



# KISC 25 INFORMATION BOOKLET

# INTRODUCTION

No doubt you are excited and cannot wait to hit the slopes and enjoy the mountains! For those who have never skied in a resort before, you have an amazing new experience ahead of you. For those more experienced, you too will have an incredible week of skiing and winter activities in a fantastic area.

As with any tour there is much work to do prior to departure, to ensure that all arrangements are made smoothly. We ask you and your parents to keep an eye on your emails for updates and requests of information; the sooner you can supply the Leadership Team with what is needed, the smoother the whole process will be.

With the trip being quite a way off we still have some information to finalise. We will keep everyone updated once all the finer details are finalised.

**PLEASE** ensure all scheduled payments are made on time. The last thing the Leadership Team wants is to be spending time chasing payments rather than working on the organisation of the trip.

We still have some places left on the trip. Both Adult and Youth Member spaces. So spread the word. It would be nice to have a full trip.

The first task is to read this booklet; it outlines what you need to know for the trip. However should you get any queries, please do not hesitate to contact the team at [unit1st@hotmail.com](mailto:unit1st@hotmail.com)

The Leadership Team



## LEADERSHIP TEAM

### Laura Baines

Explorer Scout Leader &  
D of E Supervisor/Assessor

### Jacob Baines

Scout Leader  
Mountain Leader &  
D of E Assessor

### Mike Ward

Cub Scout Leader  
Mountain Leader &  
D of E Assessor

### Christine Peacock

Group Scout Leader

# TRAVEL

We leave Hinckley at 7pm on Friday 14th February 2025. The pick up point will be outside the Hinckley Library on Lancaster Road, Hinckley.

Winson Coaches of Loughborough will be providing our coach travel and two drivers. The coach and drivers will stay with us all week.

Paul S. Winson Coaches is one of the leading coach operators in the East Midlands. They are a member of the Confederation of Passenger Transport (CPT) and one of the few elite members of the Guild of British Coach Operators. The company has remained a wholly owned family run business which is now in its 40th year, providing high quality coach travel throughout Great Britain and Europe, and aims to provide the highest standard that is second to none in all aspects.

We have used Winson Coaches in the past and been very happy with their service.

We plan to travel on a late night Eurostar Crossing.

The planned route is via French Toll Motorways across France through Reims and Nancy to Colmar. We then enter Switzerland at Mulhouse & Basel. We then take the Swiss Motorway system into the Swiss Alps and onwards to Kandersteg. This part of the journey, weather permitting, usually takes around 10 hours.

Everyone needs to be as comfortable as possible during the journey so we have decided not to travel in full uniform. Instead, top garments will consist of a trip hoodies and international neckerchief. A packed breakfast and lunch will be required for the trip.

We leave Kandersteg on Saturday xxx February after breakfast for the return journey and again, weather permitting hope to be back in Hinckley by Midnight.



**Depart 7.00pm  
Friday 14 February 2025**



**Executive Coach Travel**



**Eurotunnel Crossing**



**Wear Comfortable  
Clothing  
& International Necker**



**Packed Breakfast  
& Pack Lunch Required**



## KANDERSTEG

Kandersteg Village – The village is both a year round community and a summer and winter tourist destination, and offers many activities including an outdoor public swimming pool, and in winter an ice rink and curling. Some hotels in the village also have attractions such as minigolf and skittles.

Kandersteg Village is the starting point for three cable cars up into the mountains: the Sunnbüel cable car from the far end of the village which travels up to Stock, the Allmenalp cable car which runs only in the summer and rises almost vertically up the mountain side, and the Oeschinen Gondola which travels from the centre of the village to a station next to the Rodelbahn, from where it is a 15-minute walk to the Oeschinensee Lake (Oeschinensee)

There are a number of small shops in the village, including bakers, a butchers, a cheese shop, and a Co-op supermarket.

There are two banks in the village, both with outside ATMs which work with UK debit and credit cards and can display instructions in English. To minimise bank charges, if asked whether the transaction is to be in Pounds or Swiss Francs, choose Swiss Francs.

Kandersteg Village also hosts a Tourist Office, gift shops (including cuckoo clocks), a post office, and outdoor sports shops (including ski hire in winter). There are of course, also many cafes, restaurants and hotels.

The shops in the village are 20 minutes walk from KISC or a bus ride. There is an hourly bus that runs between the railway station and the Scout Centre which is free with a Kandersteg Guest Card (available from KISC Reception), Ski Pass or when wearing a Scout neckerchief.

### WINTER OUTDOOR ICE RINK



### INDOOR ICE RINK



### CURLING RINK



### MUSEUM



### SLEDGE RUN



### BANK



### POST OFFICE



### GIFT SHOPS



### TEA ROOMS

## KISC

Kandersteg International Scout Centre (KISC) in Switzerland is a World Centre belonging to the World Organization of the Scout Movement (WOSM). Over 3,000 UK Scouts visit Kandersteg each year, taking part in adventurous activities, making international friends and experiencing the unique Kandersteg campfires. Opened in 1923, Baden-Powell intended Kandersteg to be a place where Scouts could experience a 'permanent mini-Jamboree'. KISC combines a campsite and indoor accommodation with programme support and a volunteer staff team from all over the world.

Kandersteg International Scout Centre is situated at 1,200 metres above sea level approximately 40 miles south of Bern, the capital of Switzerland. The Centre is at the southern end of the small, traditional village of Kandersteg and is open both to groups and individuals, Scouts and non-Scouts, throughout the year.

### What you can expect from KISC:

- Memories and friends for life
- Breathtaking alpine scenery
- Service Excellence based on Scout Centre service standards according to our values and principles
- Hard working, helpful and highly motivated team
- Volunteer Staff who always do their best
- Wide range of self-guided or guided activities and programme advice

### What KISC expects from you:

- To follow your Scout Promise & Law
- To inform us of any problems during your stay
- To respect other Groups and our volunteer staff
- To positively represent Scouting, your country and KISC when in the village and travelling in Switzerland

The safety of all Guests and Staff is very important at KISC and so they have a comprehensive safety management system in place. The main safety management document is their Safety Policy.



## ACCOMODATION

The Kanderlodge is a new building sitting on the opposite side of the river to the Old Chalet with more upscale accommodation, particularly suitable for families with small children, solo travellers, couples, small groups and corporate or conference groups looking for more privacy and comfort.

Most rooms are named after Swiss lakes and alpine animals, while some have the names of the groups that sponsored them.

Comfort twin bedrooms, one suite with 6 beds

Bathroom shared between 2 rooms

6 bedroom suite with a private bathroom

Fully equipped kitchen and dining area

Lounge area

Laundry room in the building

Conference room

Free Wi-Fi

Bedding provided, including a towel.

The use of sleeping bags is not allowed.

Beds prepared for guests prior to their arrival.



## CATERING

The Centre has a dining hall that can seat up to 100 people in one sitting, and a kitchen equipped to cook for a maximum of 300 guests per meal. All groups staying with us have the option to choose some or all of their meals to be catered by the Centre.

Meals are served in the Chalet dining hall. The meals are 'canteen' style, with a set main dish and a starter or a dessert. Packed lunches are made at Breakfast and taken away.

We have a full catering kitchen in the Kanderlodge so will take along tea, coffee and squash. Any members attending can use this kitchen should they want to purchase additional food and cook whilst we are away. We will also have storage cupboards for snacks and a large fridge for bottles of pop.

The Centre kitchen facilities are operated by volunteer staff, and they do their best to cater for guests with dietary requirements.

We are planning on booking a Fondue Night during our stay. This will be a great opportunity for everyone to have a taste of some traditional Swiss food.

KISC can cater for the most common dietary requirements such as Vegetarians, Vegans, Gluten, Lactose, Dairy and Nut-free diets. Guests with other special diets can specify their requirements prior to visits. Unfortunately, they are not able to cater for Halal meals, they can offer no pork or vegetarian meals.

While they do their best to cater for the different requirements, they do prepare all the meals in the same kitchen, so cannot guarantee that the meals are 100% allergen free.



# PROGRAMME

## FRIDAY

Depart Hinckley Travel to Kandersteg

## SATURDAY

Arrive Settle In - Tour of KISC & Local Walk

## SUNDAY

Ski Fitting & Ski Day at Oechinesee  
Games Night

## MONDAY

Ski Day at Oechinesee or Stock  
Night Sledging

## TUESDAY

Ski Day Adelboden  
International Campfire

## WEDNESDAY

Ski Day Oechinesee  
Torch Lit Walk

## THURSDAY

Snow Walk/Sledging/Igloo Building  
Bowling

## FRIDAY

Hoh/Bluasse Walk & Snow Survival  
Pack & Chill Night

## SATURDAY

Depart Kandersteg



### ACTIVITY AIMS

Develop self-reliance,  
resilience, independence and  
social interaction



Engage with foreign culture  
such as language, customs,  
currency and more.



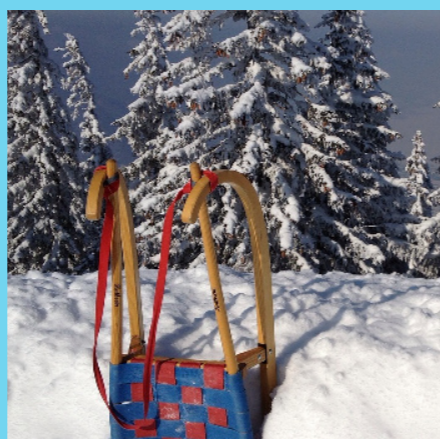
Improve skills and confidence  
in skiing or snow boarding



Broaden Horizons



Have Fun



# EQUIPMENT/KIT

## SKIING

**Layering your clothing is the key to comfort:** Wear layers that can be removed if the day warms up and added if you get chilled. Save by using what you already own: If you're on a budget, existing outdoor clothing can do in a pinch, though it will lack some specific features found on skiwear. Look at places like Aldi and Lidl who do some great ski wear. Also look at ebay and of course ask friends who have been skiing before if they have anything you could borrow.

### **Waterproof and synthetic is a winning combo:**

Jackets, pants, gloves and mittens should be waterproof and have synthetic insulation, a combo that ensures that damp conditions or your own sweat don't compromise warmth. A few might instead be merely water resistant and/or have down insulation, attributes that are fine in dry conditions.

## JACKETS

**3-in-1 design:** Jackets with this feature let you detach the outer shell from the inner insulating layer. You can leave the inner piece in your ski locker on mild days, or leave the outer shell behind if the inner jacket is wind resistant and the skies are a bright blue hue. Traditional jackets are less versatile, but you only have a single garment to worry about.

**Lots of pockets:** Most resort skiers don't carry packs when skiing, so it's nice to have plenty of places to stash essentials.

**Specialized pockets:** Some jackets have a clear sleeve for a lift pass; some might have an inner pocket with a soft liner to hold goggles.

**Powder skirt:** This inner gasket snugs around your waist to prevent snow from creeping inside during a fall; cuff gaskets perform a similar function.

**Specialized hoods:** Some jackets let you remove them; others allow you to adjust them to fit over a helmet.

**Zippered vents:** Pit zips or core vents let you add and adjust ventilation.

## SKI KIT LIST

Rucksack - 20 to 40 litres  
Ski trousers and jacket  
Thermal Base Layer  
Mid Layer  
Ski Gloves  
Helmet Liner  
Ski Socks  
Sun protection & Lip Balm  
Ski Goggles  
Sunglasses  
Water bottle - minimum 2 litres  
Hand Warmers

## WINTER WALKING KIT

Rucksack - 20 to 40 litres  
Warm Walking Trousers  
Thermal Base Layer  
Warm Jumper  
Gloves  
Hat  
Walking Socks  
Sun protection  
Sunglasses  
Foil Survival Blanket  
Water bottle - minimum 2 litres

# EQUIPMENT/KIT

## TROUSERS

**Bib styles:** High in front, these fasten with suspenders; they are a little warmer and less prone to snow getting inside than standard pants. If you like suspenders but not full-on bibs, you can buy those separately. Keep in mind that bibs are fussier to get on and off for bathroom breaks.

**Snow gaiters:** These built-in internal cuff gaskets help seal out snow.

**Thigh vents:** These let you add and adjust ventilation – you can build up a lot of heat when you’re working hard, even on very cold days.

**Reinforced inner ankles:** These patches protect your pant cuffs from sharp metal edges.

## MITTENS GLOVES

**Mittens and gloves:** Mittens group fingers for shared warmth, but gloves offer more dexterity. You might also find hybrid designs that group some fingers together to split the difference.

**Removable liners:** Thin liner gloves can be slipped out when you want to do detailed tasks, or left inside for maximum protection (liner gloves also dry faster when removed).

**Heat-packet pockets:** Sized for you to slip in a handwarmer; these can double as vents on mild days.

**Thumb wipes:** These soft fabric areas let you easily dab your nose or wipe your goggles.

**Goggle squeegee:** This raised rubber strip on the thumb or forefinger works like a wiper blade on your goggles.

**Touch-screen compatibility:** Some gloves feature fingertips that can work with your phone or other touch-screen gadget.

**PLEASE NOTE:** Temperatures in the resort can vary enormously with bright sunshine one minute and snow the next.

## GENERAL KIT

Passport (at least 6 months in date)

GHIC Card

Money

General Clothing for indoors

Plenty of thin layers

Extra waterproof Jacket

Snow Boots

Walking Boots

Indoor Shoes

Gaiters

Extra Gloves

Extra Hat

Torch

Night Wear

Swim Wear (Just in case!)

Toiletries (No Aerosols)

Hair Dryer

Towel

Electric Wall Charger Plug

Mobile Phone

Phone Charger

Camera

Plastic Bag for Dirty Clothing

## Main Case/Bag

Maximum Weight 25kg

Small Bag for the journey



# SKI SAFETY

**Respect for others** - A skier or snowboarder must behave in such a way that he or she does not endanger or prejudice others.

**Control of speed and skiing or snowboarding** - Every skier or snowboarder must move in control. He must adapt the speed and manner of skiing or snowboarding to his personal ability and to the prevailing conditions of terrain, snow and weather as well as to the density of traffic.

**Choice of route** - A skier or snowboarder coming from behind must choose his route in such a way not to endanger skiers or snowboarders ahead

**Overtaking** - A skier or snowboarder may overtake another skier or snowboarder above or below and to the right or to the left provided that he leaves enough space for the overtaken skier or snowboarder to make any voluntary or involuntary movement.

**Entering, starting and moving upwards** - A skier or snowboarder entering a marked run, starting again after stopping or moving upwards on the slopes must look up and down the slopes that he can do so without endangering himself or others.

**Stopping** - Unless absolutely necessary, a skier or snowboarder must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall in such a place, a skier or snowboarder must move and clear the slope as soon as possible.

**Climbing and descending on foot** - A skier or snowboarder either climbing or descending on foot must keep to the side of the slope.

**Respect for signs and markings** - Skiers and snowboarders must respect all signs and markings.

**Assistance** - At accidents, every skier or snowboarder is duty bound to assist.

**Identification** - Every skier or snowboarder and witness, whether a responsible party or not, must exchange names and addresses following an accident.



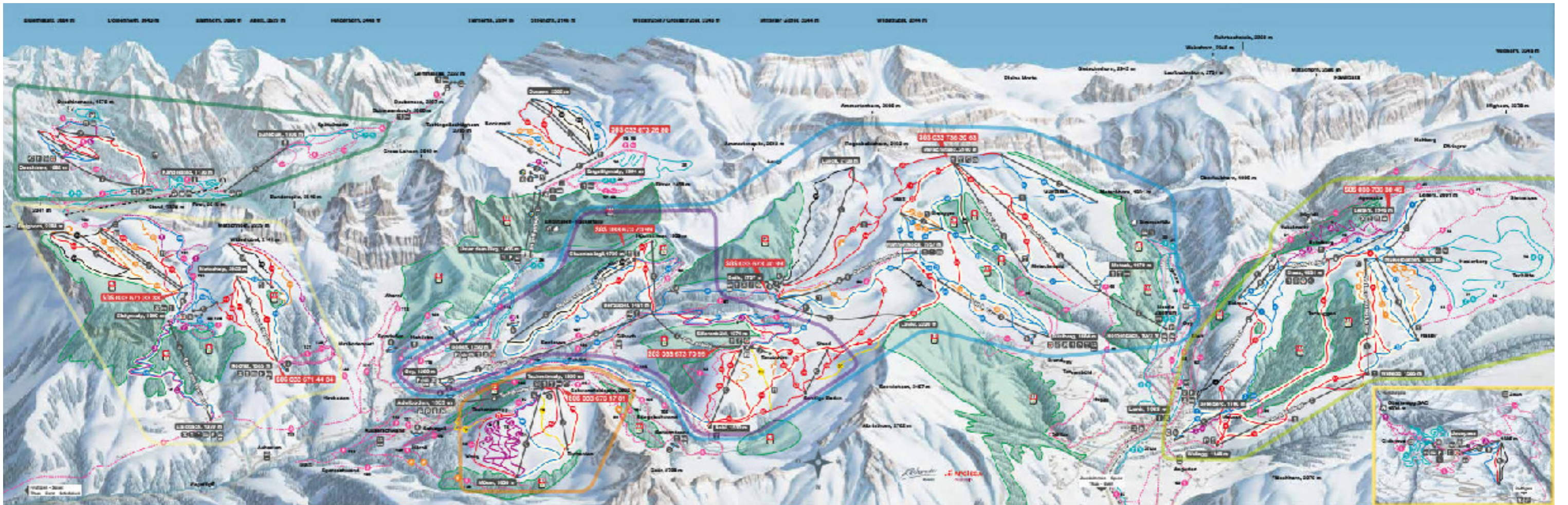
Staying safe on piste is hugely important, not just for yourself, but also for your fellow slope users.

Adhering to the local rules, respecting the conditions and taking note of the terrain around you are great places to start.

In addition, the International Ski Federation (FIS) has developed ‘Rules of Conduct’ that apply to all who use the pistes – regardless of what equipment they’re using.

This ‘highway code’ for the snow helps everyone to stay safe on the slopes, and should be followed at all times.





## EXPECTATIONS

Despite being out of the normal Scouting environment, we still have the same high expectations of conduct and behaviour off and on the slopes for everyone. It is possible to have fun whilst maintaining good levels of behaviour. We aim to leave everyone around us with a positive impression.

We expect everyone to adhere to UK Scouting Policies and Rules and also the rules of KISC.

Behaviour on trips in the past has been generally excellent, with KISC staff commenting on this positively; that is the goal again with this trip.



## POCKET MONEY

The Explorers can take whatever amount of pocket money you wish, but we recommend up to £100. Pocket money should only be required for soft drinks and snacks, presents, ski badges (if required) and souvenirs. We ask that Explorers take swiss francs or euros with them on the trip. Explorers will be responsible for looking after their own money unless the Leadership team is otherwise advised by parents.

## MEDICAL INFORMATION

### Medication, allergies, first aid and emergency procedure

You can be rest assured that we have several medical processes in place to help maximise the welfare of members during the trip. It is imperative that we have the most up to date information regarding any medical issues recorded on OSM prior to the trip. Everyone will receive an email prior to the trip from the OSM site asking them to check their details and update. If there any changes to this information, please inform the Leadership Team immediately.

### Medication and Allergies

Anyone who requires medication or allergy relief for the trip must ensure it is packed in a place where the Leadership Team can access it (i.e. carry on bag). Spare medication may be handed to the dedicated First Aider for the trip for safe keeping. On the medical consent form Explorer Scout parents will have the option to authorise self-administration of 'basic medication' by their child. We will monitor this during the trip.

We ask that anyone who requires an EpiPen brings at least two (preferably three) with them, so they can be distributed between the Leadership Team.

### Emergency Procedure

During a trip of this nature, it is inevitable that at least one member will feel unwell or suffer injury. Whether minor or major, we have developed a robust medical procedure with KISC to ensure that any occurrences are dealt with swiftly and effectively, and communicated with parents as appropriate. All of the Leadership Team are first aid trained

### Emergency Contact

We will be following the Scout Association In-Touch system for emergencies. If you wish to make emergency contact with us during the trip, we will provide you with contact details of the adult in the UK to contact. They will then in turn contact the Leader in charge.

### YOUR WELFARE

Look after yourselves. Give your body sufficient sleep, food, water, sun protection and rest. We will be at a higher altitude than you are used to - this does have an effect on your body. Report to the Leadership Team if you are not happy or feel unwell.



### YOUR BELONGINGS

There is a lot of clothing and equipment to remember. Get into good habits by checking your kit regularly. Help others if they are struggling with this.



### YOUR PUNCTUALITY

Good trips run on good timekeeping. If you are late at a meeting point it makes everyone late. Respect the time of others, and ensure you arrive 5 minutes early.



### YOUR PEERS

Support each other on and off the slopes. Report to the Leadership Team if a fellow member is not happy or is unwell.



### Injury/Illness Minor

First Aid & Supervision

First Aider will Contact home if appropriate

### Injury/Illness Major

First Aid & A trip to the Medical Centre

Further medical assistance if required. There is a Doctors Surgery in the Village and a Hospital at the end of the Valley.

Leader In Charge will Contact Relatives

At no time should Explorer Scouts contact home about medical issues without the permission of the Leadership Team



# INSURANCE

We will be taking out travel insurance for the trip through Unity Insurance Services. As well as medical expenses and repatriation, Unity travel insurance also includes reimbursement for costs for your trip being cancelled, and lost baggage, personal items and cash.

Unity have developed travel insurance policies that are designed to meet your specific needs, whether you are camping in the UK or going on an overseas adventure.

Special features of their Scout Travel Insurance policy unlike many other travel insurance policies, covers all recognised Scouting activities.

If The Scout Association deems it unsuitable to travel to a certain area or country and it was not an official travel ban by the UK Government, Scout members would be safe with the knowledge that the movement would protect them and our Scout travel policy would cover cancellation of their trip.

## WHAT IS COVERED

- Cancellation or curtailment (disruption) to your trip due to circumstances outside your control
- Missed departure
- Supplementary travel and accommodation expenses
- Personal injury
- Hospital stay benefit
- Personal belongings
- Money
- Credit card misuse
- Delayed baggage
- Medical and emergency repatriation expenses
- Loss of passport
- Travel delay
- Piste closure
- Mountain rescue plus

Everyone attending is responsible for their own valuables - such as cameras, phones, watches etc.

## MEDICAL INFORMATION

**Develop self-reliance, resilience, independence and social interaction**



**Engage with foreign culture such as language, customs, currency and more.**



**Improve skills and confidence in skiing or snow boarding**



**Broaden Horizons**



**Have Fun**



# PAPERWORK

Prior to departure the Leadership Team will need to colate a number of documents required by the the Coach Company, NHS, Border Control & Customs, Lancing Insurance and KISC.

## GHIC CARD

UK's new Global Health Insurance Card (GHIC) launched as part of UK-EU deal

Global Health Insurance Card (GHIC) will gradually replace existing European Health Insurance Cards (EHIC)

UK residents will now be able to apply for a UK Global Health Insurance Card (GHIC).

Under Britain's new agreement with the EU, UK residents' rights to emergency and medically necessary healthcare will continue when travelling in the EU. This includes medically necessary treatment for a pre-existing or chronic condition.

Current European Health Insurance Cards (EHIC) are valid as long as they are in date and people can continue to use these when travelling to the EU.

The public only need to apply for their new GHIC when their current EHIC expires. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel.

The new GHIC card is free to obtain from the official GHIC website.

**A hard copy of Passports**



**List of any required medication**



**List of any allergies**



**Lies of any dietary requirements**



**Copy of GHIC Card**



# SKI LESSONS ACKERS

Ackers Adventure an Independent Charitable Limited Company that was established in 2005 to continuously expand on the aims and objectives of The Ackers Trust. The Ackers Trust was set up in 1981 and still continues to protect the site through Ackers Adventure. The objective of Ackers Adventure is to provide access to adventurous activities for the general benefit of initially the local community and then the inhabitants of other areas nationally in charitable ways. Ackers Adventure helps to achieve this providing all people with the opportunity to do dynamic adventurous activities that are fully instructed.

Ackers Adventure have lots of different courses and lessons to suit all needs. They have floodlit synthetic bristle matting slopes available for use throughout the year. The main slope is approximately 100 metres long and incorporates a drag button ski lift. They also have a 30 metre nursery slopes which is exclusively used as a nursery slope for teaching beginner lessons.

## FUNDRAISING

Fundraising allows youth members the ability to feel a sense of pride of ownership with an event or activity. Fundraising creates the awareness in youth members that they are part of a larger group. They find out that this puts a certain responsibility on their shoulders and gives them a sense of empowerment to positively impact that group.

Goal Setting, how to handle money, teamwork and leadership skills are gained when a member takes part in fundraising. We would expect Explorer Scouts to take part in some sort of fundraising towards the cost of their trip.

We will organise some activities but Explorers should also source some fundraising activities themselves.

Monthly payments rather than the scheduled payments can be arranged if required.

**KETTERING CAMP  
September 2023**



**KETTERING CAMP  
September 2024**



**TRIP RAFFLE**



**CLOTHING RECYCLING**



**SPONSORSHIP**

