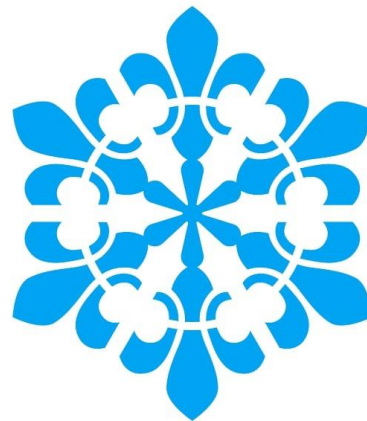


KANDERSTEG 2025 - GROUP LEADERS' HANDBOOK

Issue 1.3 – June 2025





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ABOUT THE HANDBOOK

This handbook is intended to bring together, in one place, all the information that you will need to know as a Group Leader as part of the GLMW Kandersteg 2025 Expedition. We've tried to anticipate many of the questions you'll have - and answered them in a handy A to Z list.

Of course, there'll be a few that we've missed – so please don't hesitate to visit the Expedition Helpdesk in the Sunneblick or come and grab one of the organising team for more help if you need it. Have a great time and we hope that this little handbook helps you along the way.

Schedules for every group and every day will vary, but quiet time on the campsite must be adhered to: 22.30 each night until 07.30 the next morning.

Contact number for Expedition Helpdesk:

+44 7354 693 411



KISC & EXPEDITION HQ

Expedition Headquarters

The Expedition Headquarters is in the Sunneblick next to the Chalet. It includes:

- Expedition Helpdesk—open 07:00 to 19:00 every day
- Leader tea & coffee—also available 07:00 to 19:00 every day
- Staff Catering

Every participant will be given a wristband with the contact number for the Expedition Helpdesk on. This number will be answered 24 hours a day from Friday 8 August to Monday 25 August.

Contact number for Expedition Helpdesk:

+44 7354 693 411

During the Expedition there will be a Duty Expedition Leader who will rotate every 24 hours; this role will be shared between Richard Williams, Nigel Coopey and Phil Power. The Duty Expedition Leader will be supported by an assistant each day as well as by staff team leaders.

KISC Headquarters

The International team of staff that run Kandersteg International Scout Centre (KISC) are headquartered in the Chalet. Here there are facilities for all guests, including:

- KISC reception – open for programme and general information. Reception is open every day from 08:00 to 12:00 and 14:00 to 20:00
- Coffee Bar, at the entrance, with drinks machines and wireless internet. There are also lockers for rent that can be used for mobile phone and battery charging.
- A shop that sells souvenirs, sweets, ice cream, postcards/stamps and a few essential items like toiletries and batteries.
- There is also a shop at the entrance to the campsite selling souvenirs, sweets, ice creams and a few essential items. The campsite office (open 08.30 – 11.30 and 14.00 – 17.30) in the same location is where gas and firewood can be purchased.



SAFETY & EMERGENCIES

Although everything possible is done both in Scouting and at KISC to encourage safety, accidents and emergencies may happen. Here is a quick guide to handling emergencies whilst on the expedition. Further information will be included in your group's risk assessment so please ensure all your leaders are familiar with this.

Before you go

Risk assessment

As with any Scouting activity, a risk assessment for your group must be carried out in advance of the expedition. Group Leaders must risk assess activities they lead (e.g. a hike or visit to the village), all aspects of camping, cooking, moving equipment and bags, free time, and travel.

Any activities led by KISC or one of their suppliers do not need to be separately risk assessed by Group Leaders but travel to these activities (e.g. the walk or train journey to the start point) and supervision of any members not participating in the activity at any stage must be risk assessed.

Health related matters must be considered, including hot, cold, damp, food poisoning, personal wellbeing and insect/tick bites. Any activities the expedition team organise (e.g. the opening ceremony) will be risk assessed by the team and copies made available to Group Leaders.

Group Leaders must also consider procedures for stopping any activity they feel is unsafe, and how to manage the situation of a lost young person or adult.

Mandatory training

All leaders working with young people must have completed their Growing Roots training prior to the expedition, including the updated Safety Training. All leaders working with young people must also have up to date First Response training.

The Leader-in-charge of each Group must also have a Nights Away permit (campsite).

Medical details and copies of documents

Knowing any medical conditions, allergies or current treatments and medications of everyone in your group (both young people and leaders) is vital and you must have these readily available if you need to visit the doctor or hospital. Multiple photocopies of key documents (including passports, visas and GHIC cards) are invaluable if any of the original documents get mislaid. The expedition organising team will NOT be holding copies of passports, visas and GHIC cards for your Group.

Mobile phones

These make handling emergencies much easier and coverage (including data) in Kandersteg is good. Although many UK mobile phones can work in Switzerland, using them may incur extra costs and they may need to be specifically enabled.



During your visit

Key safety points during activities

- Do – consider any additional needs of those taking part.
- Do – review an activity if conditions or equipment change significantly, including creating or updating relevant risk assessments and checking them with the Duty Expedition Leader.
- Do - be prepared to deal with accidents (have a first aid kit and relevant emergency contact details).
- Don't – be afraid to stop or alter an activity being run by you, another leader or KISC staff if you think it is unsafe or not following the risk assessment controls.
- Don't – put your needs above those of young people. Ensure activities are appropriate for the young people involved.
- Don't – ignore concerns expressed by adults or young people.
- Don't – assume that someone else is managing safety – always check.

Key safety points in the event of an incident

- Do – keep a record of actions and communications, including details of others who may have seen what happened.
- Do – keep calm and ask for support where needed.
- Do – refer all news media to the UK Scouts Duty Media Officer by contacting the Expedition Helpdesk in the Sunneblick.
- Don't – make any admission of liability.
- Don't – initiate contact with the news media.
- Don't – try to handle things on your own.

In an Emergency at KISC

The first point of contact for any emergency should be KISC Reception in the Chalet. KISC staff are available 24 hours a day. If the reception is closed and no-one is around, then follow the instructions next to reception, or ring the centre telephone number.

In an Emergency away from KISC

If an emergency occurs when groups are away from KISC then Group Leaders must deal with the immediate situation and alert the emergency services if necessary. Relevant emergency numbers in Switzerland are: Police (117), Fire (114), Medical/Ambulance (144), Mountain Rescue (1414). The international emergency number 112 also works in Switzerland.

Once an emergency is under control, Group Leaders must inform the Duty Expedition Leader via the Expedition Helpdesk in the Sunneblick.



Informing UK Scout Headquarters and Unity Insurance

If any incident involves the loss of life, near loss of life or collapse of a structure these are classed as critical incidents which must be notified immediately to UK Scout Headquarters. After taking the necessary actions to deal with the emergency the Group Leader must contact the Duty Expedition Leader immediately, via the Expedition Helpdesk in the Sunneblick, and they will contact UK Scout Headquarters.

If someone suffers a personal injury or illness requiring a doctor, nurse, paramedic/ambulance, dentist or hospital; someone requires the use of an emergency service rescue; or third-party property is damaged then UK Scout Headquarters also need to be informed. These situations will almost certainly also give rise to a travel insurance claim.

The Group Leader MUST contact the Expedition Helpdesk in the Sunneblick as soon as possible and they will then issue you with a Scout Association Accident Report Form and an insurance claim form, both of which must be completed and returned.

Near misses

UK Scout Headquarters would also like to hear about any situations that could have led to injury, illness or damage. This is especially important where the issue relates to equipment or the process followed and helps to improve the advice and information they give to the movement and prevent future incidents. Near misses can be reported at scouts.org.uk/nearmiss

Lost passports

If someone loses a passport, you will need to report this to the local police. Emergency travel documents for UK passport holders will require a visit to the British Embassy in Bern. Group Leaders should contact the Expedition Helpdesk in the Sunneblick for assistance.

First Aid & Medical

Every adult joining the expedition with a group of young people must have up to date First Response training. Each group must provide their own first aid equipment throughout the expedition when they are on and off site. For staff, there will be a first aider available in the Sunneblick (X) who will provide first aid for all staff.

Doctor's appointments

There are very good local doctors' surgeries in Kandersteg village. They are similar to a minor injuries unit at a small UK hospital and able to handle many accidents directly, but appointments must be booked via KISC Reception. If it is urgent, KISC Reception can get a Doctor to come to the Centre - day or night. You will need to pay for treatment at the time and then reclaim through the travel insurance.

Hospital in Frutigen

From the Centre the nearest hospital is in Frutigen - about a 20-minute drive or one stop on the train. We may be able to provide support and assistance for those travelling to the hospital and leaders visiting in-patients. You may need to pay for treatment at the time, including for overnight stays, or the hospital may contact your insurance company directly to arrange payment. GHIC cards may also cover some of the treatment costs at the hospital.



Medication

Please note that we will have the ability to store medicine that requires refrigeration in the Sunneblick, but the administration of drugs will remain the responsibility of group leaders. The Doctor in the village, in emergencies, will be able to help with matters relating to medication. There is also a Pharmacy in the village.

IN TOUCH

The In Touch system will be used during the expedition.

1. How Leaders will communicate with parents

The leader-in-charge of each Group must put an InTouch system in place before the expedition. This will describe how communication will take place between the Group's Leaders, young people, parents and carers, and District at-home contacts.

Group leaders must collect and hold sufficient additional information to ensure the safety and wellbeing of their group members, as well as dealing with any emergencies. This should include details of next of kin (and how to contact them), medical and medication information, and accessibility needs.

Copies of this information must be held by Group Leaders when in Kandersteg, as well as by the group's home contact. In the event that a next of kin needs to be contacted individually this should be done by the Group Leader (with support from the Expedition Helpdesk if required).

In the event that you need to contact all parents in a group at the same time, the InTouch system should include a home contact who can use e-mail, text messages and voice messages, depending on the urgency of the message.

2. How parents will communicate with the leaders in emergency

As part of your InTouch system, parents and carers should be provided with the following e-mail and phone contact details and told to make contact in the following order:

- Your Group's home contact
- Group Leader and other Leader's mobile phone numbers
- Kandersteg International Scout Centre, CH - 3718 Kandersteg, Switzerland
 - T: +41 33 675 82 82 E: reception@kisc.ch
- Expedition Helpdesk: +44 7354 693 411

For emergency communication, parents should be asked to contact the numbers listed above and **NOT THE YOUNG PERSON DIRECTLY**. You can then ensure that you either get the young person to call back or pass on the message in a controlled way and at the appropriate time. It may be appropriate for parents to deliver a message at the end of the expedition in person rather than over the phone during the event.



3. How participants and parents will communicate routinely

For non-emergency communication, you may decide that participants and parents can contact each other directly. Participants may have access to a mobile phone (or a friend's phone), and KISC has wireless internet available (see KISC Headquarters section). Parents will be able to contact young people via their mobile phones, your Group home contact or the Group Leader.

Parents, participants and leaders should agree on a case-by-case basis how public examination results will be communicated. The expedition team can arrange for a quiet space for young people to take phone calls or access email/online portals. Group Leaders should consider how to provide emotional support. Relevant dates are:

- A'Level results are published on Thursday 14th August,
- GCSE results are published on Thursday 21st August.

4. Communication between the Expedition Team and District Lead Volunteers (DLVs) in the event of a serious incident

In the event of a serious incident during the expedition the Duty Expedition Leader and the Group Leader will contact the relevant District contact(s) to update them on the incident. Details of each Group's home contact and District contact (and individual next of kin details for Staff Members) will be held by the Expedition's home contact.

The Expedition's home contact will support Group home contacts and their District contact in the event of a serious incident. As a significant number of the County Team and members of District Teams are present during the expedition, please check with your District Lead Volunteer who is the designated District contact for the duration of the expedition.

The contact details for the Expedition's home contact are:

John Arnold

+44 7802 881 535

jarnold@chalfont.org



TRAVEL & TRANSPORT

Transport of Equipment

There will be two trucks carrying equipment to Switzerland, both personal bags and group camping equipment. Every item of equipment sent on either truck must be clearly labelled so that it can be easily sorted. Each group will be allocated a colour to assist with the sorting of their equipment: blue, green, red, yellow, orange, purple, pink, black or white. Each participant will be issued with luggage labels in the right colour for their personal bag. Labels for group equipment must be the right colour and clearly show your group number.

Delivery of equipment: All equipment, both personal and group, must be delivered to the BAA Central Logistics Centre (CLC) on Colnbrook by-pass, Colnbrook, SL3 0EB on **Sunday 03 August at your allotted time**. We will ask for the registration number of the vehicles delivering your baggage in advance, for clearance at the security point. You will be supplied with an excel template form for group equipment and another for personal bags to complete for Customs purposes. A single completed excel template return is required for each group's kit, and one file for every person putting a personal bag on the lorry. We require these to be emailed to **David Carlen by Sunday 27 July**. When delivering to the warehouse, personal kit must be kept separate from group kit. **Without the completed forms we cannot account equipment for transporting.**

Collection of Kit: All kit must be collected from the BAA Central Logistics Centre (CLC) on Colnbrook by-pass, Colnbrook, SL3 on **Sunday 24 August**, time to be advised but expected to be early afternoon.

Please keep the number of vehicles to a minimum at the BAA Central Logistics Centre (CLC). Remember that this is a large, privately owned warehouse facility and all rules must be followed. BAA will not accept any responsibility for any damage that may be caused to your vehicles or equipment.

Group Equipment

Group equipment must be labelled clearly with your group reference number and showing the total number of items (for example K20 1 of 15). We cannot guarantee to cover the contents of the group camping equipment truck with anything other than tarpaulins or plastic sheets when it is unloaded at Kandersteg (the day before you arrive) so please make sure that anything that needs to be protected from any wet weather is well wrapped and packed.

Each of the groups who are CAMPING may send the equivalent volume of 0.12 m³ and 32kg mass of equipment per person camping – total amounts have been issued to Group Leaders. The groups staying indoors may send 1.0m³ in total. Any boxes/containers used for group camping equipment must each weigh NO MORE than 32kg so they can be lifted by two people. The Group Equipment Form will capture the information customs require.

There are important restrictions as to items that cannot be carried on the lorries:

No food — no fuel — no gas bottles — no alcohol — no flammable liquids – no rechargeable batteries (of any size) – no equipment that contains built in batteries – no tobacco – no aerosols (including deodorant)



Personal Kit

Personal kit must have the baggage tag provided by the expedition team attached, please make sure these are securely attached to bags ideally with cable ties. Each participant may send the equivalent of a 90-litre rucksack on the truck (which is about 75 x 40 x 30 cm). Personal kit is insured up to the value of £400 per passenger. Valuable items should be kept with participants when travelling, and any batteries must be packed in hand luggage (subject to airline restrictions).

No individual separate forms are required for personal equipment – a standard manifest will be created for all the personal bags on the lorry.

Packing: Please encourage careful packing of personal kit and avoid attaching items to the outside of rucksacks as they may become detached. We will not accept black bin bags or similar for any transport. If you can obtain plastic crates for personal kit that would be helpful. Plastic zipped laundry bags are also useful as items tend to slip out of the pockets of many rucksacks. Please check that all rucksack pockets are fully closed. Bags do get turned upside down and things do fall out.

Travel by air

All groups and staff members will have received details of their flights indicating the flight times and when they will be leaving the site for the return journey. All flights depart from either London City or Heathrow. Flights will arrive at either Zurich, Basel or Geneva. All flights are hand luggage only.

Items prohibited from aircraft

For safety reasons, certain items cannot be taken onto an aircraft as hand luggage. Please refer to the relevant airlines' information about restrictions: [Swiss](#), [Lufthansa](#), [KLM](#), [Air France](#).

Liquids

The rules around taking no more than 100ml of liquids as hand luggage are changing and being implemented to different timescales depending on the airport. Restrictions can apply to all liquids including: bottled drinks, suntan lotion, fragrances, cosmetics and toiletries. Please check the rules for the airports you are using: [Heathrow](#), [London City](#), [Geneva](#), [Basel](#), [Zurich](#), [Amsterdam](#), [Munch](#), [Frankfurt](#), [Paris](#).

Liquid medicines: You may be asked to taste medicines, open them for airport security and provide evidence that you need them (for example a doctor's note or prescription).

Transfer by coach

From the airport you will be travelling to Kandersteg by coach. The details of the coach will be provided to your Group Leader, and you may be sharing with another group. There will be members of the Expedition Staff Team at Zurich and Geneva to help you find the coach.

The journey from the airport to Kandersteg will take around three hours.



FOOD

Collection of food

We will supply everything you have pre-ordered through the food app. All food* will be distributed from the Food Marquee near the Chalet between 15:00 – 18:00, this will include dinner for the given day and breakfast/lunch for the following day. If your food is being distributed with another Group's, then don't forget to agree who's getting it and when!

*Fresh bread rolls for lunches will be available for collection from the Marquee from 6:00 on the day. This provision is to be confirmed.

Breakfast

All breakfasts are Continental style with bread, a selection of meats and cheese, jam, orange juice or apple juice and a variety of cereals with milk, tea and coffee.

Lunch

Lunches are normally cold and can be eaten as a packed lunch or a cold buffet on your site. Rolls with selection of fillings: turkey, ham, salami and cheese, chocolate bars, crisps, drink and a piece of fruit.

Dinner

The dinner menu each day reflects a Swiss menu, with meat and vegetarian options each day. Details about each meal, together with cooking instructions, is available in the **Expedition Cook Book**. We will be participating in the International BBQ on Monday 18th August, so you will not need to cook dinner on this day.

What food and equipment is and isn't provided

The welcome pack will include sugar, milk, squash, tea bags, coffee, pepper, salt, some spices, washing-up liquid, oil, butter, ketchup, mayonnaise and jam. Individual groups may choose to bring additional ingredients from home **in their hand luggage** (though check airline restrictions) or purchase locally. Catering related items to consider packing in group equipment for transport on the lorry: antibacterial soap, antibacterial cleaner, hand sanitizer, cling film, plastic bags, J-cloths, Brillo pads, tea towels, small containers, and refuse sacks.

Returns

Unopened packages of food should be returned to the food team for reuse or return. This can be done at any point during the expedition, but please do not store large amounts of unused food.

Transporting food

Please pack a suitable device(s) (with wheels) for carrying your food from the distribution point to your campsite.



SITE SERVICES

Fuel

Propane and Butane gas bottles provided at the site come with the appropriate regulators, but you must bring your own hoses. Hire costs are CHF 6/kg (Propane) and CHF 16/kg (Butane). Gas bottles are weighed on collection and again on return, you only pay for the gas used. The expedition site services team will assist groups to hook these up if required. Camping gaz and meths should be available in Kandersteg village.

Altar Fires/Wood

Altar fires with stands are available, effectively free, but come filled with wood at CHF 10 per drum, additional drums of firewood are CHF 10 each. There is virtually no wood on site to scavenge. Occasionally a strong wind blows at Kandersteg. When this happens, open fires are not permitted, so you will need to ensure that you have back-up cooking equipment for this eventuality.

Tables & Benches

These can be hired from KISC as sets (tables & two benches) and should seat 8-10 people, at CHF 5 per day.

Recycling

Your group will need to sort rubbish into paper, cardboard, metal tins, aluminium, PET bottles, different colours of glass, batteries, used cooking oil, food waste and other rubbish. All recycling/rubbish needs to be taken to the Workhoff (open 09.00 – 10.30 and 18.00 – 19.30) and, under KISC staff supervision, placed in the appropriate containers. Don't be tempted to put all the rubbish into a sack, they'll just get you to sort it out.

Pioneering Poles

Pioneering poles are available free, bring your own rope/lashings.

GLMW Site Services Team

The expedition site services team are available and will be happy to help you with advice and support. Someone will be on duty every day. The site services team will be happy to collect and return things on your behalf to the various KISC offices if you are off-site during their opening hours. The crew will be operating from the Sunneblick, so pop in and say hello.



CAMPSITE ALLOCATION

Please note that all site allocations may be subject to last minute alterations at the sole discretion of KISC and the Expedition Management Team.

Group		Site
K01	Moorfield Cowley ESU	42
K05	1st Osterley/Inferno ESU/Centaur ESU	44 & 47
K06	3rd Kenton Scouts	37
K07	Harrow District	Villa Foree
K09	Brigantia ESU and Scorpions Network	40 & 41
K13	1st Uxbridge & Excalibur ESU	35
K18	REN District	52
K20	25th Ealing Scout Group	43
K21	Brent District	Tower and part of 53
K25	10th Hayes	24
K29	Phoenix ESU - Harrow	18
K30	7 th Hanwell	45
K32	Pyro ESU	48
K34	12th Hayes	49
K35	16th City of Westminster	46
K36	2nd Uxbridge	Part of 53
K37	1st Ealing North	50
K50	GLMW Scout Network	Sunneblick
K100	Staff	



TRAIN AND BUS TIMES

Train connections from Kandersteg Station

Kandersteg to Brig				Kandersteg to Spiez					
Kandersteg	06:41	Every hour until ...	22:41	Kandersteg	07:14	Every hour until ...	20:14	21:14	22:45
Goppenstein	06:52		22:52	Frutigen	07:29		20:29	21:29	23:00
Ausserberg	07:04		23:04	Reichenbach	07:34		20:34	21:34	23:05
Eggerberg	07:07		23:07	Mülenen	07:36		20:36	21:36	23:07
Brig	07:18		23:18	Spiez	07:44		20:44	21:44	23:15

Direct Train Connections—Bern to Kandersteg

Direct trains from Bern to Kandersteg are every hour, departing from Bern from 06:39 until 19:39. Otherwise you will need to change at Spiez.

Direct Train Connections—Kandersteg to Bern

These are daily trains arriving from Brig, leaving Kandersteg at 07:14 and then hourly until 18:14. Otherwise you will need to change at Spiez.

Local Bus Times

There is an hourly bus (number 241) that runs daily between the railway station and the Scout Centre. It is free when wearing a Scout neckerchief. The capacity is limited so allow enough time to walk. There is also an occasional bus to and from the Station and the Oschinensee Gondola (number 242). Bus 230 runs between Kandersteg and Adelboden. All bus times are advertised on local timetables, [AFA website](#) and available in the [SBB App](#).

Depart KISC Timetable link	07:58	Hourly at 58 minutes past the hour until... [Additional buses Mondays to Friday at 09:29 and 10:29; and every day at 16:29 and 17:29]	17:58
Depart Station Timetable link	07:44	Hourly at 44 minutes past the hour until... [Additional buses each day at 09:17, 10:17, 16:17 and 17:17]	18:44



HEALTH & HYGIENE

You will only be able to get the most out of the expedition if you and your group pace yourselves. Eat, drink, sleep and try to remain fit and healthy. In practical terms this means:

- **Washing your hands frequently** (remember to bring antibacterial soap or sanitiser). This is particularly important when preparing food and after visiting the toilet blocks.
- **Drinking lots of fluids during the day.** Carry a water bottle full of water with you to activities, so that you are drinking enough fluids throughout the day, and remember to top up with other drinks at meal times. Every participant will need to bring a water bottle with them, and for hiking activities every participant is required to leave KISC with at least 2 litres.
- **Catching up on what's going on** by making sure you attend the Leaders' Meetings (scheduled every third day) and visit the Expedition Helpdesk.
- **Getting enough sleep before, during and after the event.** Some groups will be travelling during normal sleeping hours so remember to take naps whenever possible. In Kandersteg there will always be something going on so make sure that your group members are getting enough sleep.
- **Stay Safe.** This means making sure that young people go around in groups and keep together. Make sure that everyone keeps their money and valuables stored securely.
- **Keep Cool** and make sure that you plan to protect yourself from the sun in order to protect against an increased risk of sunburn and heat stroke – remember to:
 - **Slip** on a shirt
 - **Slop** on sunscreen
 - **Slap** on a hat

Remember that it can be deceptively cool in the mornings on site, but the valley warms up later in the day. Snow and ice will reflect the sun so appropriate sunglasses with UV protection should be worn when out and about. Expedition scarves provide a useful way of protecting the back of your neck when in the sun and help identify your group as Scouts. Ice packs can be frozen by the food team and exchanged daily.

Dehydration, sunstroke, food poisoning and exhaustion can all be serious problems which will impact your ability to enjoy the expedition. Think ahead and have fun!



HILLWALKING IN KANDERSTEG

Terrain Zero

Terrain Zero is deemed to be locations less than 30 minutes from any habitation with telephone or road reachable by a normal road going ambulance. [FS120426](#) provides guidance on activities in Terrain Zero and the walking group size should be determined by the risk assessment and adult:young person ratios of the section.

Example routes: Blausee; The Gastern valley as far as Selden, limited to paths and roads in the valley; Up to Lake Oeschinensee when walking up the road; Up to the Ueschinen valley as far as the Lohner restaurant at GR 6154 1468.

Terrain Zero (with extra requirements) / SAC T1 Wanderweg

Provided that they are marked on the map and on the ground, Swiss Alpine Club (SAC) T1 Wanderwegs are considered to be Terrain Zero as long as the rules below are followed. These paths are marked on the map and ground with yellow diamonds and yellow signposts.

Example routes: Almenalp, Gemmi Pass from Sunnbuel, Ueschinenhutte.

For parties following a SAC T1 Wanderweg, the following apply: (1) The UK leader must carry out, possibly with guidance and assistance from KISC staff, a Risk Assessment of the proposed route, especially taking into account weather forecasts; (2) The party size is strictly limited to 8 people; (3) One person in this party must be designated as the leader of the party; and (4) A completed Route Card must be left with the KISC Staff.

Terrain 1 / SAC T2 Bergwegs

Swiss Alpine Club (SAC) T2 Bergwegs are considered UK Scouts Terrain 1. These routes are marked on the ground with red and white paint and signed by yellow signs which have red and white tips. On the map Bergwegs are marked with a red dotted line.

Example routes: Lammerenhutte, Gurnigel, Gfellalp, Doldenhornhutte

For parties following a SAC T2 Bergweg, the following apply: (1) The leader must have a permit for the area in which they are walking. This will be at the same technical level as 'Terrain one England and Wales', but any restrictions need to include the Kandersteg area being walked; (2) When there are winter conditions, including when there is snow on the route, the permit needs to be for 'Winter Conditions'. KISC staff will be able to help in assessing the condition of the route; (3) The party size is strictly limited to 8 people; and (4) A completed Route Card must be left with the KISC staff.

Terrain 2 / T3 (SAC) Bergwegs

Swiss Alpine Club (SAC) T3 Bergwegs are considered UK Scouts Terrain 2. These routes are marked on the ground in the same way as a SAC T2 Bergwegs, with red and white paint, and signed by yellow signs which have red and white tips. On the map Bergwegs are marked with a red dotted line.

Example routes: Lotchenpass, Bluemlisalphuttee, Gallihore

For parties following a SAC T3 Bergweg the same requirements as for a SAC T2 Bergweg apply, except that a UK Scouts Terrain 2 permit is required by the group leader.



USEFUL CONTACT DETAILS

Expedition Helpdesk

+44 7354 693 411

Airlines

KLM	+44 207 660 0293
SWISS (Airline)	+44 333 006 7761
Lufthansa	+44 333 006 7726
Air France	+44 207 660 0337

Banks

Berner Kantonalbank	+ 41 33 675 15 48
Spar + Leihkasse Frutigen	+ 41 33 672 18 18

Cable Cars & Buses

Lake Oeschinensee Gondola 8:00 to 17:50* / 18:00**	+41 33 675 11 18
Sunnbüel Cable Car 8:00—17:30* / 18:00**	+41 33 675 81 41
Allmenalp Cable Car 08:00 - 18:00	+41 33 675 16 90
<i>* last ride up, ** last ride down</i>	

Doctor, Pharmacy

Doctors Surgery	+41 33 675 14 24
Pharmacy Kandersteg	+41 33 675 11 75

Local Travel Services

Kandersteg Railway Station	+41 58 327 41 14
Village Bus	+41 33 673 74 74
Taxi - Wandfluh Autoreisen	+41 33 671 23 77

Tourist Information

Local Tourist information	+41 33 675 80 80
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Emergency Numbers (OFF SITE USE ONLY; USE KISC RECEPTION ON SITE)

Emergency Call	144
Fire Service	118
Police	117
Mountain Rescue	1414



A TO Z OF KANDERSTEG 2025

ACTIVITIES: The KISC Reception can advise on all activities and make bookings on your behalf. All Adventurous Activities be undertaken in accordance with the relevant Activity Rules.

ACTIVITY FEES: The fees for pre-booked activities will be debited to your account by KISC and you will need to settle the bill before leaving. Remember that you may also have to pay the full amount for activities you have cancelled if sufficient notice is not given. Full details are contained on the programme pages of the KISC website: <http://www.kisc.ch/programme/>

ADULT SUPPORT: The Expedition Helpdesk and Food teams will:

- **Visit Groups.** At least one member of each team will endeavour to visit each Group on their campsite or at their building once each day, just for a chat and, if necessary, to be a listening ear.
- **Deliver Post and Messages.** We will make sure that all post delivered to KISC and any non-urgent messages are distributed to your sites. For urgent messages the Expedition Helpdesk will get the message to you as soon as practically possible.
- **Be Available.** We will have a static point of contact at the Expedition Helpdesk situated in the ground floor of the Sunneblick where leaders can come along to chat and have a cup of tea or coffee.

ALCOHOL: Is not allowed on the site. The Policy, Organisation & Rules of the Scout Association Rule 2.4d states that adults must not consume alcohol when they are **directly** responsible for young people on a Scouting activity and must not permit young people (aged under 18 years) to consume alcohol on Scouting activities irrespective of any laws to the contrary that may prevail in Switzerland.

ARRIVAL ON TUESDAY 12TH AUGUST: Your campsite will be available from your arrival time. Members of the expedition team will meet you from the coach, ensure your young people receive a drink and some food, then guide the group leader to the KISC Reception at the Chalet, where a full check-in needs to be undertaken. In parallel a member of the expedition team will show your group to their campsite, give you information and make you acquainted with the site facilities. Your group equipment (excluding personal gear) will be available at the Eagle Lodge covered area near the sports field. You will need to collect hired tables and benches from the Workhof, your food starter pack from the Food Marquee outside the Chalet and personal kit bags from the ground floor of the Kanderlodge. If you are sharing a site with another group, please ensure that you leave plenty of room for all tents to be pitched on the site. For shared sites please make contact, in advance, with the other group(s) to discuss site layout.

ATMs: 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.

BICYCLE RENTAL: This can be arranged through the KISC Programme Office. Please cycle carefully around the site, remind everyone to stay on the “wrong” side of the road and take great care on steep hills (of which there are many!). All cycling must be carried out in accordance with the UK activity rules. Also check you know which is the front and which is



the back brake: Swiss bikes are sometimes different from ours! **HELMETS MUST BE WORN AT ALL TIMES FOR CYCLING.**

BUS BETWEEN KISC AND KANDERSTEG: There is an hourly bus that runs between the railway station and the Scout Centre which is free when wearing a Scout neckerchief. Remember to allow plenty of time for walking if you are interlinking with the train and in case you miss the bus, or there are more than the 92 passengers (seated and standing) already on the bus.

CAMPSITE GROUNDS: Please protect plants and animals i.e. no trees or plants may be damaged, in any way—including use as firewood. Only dead, fallen wood may be collected for this purpose. A member of KISC Staff will be pleased to tell you more. Firewood can be bought from the Campsite Office and is available in the Wood Compound. The Sports Field can be used for games - any empty camping areas are supposed to be 'resting' and, therefore, must not be disturbed. Climbing on the railway tracks or the east wall is strictly forbidden. Anyone who throws things onto the ground or is in the nature reserve (except the official footpath) will have to leave KISC immediately and may be subject to legal action in the civil courts. KISC has about 50 different campsites, surrounded by trees and shrubs and with a range of sizes from 10-50 people. The ground is hard (made of rubble from the inside of the railway tunnel with very little topsoil) and some sites are prone to flooding after prolonged heavy rain, so choose where you pitch your tents carefully. Encourage everyone to bring along camping mats.

DEPARTURE ON FRIDAY 22ND AUGUST: your site must be cleared and your equipment be at the lorry by 10.30. The site must be cleared of rubbish, bits of wood, tent pegs etc. Borrowed/rented equipment like tables, benches, poles, and gas bottles must be returned to their respective storage areas, in their original condition. A member of the Campsite Staff on the checklist must confirm their return. Any damages must be reported in the Campsite Office. You will be issued with a departure time to leave the site in time to catch your flight home.

DELI SHOP: This is open during afternoon food distribution (16:00 – 18:00) at the Food Marquee near the Chalet. It provides an opportunity to return any unwanted food (non-perishable only), and this will also be the place where you might be able to pick up some additional food!

DRYING ROOMS: there are drying rooms for wet clothing on the main campsite and also in the Kanderlodge.

EMERGENCIES: Stay calm. If anyone is injured, follow the procedure for contacting a hospital or Doctor via KISC Reception first. After that, contact the Expedition Helpdesk in the Sunneblick for further assistance. After the event, please complete an Incident Report and Insurance Claim Form. Don't forget to make an entry in your own Accident Book as well. The Expedition Helpdesk will be able to provide assistance as necessary. **Please also refer to the SAFETY & EMERGENCIES section above.**

EQUIPMENT: The following equipment can be borrowed/hired from KISC: Tables & benches (5.00 CHF per set per day), Pioneering poles (free, as appropriate for group size) - Gas – Propane (6.00 CHF/kg) & Camping Gas/Butane (16.00 CHF/kg), Firewood (10.00 CHF per half barrel). Tables and benches must be pre-booked with KISC.



EUROS: Euro Notes are generally accepted in most lodgings and businesses. Change is given in Swiss Francs. Credit and debit cards are widely accepted.

European/Global Health Insurance Card (EHIC/GHIC): Allows you to access state-provided healthcare in all European Economic Area (EEA) countries and Switzerland at a reduced cost or sometimes free of charge. EHIC/GHIC cards are not generally accepted by the Doctors' surgeries in Kandersteg village though. Everyone who is resident in the UK should have one and carry it with them when travelling abroad. Remember to check your EHIC/GHIC is still valid before you travel. Applying for the card is free and it's valid for up to five years. Application is free online. Presenting the EHIC/GHIC entitles you to treatment that may become necessary during your trip but doesn't allow you to go abroad specifically to receive medical care.

FIRE: Please make sure that you have buckets of water to hand if you are cooking on wood fires. There may be periods when open fires are not allowed at all, due to warm mountain winds (the Foehn). Also, please ensure that there is No Smoking inside tents. In the event of Fire, stay calm and focus first on the safety of your young people. Contact KISC staff immediately for assistance.

FIRES AND PITS: Please note that the digging of pits and lighting of ground fires is strictly forbidden. The exception to this rule is the designated campfires. Half oil drums and grids are available for hire from the site. Wood can be purchased per half barrel – please do not damage living trees and use only wood purchased from the site.

FIRST AID: Each group should ensure suitable provision of 1st Aid and have their own First Aid kits on site and when they are out on activities. Each group should keep its own accident book. Anything that cannot be dealt with by 1st Aid must be referred to KISC. Any accident that needs medical attention and/or might arise in an insurance claim must be reported to the Expedition Helpdesk. KISC will follow the local procedure for referring injuries requiring medical attention to the local Doctor and, in some circumstances, Frutigen Hospital. **Please also refer to the SAFETY & EMERGENCIES section above.**

FOOD: We will supply everything you need for the standard menu, except on those days where you have told us you will be off-site. There are several small Supermarkets in Kandersteg where you can buy herbs, spices, snacks and delicacies. **NO FOOD IS ALLOWED ON THE LORRIES.**

FUEL: Please see **Gas, Fires and Liquid fuels** for more details of the fuels that are available in Kandersteg. **NO FUEL IS ALLOWED ON THE LORRY OR PLANES.**

GAS: Propane and Butane, in bottles with continental fittings, can be purchased from the KISC Campsite office. Gas bottles are weighed on collection and again on return, you only pay for the gas used. You need to return the bottles before your account closes otherwise there will be no refund. **NO GAS IS ALLOWED ON THE LORRY OR PLANES.**

HELPDESK: the Expedition Helpdesk will be open daily from 07:00 – 19:00, situated on the ground floor of the Sunneblick. The Expedition Helpdesk is your “one stop shop” for dealing with queries whilst on the expedition. There will be a message board and you will be able to call or text with any queries when you are out and about. The number is **+44 7354 693 411**

ICE PACKS: Can be brought on the trip and exchanged and stored in freezers. Please bring when you collect food to the Food Distribution Marquee.



IDENTIFICATION: Please wear the Expedition Scarf and wrist band at all times (on & off-site).

IN TOUCH: See the detailed procedures on page 7.

INSURANCE: Travel insurance has been purchased for all participants through Unity Insurance Services (<https://www.unityinsuranceservices.co.uk/>). Please note this insurance is a personal Overseas Travel Insurance it covers all members of the expedition for personal accident, medical & emergency and personal belongings.

- **Exclusions:** The policy does not cover Mountain Search and Rescue unless it is a medical emergency. So, if you get lost up a mountain you are not covered, but if you are injured you are covered. Groups undertaking adventurous high-altitude activities need to assess if additional Mountain Rescue cover is required and pay an extra premium. The policy **DOES NOT COVER GROUP EQUIPMENT**. Please ensure that your equipment is covered by adequate insurance from when you deliver it to the lorry to when you collect it again after the expedition.
- **Insurance Claims:** It is your responsibility to complete any Insurance Claims on behalf of your Group (e.g. to reclaim Doctor's bills, for lost luggage, etc). Please contact the Expedition Helpdesk for a claim form as soon as one is required.

INTERNATIONAL EVENING: On Monday 18th August KISC will host their international evening and BBQ. We would like you to prepare your group by doing the following:

- Bringing your group dressed in a "UK national dress"
- Bringing some entertainment, game or other activity from the UK.

KISC KANDERSTEG INTERNATIONAL SCOUT CENTRE

Postal Address: GLMW Kandersteg 2025 Expedition
Internationales Pfadfinderzentrum,
CH-3718 Kandersteg, Switzerland.

Telephone: +41 33 675 82 82

Email: reception@kandersteg.scout.org

Web: www.kisc.ch

LAUNDRY: There are coin operated washing machines and dryers in the basement of the Chalet and at the rear of the Kander-Lodge.

LEADERS' MEETINGS: Expedition Leaders' Meetings have been scheduled every third day at 20:30 in the Sunneblick commencing on the Thursday after we arrive. If it is necessary to hold other Leader's Meetings you will be notified when you collect your food order.

LIGHTS OUT / CONSIDERATION FOR OTHERS: We ask you to keep noise to an absolute minimum during the period between 22:30 and 07:30. During the day, any electronic musical equipment should only be played with headsets or at a low volume through speakers. They must be switched off at night. Large stereo systems, fridges and generators are not allowed. Please show consideration for neighbouring groups and the locals!



MEMORIES: The expedition doesn't stop when you depart Kandersteg Village as the memories for your young people will last a life time. Whether it's your first or fifth trip to Kandersteg start planning your report back NOW. It's always worth holding an evening or afternoon report back for parents and friends following a major expedition. To make this easier, decide who will be responsible for:

- Activity photographs during the expedition
- Group photographs
- Diaries by participants
- Mementos, souvenirs and thank you gifts.

MINIGOLF: can be played at the Chalet-Hotel Adler +41 33 675 80 10.

MOBILE PHONE CHARGING: is available for Leaders' mobile phones only. Please bring mobile phone with the appropriate UK charger and cable to the Expedition Helpdesk (X) for charging. You will be issued with a ticket for your phone which must be produced when you come to collect it. We regret that we will not be able to charge phones belonging to young people as the charging facility is strictly limited. There are some lockers for rent with charging facilities at the Chalet.

NO SMOKING / FIRE PREVENTION: Inside all buildings and shelters, there is a strict no-smoking policy. Equally, naked flames (e.g. candles) are not allowed. Should open fires be used they must be kept under supervision.

PASSPORTS: Every member of the Expedition must have an individual passport which has been issued within ten years of the start of the expedition and is valid for at least three months after the end of the expedition. Switzerland is part of the Schengen Area, UK and EU passport holders do not need a visa. Those travelling on passports issued by other countries may require a visa to enter Switzerland. While there is no strict legal obligation to carry ID at all times in Switzerland, it's highly recommended as you may be asked to show proof of identity, such as a passport or national ID card, particularly when using public transport or interacting with authorities. Each individual or their immediate group leader is responsible for the safety of their passport. Group leaders are advised to keep a copy of the photo page of everyone's passport and any visas; group leaders should also be aware of how to replace a lost passport for each of their group members.

PINKIES: KISC has a small permanent staff team, but the majority of the work in running the International Scout Centre is done by the young team of international volunteers. They stay at KISC to look after guests, help maintain the facilities and develop it for the future. They are easily identifiable by their distinctive pink T-shirts—hence the name "Pinkies". To find out more, or apply for next year, visit www.kiscstaff.com. All the GLMW Staff for the expedition will be wearing orange "staff" T-shirts whenever they are on duty.

PITCHING CAMP: The Campsite is car free and grassed areas are forbidden to all vehicles. Please only pitch your tents and build your kitchens etc. on the campsite areas. Remember to allow space for any other GLMW groups who may be camping on the same site as you.

POST: The expedition help desk team will be operating a daily delivery service to all campsites. Outgoing mail may be posted in the yellow post box by the main Chalet entrance (outside) or at the box by the Hotel Crystal. They are emptied daily.



RECEPTION (KISC): The KISC Reception is the place to go to make changes to your activity bookings. They are open from 08:00 to 12:00 and from 14:00 to 20:00 every day.

REFUSE & RECYCLING: Please help prevent rubbish heaps! Systematic sorting of rubbish is essential to avoid additional costs and wasting recyclable material. Rubbish must be sorted into: paper, cardboard, metal tins, aluminium, PET bottles, different colours of glass, batteries, used cooking oil, food waste and other rubbish. All recycling/rubbish needs to be taken to the Workhoff and under Pinkie supervision placed in the appropriate containers. Don't be tempted to put all the rubbish into a sack, they'll just get you to sort it out.

RISK ASSESSMENTS: Group Leaders have the responsibility of undertaking Risk Assessments, the Expedition Organising Team have undertaken their own Risk Assessment are shared this with Group Leaders. Any activities led by KISC or one of their suppliers do not need to be separately risk assessed by group leaders, but travel to these activities (eg. the walk or train journey to the start point) and supervision of any members not participating in the activity at any stage must be risk assessed. Group leaders must risk assess activities they lead (eg. a hike or visit to the village), all aspects of camping, cooking, moving equipment and bags, free time, and travel. Health related matters must be considered, including hot, cold, damp and insect/tick bites. Any activities the expedition team organise (eg. the opening ceremony) will be risk assessed by the team and copies made available to group leaders. Group leaders must also consider procedures for stopping any activity they feel is unsafe, and how to manage the situation of a lost young person or adult.

ROUTE CARDS: In the interests of safety, all groups going hiking beyond the valley floor must complete a **KISC Route Information Plan**. These are available from Expedition Helpdesk and KISC Reception. Each group must register their intended route and a bad weather alternative, if necessary, before leaving on their hike. The completed Route Information Plan must be handed in to the KISC Reception in the Chalet where it will be logged until a representative of the group comes to report that everyone has safely returned.

SHOP: In the Shop in the Chalet you can buy ice cream, soft drinks, snacks, sweets, postcards, stamps, souvenirs, clothing and telephone cards. The Shop opens daily by arrangement and during summer on set times as published in the Shop window. In summer a second Shop can be found at the main Campsite entrance. A drinks machine is situated in the coffee bar and a second one next to the campsite office. All bottles from here or from the kiosk are PET bottles, which need to be put in the special containers you can find everywhere, or carry a deposit and need to be returned.

SAUNA: There is a sauna on the campsite, sessions can be booked through KISC Reception in the Chalet.

SHOPPING: Central Kandersteg has Supermarkets, several outdoor and souvenir shops, a Baker and a Butchers. There are also two Banks, a Tourist Office and a Post Office.

SHOWERS: See **Toilets**.

SWIMMING (POOLS): There are swimming pools in Kandersteg (outdoor) and Frutigen (indoor). Information can be found on the website <http://www.scoutbase.org.uk/library/hqdocs/facts/pdfs/fs120620.pdf>.

SWIMMING (LAKES): For groups wishing to go swimming in Oeschinensee you will require someone to act as a lifeguard in accordance with the UK Scout Association rules, which



require someone to hold the [relevant qualification](#). There is strictly **NO SWIMMING IN THE RIVER**.

SWISS FRANCS: The currency in Switzerland is the Swiss Franc. Sterling is not accepted. Also see **Euros**. Credit and debit cards are widely accepted.

TABLES AND BENCHES: Tables and benches that were pre-booked via the KISC Portal should be collected from the Workhof on Tuesday 12th August. The site services team will be on hand to assist. They must be returned to the Workhof by noon on Friday 22nd August.

TENNIS: There is an indoor tennis court at Kunsteisbahn +41 79 352 28 64 and two outdoor courts at Royal Park Hotel +41 33 675 88 88 and Hotel Victoria Ritter +41 033 675 80 00.

TERRAIN INFORMATION: See **Hiking in Kandersteg** page 16.

TOILETS: There are toilet, washing and shower blocks on the campsite, with separate male and female facilities. These are closed for a short period daily for cleaning (the times are shown clearly nearby). If they are dirty at other times then please notify a member of the KISC staff immediately.

TRAVEL: See **Travel & Transport** pages 9-10.

UNIFORM: Scout Uniform with the Expedition Scarf must be worn for travelling to and from Kandersteg. Suitable dress should be worn when visiting the village and when off site for visits and activities. **The Expedition Scarf must be worn whenever your group is off-site in Switzerland.**

WATER: There are water taps close to every pitch on the campsite. There must be no personal, laundry or dish washing at the taps. See **Laundry**.