

KISC100

Information Booklet

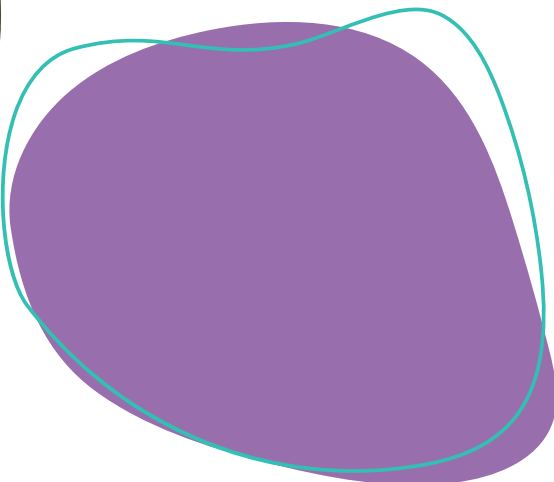


KISC



AUSTRALIAN CONTINGENT

KISC100 Contingent Management Team



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Welcome

The Contingent will arrive into Switzerland on Sunday July 2 and spend the day travelling to KISC and setting up our campsites. Monday July 3 is a rest day to recover and acclimatise. This means recovering from jet-lag, orienting yourself with the campsite and the village, and getting to know the rest of your Unit. Some activities may also start this afternoon, depending on our arrival time.

July 4 – July 11, you'll experience a range of super exciting activities, which we have picked to give you the best taste of what KISC has to offer.

They include:

- Overnight Hike – Various options for all levels of fitness;
- Day Hike / Climbing Course – Various options, depending on fitness and interests;
- Half-Day Activity – Various options listed below;
- Kandersteg Explorer Day – Take the gondola up to the stunning lake Oeschinensee, speed down the mountain on the Rodelbahn. Then head back down to the village to explore some more and finish with a delicious dinner at one of the local restaurants.
- Aare River and Bern – Take the train to Thun, get in an inflatable donut and cruise down the river to the capital city of Bern. The water is crystal clear and the views along the river are spectacular. An afternoon exploring the capital will finish this day off in style.
- Day Trip – A choice of two day trips, both very unique Swiss experiences

These are the core activities that everyone will do, and are all included in your contingent fee. Each individual will also be allocated at least one rest day during our stay...with KISC sitting at 1200m altitude, a rest day is a welcome chance to recharge and make sure you're good to go for the remainder of your activities! In addition to the inclusions above, there may be the option to add extra activities (eg canyoning, rafting etc) to your free days at a later date, subject to individual itineraries and supplier availability. These may involve an extra cost, and info for these activities will be provided later.

On Tuesday July 11 we will begin to pack-up out campsites, getting ready for depart on Wednesday July 12.

Every evening there are also a host of activities run by KISC that all visitors at KISC can participate in together, including their famous international campfire! These activities are done after your daily activities, so you can have fun, celebrate, and share international friendship with hundreds of your new international friends!!

Next Steps for Activities

- Read through all of the activities below to find what you want to do!
- Activity bookings will open in September, using OLEMS (application system). We will let you know when the booking system will be open and how to access and book your activities closer to the date.
- Start thinking about your clothing and equipment by going over our '[What to Bring](#)' list
- Start your fitness preparation! Kandersteg sits at 1200m elevation and most activities extend beyond 2000m above sea level. The terrain can be steep, and the air is noticeably thinner than areas of coastal Australia. Overnight and hike / climb activities need to be selected carefully based on fitness requirements. Activities are ranked on difficulty from 1 (easier) to 5 (difficult, high level of fitness required). Activities rated from 3 to 5 will traverse difficult and uneven terrain, climb to higher altitudes, and require a significant degree of fitness. We recommend that you start training now with regular exercise a few times a week so that you are able to make the most of our time in the Swiss Alps.

If you have any questions, please contact us!



Overnight Hikes

These hikes will stay overnight at either the Ueschinen Hut (1,890m) or Gfellaalp Hut (1,900m). Both of these huts are run by KISC, and trained KISC staff will guide you, along with at least one Leader from our Contingent.



Overnight Ueschinen Hut Hike Difficulty | 2/5

This is an excellent opportunity for younger Scouts to experience a night in a high alpine hut. Use the Allmenalp Cable Car to gain height quickly, then traverse into the Ueschinen Valley with breathtaking views of the village and surrounding area. You will spend the night in the Ueschinen Hut, then the following morning you hike back down to KISC for lunch. Our easiest overnight hike.

Distance: 14km. Height gained: 300m.



Overnight Gfellaalp Hut Hike Difficulty | 3/5

Take a bus to the small village of Selden in the Gastern valley. From here, venture up to the top of the valley, and up towards Gfellaalp in time for dinner. The hike down in the morning takes in the rest of the spectacular Gastertal valley, descending through a gorge with incredible views across Kandersteg and down the Kander Valley.

Distance: 11km. Height gained: 300m.



Overnight Löttschenpass Hike Difficulty | 4/5

This hike provides an introduction to glacier walking and the experience to spend the night at Gfellaalp. The first day you will walk from Kandersteg, along the Gastern Valley and up to Gfellaalp. The second day takes you from Gfellaalp, up and over the Löttschenpass and down to Ferden where the bus and train will take you back to Kandersteg.

Distance: 18km. Height gained: 1500m.



Three Valleys Hike Difficulty | 4/5

A true Alpine hiking experience. You will start after lunch from KISC, hiking up to sleep in KISC's Ueschinen hut. The next day you will get to see three different valleys from different perspectives and reach a maximum altitude of 2,735m. At the end of the hike, we will take the cable car down to KISC.

Distance: 20km. Height gained: 1600m.





Bunderspitz and Three Valleys Combo Hike

Difficulty | 4/5

A combination of two classic hikes! On day 1 complete the Bunderspitz hike, but instead of returning to KISC, spend the night in the Ueschinen Hut. The next morning, set off on the superb Three Valleys Hike.

Distance: 26km. Height gained: 2200m.



Ueschinen Hut Hike and Climb

Difficulty | 3/5

Learn basic climbing skills and spend a night at KISC's mountain hut. This workshop is run at the Centre's Ueschinen Hut in the Ueschinen Valley and is aimed at beginners. You will hike up to the Centre's mountain hut in the afternoon and spend the night there enjoying great scenery. The climbing workshops are held on the next morning before hiking back to the Centre.

Distance: 14km. Height gained: 300m.



Gfellalp Hut Hike and Climb

Difficulty | 3/5

This activity offers an introduction to climbing at KISC's mountain hut Gfellalp. On the first day, hike up to the hut and spend the afternoon climbing. On the second day, enjoy hiking through the beautiful Gasterntal Valley and arrive back to the Centre in time for dinner.

Distance: 11km. Height gained: 300m.



Three Valleys Hike and Climb

Difficulty | 4/5

Practising climbing, sleeping in a hut, seeing three different valleys from different perspectives and reaching a maximum altitude of 2,735 m - 2 days of true alpine experience! Start the morning hiking up to the Ueschinen Hut, where you will have lunch before spending the afternoon rock climbing. The next day you will take off on the amazing Three Valleys Hike.

Distance: 20km. Height gained: 1600m.





Bluemisalp Glacier Tour

Difficulty | 5/5

Hike from Oeschinensee to Blüemisalp Hut (2,840m). Learn the basics of glacier travel as a Swiss Mountain Guide takes you onto the impressive Blüemisalp glacier. The first day, hike unguided to the hut and enjoy a cooked dinner with spectacular views. On the second day, learn about glacier travel and spend the day out on the glacier with a professional Swiss mountain guide before heading back down (unguided) to Kandersteg in the afternoon.

Disclaimer: due to the nature of this activity and the changing environment of the Swiss Alps, the Bluemisalp Glacier Tour may not run as it has been run in the past. Similarly, due to ongoing environmental issues the activity may not run at all during our stay at KISC. If the activity was to go ahead, applicants are asked to understand that the glacier tour is highly popular with limited spaces available, and hence it may be difficult for individuals to secure a spot in the activity. This activity will also incur an additional cost, as yet unknown.

Day Hikes/ Climbs

A single day of hiking or rock climbing above the valley floor. Try to choose an area different to your overnight hike! A trained KISC staff will guide you, along with at least one leader from our Contingent.



Gasterntal Hike

Difficulty | 2/5

This is our easiest guided hike, ideal for younger Scouts. We take the bus to Selden, and from there we head further up the Gasterntal valley where you can enjoy views of Kandersteg's snow-capped peaks and ancient glaciers. The rest of the day is a leisurely walk downhill to the Centre.

Distance: 14km. Height gained: 200m.



Cheesery Hike

Difficulty | 3/5

A traditional and popular KISC hike. This hike will take you up to Golitschenalp where the Cheesery stands. We will learn how the traditional cheesemakers of the valley work and get the chance to try some of the freshly made products. A short but steep hike, with many steps.

Distance: 9km. Height gained: 600m.



Doldenhorn Hut Hike

Difficulty | 3/5

Hike up to one of the very special local huts around Kandersteg, the Doldenhornhütte. Explore the forest on the east face of the valley and hike up and over the tree line. Arrive to a rocky plateau where the hut is situated and enjoy one of the most magnificent views around here. This is a very enjoyable hike and gives you the opportunity to see the stunning scenery of Kandersteg from a different point of view.

Distance: 10km. Height gained: 700m.



Bunderspitz Hike

Difficulty | 3/5

Summit Bunderspitz (over 2,500m) and hike in between the two large valleys of the area. Take a cable car early in the morning and hike up to Bunderspitz. From there, you will have views into the Adelboden area and its magnificent landscape. After a while walking in between both valleys you will start to hike down back to KISC.

Distance: 13km. Height gained: 1500m



Lötschenpass Hike

Difficulty | 4/5

This is the same route as the Overnight Lötschenpass Hike, but you will take the bus from Kandersteg along the Gastern Valley, where the hike begins. The hike passes Gfellalp Hut and across the Lötschen glacier: a spectacular introduction to glacier walking. From the Glacier, you continue further to the Lötschenpass (2,690 m) before dropping into the beautiful Lötschental Valley where you catch a bus and train to bring you back to Kandersteg.

Distance: 10km. Height gained: 1100m.



Winteregg Climbing Course

Difficulty | 3/5

The perfect activity for learning the basics of rock climbing, or for intermediate climbers looking to experience a range of outdoor climbs. The focus is on learning in a challenging and fun environment. The guides will ensure safety and set up climbs tailored to the ability of the group.

Half Day Activities .



Mountain Tubing

Slide down the outrun of the ski jumping hill in a tube and reach up to a high speed of 90 km/h. Get ready for a unique experience in a stunning scenery.



Crate Stacking

The aim is to get as high as possible before they topple over. A great team builder that everyone can join in





Jacobs Ladder

In pairs, scale a giant ladder aiming to help each other get to the top.



Backwoods Workshop

Put your Scouting skills to the test in this workshop and learn some new techniques for surviving in the wilderness. This back to basics workshop is the perfect introduction to fire making, shelter building and how to survive outdoors.



Fuelling the Future

Use your creativity and imagination in this hands-on workshop to learn more about renewable energy and explore how we can reduce our impact to leave this world a better place.



Allmenalp Hike

A gentle walk that takes you through forests up to a high alpine meadow overlooking the beautiful Kander valley. The Allmenalp area has a restaurant and a Cheesery. Difficulty 2/5. Distance: 8km.

Day Activities



Chocolate & Cheese Tour

Spend a day immersing yourself in world famous chocolate, cheese and beautiful scenery.

Take a coach from KISC through the scenic Swiss countryside to the Cailler chocolate factory in Broc where you will learn about how Swiss chocolate is made before you get the chance to taste their signature recipes for yourself! Then travel to the beautiful picturesque village of Gruyère where you will take a tour around the factory which produces the world-famous Gruyère cheese, and enjoy some delicious cheese!



Trümmelbach & Interlaken

Take a step inside Trümmelbach's tunnel passages and be mesmerized by some of Switzerland's most beautiful glacial waterfalls.

Trümmelbach Waterfalls offer a network of walkways inside the mountain to see the breathtaking glacial waterfalls that drain from the glacial walls on the Eiger, Mönch and Jungfrau. From here you will travel to Interlaken where you will get time to explore this beautiful town.



Evening Activities

Evening activities will be held most of the nights at KISC. These activities do not need to be signed up for, and are not compulsory (with the exception of the international campfire).

Sunday



International Sports Afternoon

There will be an international volleyball and football tournament as well as some other sporting challenges to test your skills! A great afternoon of international fun and competition.



International evening

Together with other Scouts, share traditional food, games, dances and culture from your country. Wear your Scout uniform or traditional clothes and prepare a table so everyone can learn something about your country.

Monday



Messenger of peace BBQ

Come together at our weekly BBQ outside the Chalet. A great way to meet new friends and also support Scouting around the world.

Tuesday - Thursday



Kander Challenge

You will navigate between a series of challenges spread around our campsite with your new international friends. You will need creativity and enthusiasm to complete the different challenged with physical, logical, mental and scouting problems.



Light Trail

Follow the trail through the forests with only a torchlight. Be questioned about your position in the world and how we can make a positive impact as global citizens. A spiritual, non-religious, reflective evening.

Wednesday



Rover Campfire Yarn

Learn about the impact of the Scout Movement on a global level, and discover similarities and differences you have with Rovers from other countries.



Swiss Culture Night

Kandersteg village invites you for a unique Swiss evening. Join the locals to enjoy alphorns, yodelling, traditional dances and enjoy their fascinating culture. An excellent way to have great fun and experience Switzerland.

Friday



Summer Campfire

A campfire, where Scouts from all over the World come together to share the fire of the international friendship. Groups are invited to share a skit, song or dance.



FAQs

What defines a small hike pack?

A small pack is between 20-40L.
See the gear list for more details.

Can I opt out of activities?

You must be able to hike, and should only choose activities that you are able to do. If you don't think you are fit enough, then it's important to start training now. It will be worth it!

Do we have rest days?

Yes! There are several rest days throughout the program. Whilst activities are running for the Australian Contingent each individual will be allocated a total of one rest day. Your 'time off' will be allocated either two mornings off, two afternoons off, or one of each. If you are assigned a morning and an afternoon off, these are unlikely to fall on the same day.

Can I decide when my time off is?

Unfortunately, due to scheduling, the rest days are pre-allocated.

Do we need to participate in evening activities?

No, evening activities are not mandatory. However they are highly recommended and will make your time at KISC even more special! See 'Evening Activities' for further details.

Can I bring my own climbing gear if I am doing rock climbing?

KISC will provide all harnesses, helmets, shoes etc for everyone doing a climbing activity. You can bring your own if you want to, but remember that space and weight of your luggage is very limited and other items may be better options!

Are activity bookings first-in-best-dressed?

No, they are not. Once all of your activity selections have been made, we will collate them and forward them to KISC in order to be allocated spots on activities. While not everyone may get their first preference for every activity, we will ensure that activities are fairly distributed between all participants.

What is sleeping in the mountain huts like?

The huts are cozy and warm, but basic, and you will sleep on mattresses in a dorm-style arrangement as space in the huts is limited. You are not permitted to take your sleeping bag due to hygiene reasons, however you can take a sleeping bag liner, and there are plenty of blankets and pillows for your use. The huts are well setup for cold weather!



What to Bring

In the Alps, the weather can change quickly, and participants need to be prepared to camp and hike in rain, hail, shine, and maybe even snow!

Below we have compiled a list of compulsory equipment you will need to bring with you, along with some useful, optional extras that you may wish to pack. The golden rule: bring clothes that you can layer to suit the weather – adding more as it gets colder. Clothes with multiples purposes are great too.

Remember, all of this will need to be placed into ONE bag that weighs no more than 20kg, and can be easily carried by the participant over rough ground for 1-2kms between the train station and the campsite on arrival. Hiking packs would be most suitable as not only will you be carrying your gear to the KISC campsite from the train station, you'll also need it for your overnight hikes in the Alps! You will also have 7kg for hand luggage. We recommend using your hiking day-pack as your on-board carry-on and take on board basic toiletries, a change of clothes and some entertainment for the flight. Make sure you use the full 7kgs.



Compulsory Items

All of these items are essential and compulsory. We want you to be safe, comfortable and well-equipped for all weather and all activities. KISC guides will undertake gear checks before every activity. No gear means no activity – it's that simple.

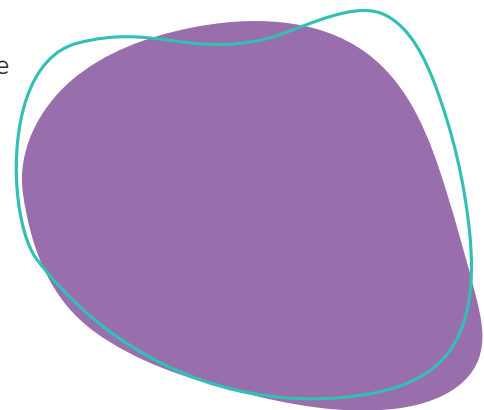
Item	Description
Passport	Almost goes without saying! The CMT will store it safely on arrival. These will be held until our departure from KISC
Hiking boots	Sturdy, comfortable boots that sit above the ankle are essential, every hike run by KISC needs them. Trainers or low-cut hiking shoes without high ankle support will not be allowed on hikes. This is a non-negotiable KISC regulation
Waterproof jacket and pants	These should be waterproof and breathable. No heavy linings, and they must be strong enough to complete activities in. This means thick ski jackets and plastic ponchos are not appropriate – you need to be dry if it rains on activities
Suitable camp clothing	It will range between 13°C - 30°C, so pack for all weather. Warm Weather - t-shirt & shorts Cold Weather – long pants/trousers & jumper, fleece or softshell jacket
Hiking Pants	Comfortable for hiking. Preferably light-weight and quick dry. Jeans are not allowed on hikes
Thermals	A top and a bottom, either polypropylene or wool
Gloves	Fleece or other lightweight gloves, used for cold weather and glacier crossings
Warm hat / beanie	Or even a buff if you prefer
Sun hat / cap	Baseball cap or wide brim hat
Sunglasses	Protect those eyes from the sun and snow-glare
Socks	Comfortable, minimum 4 pairs. Bring some hiking socks
Underwear	As per personal requirements



Item	Description
Sleeping Bag	Down or synthetic, rated to 0 degrees. Will be used for camping, but not during your overnight in the mountain hut
Sleeping Mat	Foam or self-inflating mat. No stretchers
Torch	Head torch or small hand torch
Day Pack	A comfortable, sturdy day pack that can carry spare clothes, waterproofs, water, food for two days, and other essentials. Minimum 25-30L capacity, waist-strap preferable. Recommended as your hand luggage for the flight
Pack Liner / Dry Bags / Pack Cover	Keep your gear dry inside your pack (heavy-duty garbage bags also work), and the pack cover on the outside offers added protection
Water Bottle/s	Water bladder (CamelBak-style) is also acceptable. Minimum two litres capacity
Sun cream and insect repellent	Enough for personal use
Personal Medication and Toiletries.	Everything you need for two weeks, but keep it lightweight. Toothbrush and paste, soap, deodorant, and personal products. This includes any special medication, epipens or asthma inhalers! Please ensure your medication is listed on your profile on the website
Scout Uniform	<ul style="list-style-type: none"> Your Uniform Shirt and International Scarf (provided). Beige/stone coloured pants must be worn with the uniform shirt. You will need to wear a scarf at all times in the village of Kandersteg. You may wish to bring additional scarves to trade with other Scouts
Thongs / Sandals	For wearing in the showers, and at night in mountain huts
Small Personal First Aid Kit	Suitable for minor injuries. KISC and the Contingent has a number of large first aid kits on site, so you don't need anything big
Towel	Large enough for showering. Quick dry fabric is recommended
Swimmers	Bathers for the pool and alpine lakes
Tent	We are yet to confirm the tent requirements with KISC however you the tent you bring will: <ul style="list-style-type: none"> need to be of reasonable quality to last 10 nights be less than 4 kilograms in weight have no extended awnings More information about tents will be provided as soon as possible
Casual Shoes	Sports trainers are handy, for activities and sight-seeing

We are traveling early in Summer, which means that snow and ice is likely to still be on some of the routes (exciting!).


Arms and legs must be covered for these crossings, even in sunshine and good weather. Light-weight long sleeves and long pants (together with the compulsory sunglasses and gloves) would be handy – as well as warm layers if needed.



Optional Items

These are not essential, but are recommended if you have space and should make your life a little easier.



Item	Description
Camera	Don't forget batteries / charger!
Mobile Phones	<p>Some Australian carriers offer international coverage so check with your provider. There is free wifi available at the Chalet and around the campsite office. We recommend you utilise this instead of using international roaming. Further to this - places to charge your electronics are limited and not all are secure - you use them at your own risk.</p> <p>We strongly recommend (and would prefer) limited use of your mobile devices over the trip. You will be in a beautiful country, surrounded by Scouts from around the world for a once in a lifetime experience – KISC only turns 100 once! Be present, make some new friends and soak up every part of it. Please make sure you check the costs of international roaming (including data) before you leave home so you don't suffer from bill shock!</p> <p>The Contingent will have dedicated phone numbers for emergency use, and will be contactable 24/7.</p>
Sleeping Bag Liner	Used when staying overnight in the mountain hut if you do not want to use the supplied blankets (sleeping bags are not allowed in the huts due to health reasons), and also while in the campsite for extra warmth.
Pillow	Must be small enough to fit in your bag
Buff / Bandana	Should be lightweight material, not thick fleece
Swiss Money	<p>It may be useful to have some Swiss Francs for when we land in Switzerland. While your Contingent fee includes camping fees, food, and an activities package, you may wish to purchase extras goodies along the way. Below is a guide to the cost (in Swiss Francs) of some common items:</p> <ul style="list-style-type: none"> • Capuccino, Soft Drink, Ice Cream, approx. CHF 2-5 • Postcard, CHF2; Postage to Australia, CHF1.60 • Souvenirs in the KISC Shop, 2-50CHF
Power Adaptor 	<p>Note there is a difference between Swiss power points and some European adaptors – make sure yours is compatible. Note, there are both two and three pin options available.</p> <p>There will be lockers available for use on the campsite that contain powerpoints for any charging you have to do.</p>
Swap Gear	Bring anything Scouting or 'Aussie' to trade with other Scouts. Scarves and shirts always go well, and they won't have seen many Aussie Scouts before!





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