

# Gear List

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, and don't forget to wash them at least once!

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 at the campsite on arrival. Hiking packs are most suitable as you will be carrying your gear to your campsite, and 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.

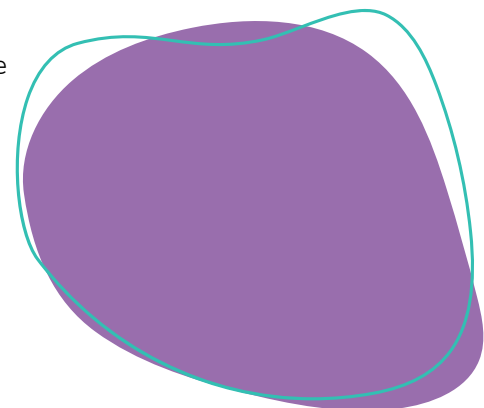
Item	Description
Passport	Almost goes without saying! The CMT will store it safely on arrival. These will be held until our departure from KISC
Hiking boots	Sturdy, comfortable boots that sit above the ankle are essential, every hike run by KISC needs them. Trainers or low-cut hiking shoes without high 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.
Hiking Pants	Warm weather: t-shirt & shorts
Thermals	Cold weather: long pants/trousers & jumper, fleece, or softshell jacket
Gloves	Comfortable for hiking. Preferably light-weight and quick dry. Jeans are not allowed on hikes.
Warm hat / beanie	A top and a bottom, either polypropylene or wool.
Sun hat / cap	Fleece or other lightweight gloves, used for cold weather and glacier crossings.
Sunglasses	Protect your 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 daypack that can carry spare clothes, waterproofs, water, food for two days (we will supply), and other essentials. Minimum 20-40L 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), a pack cover on the outside offers added protection.
Water Bottle/s	Water bladder (CamelBak-style) is also acceptable. Minimum 2 litres total 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 via the website.
Scout Uniform	<ul style="list-style-type: none"> <li>Your Uniform Shirt and International Scarf (provided).</li> <li>Beige/stone coloured pants must be worn with the uniform shirt.</li> <li>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</li> </ul>
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	A personal hike tent is required for each person, which must fit the following parameters: <ul style="list-style-type: none"> <li>It needs to be of reasonable quality to last 10 nights.</li> <li>Be less than 4kg in weight.</li> <li>Have a total footprint less than 3.5m<sup>2</sup></li> <li>Have no awnings extending outside the 3.5m<sup>2</sup> footprint</li> </ul>
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 Wi-Fi 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.</p> <p>The CMT office will have some charging facilities for you to use occasionally (not every day). All items will need to be labelled (including devices, cables, and chargers), and signed in and out.</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	<ul style="list-style-type: none"> <li>It may be useful to have some Swiss Francs for when we land in Switzerland.</li> <li>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: <ul style="list-style-type: none"> <li>Cappuccino, soft drink, ice cream, approx. CHF 2-5</li> <li>Postcard, CHF2; Postage to Australia, CHF1.60</li> <li>Souvenirs in the KISC shop, 2-50CHF</li> </ul> </li> </ul>
Swap Gear	<p>Bring anything Scouting or 'Aussie' to trade with other Scouts. Scarves, shirts, and swap badges always go well, and they may not have seen many Aussie Scouts before!</p> <p>Remember: You must return home in an Australian scarf. You get one to keep and one to swap. Similarly, if you are going to swap or give away your Contingent shirts, wait until after we have done the Contingent photos!</p> <p>DO NOT swap your Scout Uniform.</p>



Item	Description
Power Adaptor 	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.
Sandwich Container	You will be making a packed lunch every day, so a hard sandwich container may be useful to keep your lunch from getting squashed, or a small, insulated bag to keep it fresh.

## Essential Activity Gear Lists

Below you will find a list of the items that must be taken on your activities.

Please be aware that if you do not have the essential equipment listed for your Overnight Hike and Day Hike / Climb, your KISC guides will not allow you to go. This is for your own safety.

### Overnight Hike

- Hiking pack
- Hiking boots with ankle support (no runners)
- Waterproof jacket and waterproof trousers
- Warm clothing - long trousers, fleece, warm hat, and gloves (no jeans)
- Sun protection - sun cream, sunglasses, sun hat
- Water bottle - 2 litres
- Food - Packed lunches x 2 and snacks (we will supply)
- Personal first aid kit & medication (asthma inhalers, etc)
- Optional - Sheet sleeping bag liner (no sleeping bags)
- Optional - Change of clothes, small towel, toiletries etc
- Optional - Torch
- Optional - Spending money

### Day Hike / Climb

- Daypack
- Hiking boots with ankle support (no runners)
- Waterproof jacket and waterproof trousers
- Warm clothing - long trousers, fleece, warm hat, and gloves (no jeans)
- Sun protection - sun cream, sunglasses, sun hat
- Water bottle - 2 litres
- Food - Packed lunch and snacks (we will supply)
- Personal first aid kit & medication (asthma inhalers, etc)
- (Optional) Spending money



## **Aare River and Bern**

- Daypack
- Casual shoes
- Warm clothing
- Waterproof jacket
- Change of clothes
- Sun protection - sun cream, sunglasses, sun hat
- Water bottle - 2 litres
- Food – Packed lunch and snacks (we will supply)
- Personal first aid kit & medication (asthma inhalers, etc)
- Swimmers
- Towel
- (Optional) Spending money

## **Kandersteg Explorer Day**

- Daypack
- Hiking boots with ankle support
- Waterproof jacket and waterproof trousers
- Warm clothing - long trousers, fleece, warm hat, and gloves (no jeans)
- Sun protection - sun cream, sunglasses, sun hat
- Water bottle - 2 litres
- Food - Packed lunch and snacks (we will supply)
- Personal first aid kit & medication (asthma inhalers, etc)
- Swimmers
- Towel
- (Optional) Spending money

