly parental pick-up. 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/cell phone-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 Camp Alpine Program Director, Asst Program Director, or Camp Director, so they can initiate appropriate actions. If they do not return from a high adventure activity, notify the KISC front office and then Camp Alpine staff. 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. (**NOT 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 2014**.

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, June 29th, 2014**. 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)
- FROG and Merit Badge Roster (to review and make any changes since you sent it to the Program Director)
- Tour Plan number if required

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.

If you are arriving at an earlier date or leaving at a later date, please contact KISC Reception (reception@kisc.ch) and notify the Alpine Director (MELISSA.MITCHELL@SCOUTING.ORG)

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.

You will receive your staples and first food issue on Sunday afternoon. However, Sunday dinner will be at the International BBQ.

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, but after your campsite is inspected, please be sure to pick up all medical forms, medications, advancement records, camp patches.

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. 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 most transactions except for paying for camper fees. High Adventure fees are required to be paid for in Swiss currency (US Dollars or Credit Cards can be used for a small fee). 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. Scouts Own is held on Wednesday evening at 19.00 at the Campsite Chapel.

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. Please let us know what items you and your boys would appreciate us having available to you!

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.

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 - 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 Marked/Labelled “No Open Flames in Tent”***
- ***Waterproof Ground Cloth for each Tent***
- ***Dining Flies or Trail Tarps***
- ***Patrol Box***
- ***Cooking Kit and Cooking Utensil Kit***
- ***Dutch Oven***
- ***Stoves***
- ***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*
- *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, MP3 Players, I-pods, BDU or Camouflage Clothing (prohibited at all BSA functions in TAC), 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 (Share talent at camp fire!)*
- *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*
- *MP3 Players or IPods (strongly discouraged)*
- *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 seven of the following twelve 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 or assist a Merit Badge or assist the FROG instructor at least one period for 2 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 Sunday night BBQ or Friday Campfire
- Give an adult staff member a hard time (In good fun)
- Other activity as approved ahead of time by the Program Director or Camp Director
- Drink at least 4 cups of coffee a day
- Bribe a staff member into signing this requirement

Approved: _____, Date: _____
(Program Director)

