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**Program  
Pamphlet**

# 2026 SUMMIT PROGRAM

## RECOMMENDED FOR:

- Older Scouts from First Class to Eagle Scout
- Physically fit Scouts
- Adrenaline-seekers
- Scouts and Venturers ages 14 and up

## OVERVIEW

Summit is the high-adventure program offered at Camp Alpine. This program is designed for Scouts and Venturers who want to push their boundaries and experience adventure through awesome activities in the Swiss Alps and surrounding areas.

To participate in Summit, Scouts and Venturers **MUST** meet the following requirements:

- Approval from the Unit Leader to participate
- At least 14 years old as of camp
- Earned First Class Rank

Summit is much more physically demanding than other Camp Alpine programs. Scouts need to be aware that it is hard work and pre-camp preparation is required. Make sure you are mentally and physically ready to take on the challenge!



## CHOOSE YOUR ADVENTURE

High Adventure Program participants will have a choice between four different activities daily on Monday through Wednesday

All Summit participants will participate in one of two overnight hütte hikes on Thursday for a night of camaraderie. The following morning, they can watch the sunrise over the mountain. In the late morning and afternoon on Friday, participants will further explore the area before hiking back down to camp to join their Troops for dinner and the International Campfire.

**IMPORTANT NOTE:** The planning of Summit activities is a dynamic process subject to scheduling constraints, trail conditions, transportation providers, and weather limitations. The plan included in this pamphlet will likely change between now and the beginning of Camp.

All Summit Participants and Leaders will be encouraged to join online forums and communication channels to ensure everyone's expectations are met and we all are properly prepared to enjoy a safe and minimal-risk adventure program.

## CLASS SIZES

Class sizes are limited in Summit for the safety of all participants and staff and to meet Scouting America's National Camp Standards. Each Summit activity Monday through Wednesday is limited to **15 participants** unless otherwise noted.

## OFFSITE TRIPS

All Summit activities require participants to leave the Scout Centre Property and are led by Summit Staff. Some trips will leave directly from the KISC property, but others will require the use of public transportation.

## TRANSPORTATION

Summit participants may be required to travel via Bus, Train, and Cable Car depending on the activity.

## ADULT VOLUNTEERS

The Camp Staff may need to enlist the help of Adult Leaders to accompany these classes, support our staff, and ensure that we maintain 2-deep Adult Leadership. We will solicit for adult volunteers during our pre-camp forums, via email requests, and each morning during the Commissioner's Coffee to ensure we can execute a safe and quality program for the Scouts.



## RECOMMENDATIONS FROM OUR STAFF

- **Have a high fitness level.** Be able to hike at least 6+ miles in hilly/mountainous terrain
- **Should be a strong swimmer**
- **Should be comfortable with heights** if planning on participating in Canyoning, Via Ferrata, or High Ropes
- **Bring a couple of swimsuits** as they won't dry overnight (*shorts can double as swim trunks*)
- **Bring a backpack suitable for overnights, as well as a day pack**
  - You do not need two separate bags – one can double for both tasks
  - It is highly recommended that the backpack has a waist strap for comfortability in weight-bearing
  - Backpacks that only carry water will not work for your overnight pack, but can be used just for a day hike
- **Plan to carry at least 2 liters of water with you, you'll need it!**
- **Always wear sunscreen** (*the Alpine sun is more intense than you think!*)
- **Sun hats and sunglasses are strongly recommended as well**
- **Bring a breathable long sleeve shirt**, like a PFG fishing shirt or UV rated rash guard (*this helps with sun protection as well as warmth on colder days*)
- **Have reliable, broken in/worn in hiking boots or shoes**—NO sneakers, trail runners, or low-rise hiking shoes are allowed
- **Have good waterproof rain jacket**
- **Please pack plastic water bottles ONLY**—NO metal water bottles
- **MUST HAVE a sense of adventure!**

# DAILY SUMMIT OPTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY/FRIDAY
<p><b><u>ALMENALP HIKE</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Hike</li> <li>• GUIDE: Summit Staff</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●○○○</p>	<p><b><u>GÄLLIHORN SUMMIT &amp; GASTERNTAL GORGE</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Hike</li> <li>• GUIDE: Summit Staff</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	<p><b><u>GOLITSCHEPASS CHEESERY</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Hike</li> <li>• GUIDE: Summit Staff</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	<p><b><u>UESCHINENHÜTTE OVERNIGHT HIKE</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Hike</li> <li>• GUIDE: Summit Staff</li> <li>• MAX: 27</li> </ul> <p>DIFFICULTY: ●●○○○</p>
<p><b><u>CANYONING</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Water</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	<p><b><u>CANYONING</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Water</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	<p><b><u>CANYONING</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Water</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	
<p><b><u>HIGH ROPES COURSE</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: COPE</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●○○○</p>	<p><b><u>CHÄLIGANG VIA FERRATA</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Climbing</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	<p><b><u>CHÄLIGANG VIA FERRATA</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Climbing</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	<p><b><u>LÖTSCHENPASSHÜTTE OVERNIGHT HIKE</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Hike</li> <li>• GUIDE: Summit Staff</li> <li>• MAX: 12</li> </ul> <p>DIFFICULTY: ●●●○○</p>
<p><b><u>SIMME RIVER RAFTING</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Water</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	<p><b><u>SIMME RIVER RAFTING</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: Water</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●●○○</p>	<p><b><u>HIGH ROPES COURSE</u></b></p> <ul style="list-style-type: none"> <li>• TYPE: COPE</li> <li>• GUIDE: Interlaken</li> <li>• MAX: 15</li> </ul> <p>DIFFICULTY: ●●○○○</p>	

**PLEASE NOTE:**

- Summit participants should select one activity daily for Monday-Wednesday and one overnight hike option for Thursday/Friday
- If your Scout opts out of participating in the overnight hikes, your Troop must assume responsibility for that Scout on Thursday and Friday, and there are no additional camp programs for the Scout to participate in on those days
- All activity schedules are subject to change, as many are weather-dependent, and may be changed if local conditions warrant

# SUMMIT ACTIVITY DESCRIPTIONS

## ALMENALP HIKE ●●●●●

The Ropes Park in Interlaken is a forest playground with wooden bridges, Tarzan swings and zip lines. The ropes park offers both beginners and adrenaline seekers an exciting day. The park is ideal for individuals, a group of friends or the whole family. You will be provided with everything you need and you will receive safety instructions before you set off into the trees.

## CANYONING INTERLAKEN ●●●●●

The local canyon covers every aspect of the sport and makes a great introduction to canyoning. Travel through tall, narrow gorges and get up close and personal with nature. Short and sweet, this half-day canyon will whet your appetite for more and it is only a ten-minute drive from our base. Important Notice: For safety reasons, bringing personal cameras is not allowed on this trip.

## CHÄLIGANG VIA FERRATA ●●●●●

Near the 1,951.5 m Engstligenalp, the Via Ferrata, at the back of the valley, leads through a 500-meter-high wall, over which the Engstligen waterfall ... falls. This industrial 'stairway to heaven', following a natural ramp "the Chäligang" had previously been equipped with a dodgy set of rusty chains, but has now been made into a proper via ferrata: beautiful next to the roaring water and the blossoming Edelweiss, straightforward but not altogether easy.

Ideal for beginners, young and old, the climb takes two and a half hours. And to descend? For those who got too much sun on the wall and are now suffering from dehydration and heatstroke, there is the cable car. For those who carried enough water and still have energy, there is the winding Alpweg (path), which the cows use in autumn to return to the valley.

## GÄLLIHORN SUMMIT & GASTERNTAL GORGE HIKE ●●●●●

At the top of the beautiful Gastern Valley, at 2,282 m, stands the mighty Gällihorn. Hike to the top of Gällihorn and admire the valley below. Then, walk the ridgeline along the valley. While descending, take in the spectacular views. The wild alluvial landscapes, the mixed deciduous forests and the impressive waterfalls make Gasterntal a true paradise for outdoor enthusiasts, nature lovers, and those seeking peace and quiet.

## GOLITSCHEPASS CHEESERY HIKE ●●●●●

This hike will take us up from KISC to the Höh viewpoint. After that, we will start our way up through the forest and steep steps ahead will lead us to Golitschenalp where the Cheesery stands with views of Thun and its lake. We will learn how the traditional cheesemakers of the valley work. You will also get the chance to try some of the freshly made cheese!

## HIGH ROPES INTERLAKEN ●●●●●

The Ropes Park in Interlaken is a forest playground with wooden bridges, Tarzan swings and zip lines. The ropes park offers both beginners and adrenaline seekers an exciting day. The park is ideal for individuals, a group of friends or the whole family. You will be provided with everything you need and you will receive safety instructions before you set off into the trees.

## LÖTSCHENPASSHÜTTE OVERNIGHT ●●●●●

For this one day hike, take the bus from Kandersteg along the Gastern Valley, where the hike begins. The hike starts off steeply up the valley side, passing Gfellalp Hut and the Lötschen glacier: a spectacular introduction to glacier walking. From the Glacier, you continue further to the Lötschenpasshütte (2'690 m). Soak up the evening scenery and enjoy the night at the hut. The next day, hike down the beautiful Lötschental Valley where you will catch a bus and a train to bring you back to Kandersteg.

## SIMME RIVER RAFTING ●●●●●

The Simme is a scenic class II-III river located in the idyllic Simmental. This fun, easy rafting tour opens the challenges of whitewater to nearly everyone and is ideal for school groups, families, and companies. The Simme trip is available with departures from Interlaken and Därstetten. Important Notice: For safety reasons, bringing personal cameras is not allowed on this trip.

## UESCHINENHÜTTE OVERNIGHT ●●●●●

Use the Allmenalp Cable Car to gain height quickly, then traverse into the Ueschinen Valley with breathtaking views of the village and surrounding area. Once in the Ueschinen Valley, it's a steady but easy climb to the Ueschinenhütte, passing through traditional high alpine farms. You will spend the night in the hut, then the following morning you can explore the area before you return back down to the Centre.

# SUMMIT PACKING EXTRAS

These are recommended supplies to bring for Summit activities IN ADDITION TO the regular Camp Packing List

## GENERAL SUPPLIES

- **GOOD, WATERPROOF RAIN GEAR**
  - Jacket with hood
  - Pants
  - Waterproof shoes
- **A GOOD BACKPACK FOR OVERNIGHT TRIPS**
- **A DAY PACK FOR 1-DAY ACTIVITIES**
- **CLOTHING SUITABLE FOR THE ACTIVITIES YOU ARE PARTICIPATING IN** (*must be Scouting appropriate*)
- **SUN PROTECTION**
  - Sun hat
  - Sunglasses
  - Sunscreen (*minimum 30 SPF*)
- **YOUR SCOUTING NECKERCHIEF**
- **HIKING SHOES**
  - Trail runners, low rise, and ankle high shoes are ok but they **MUST** be rated for hiking
  - NO sneakers
- **WATER BOTTLE**
  - Must carry 2L on trail
  - Plastic bottles of any kind
  - **NO** metal bottles
- **JACKET**
  - Can be a light or heavy jacket, but it must be waterproof
- **WATER ACTIVITIES:**
  - 2-3 swimsuits (*they often may not dry in time for the next activity*)
  - Towel
  - Appropriate water shoes or hiking sandals for water activities
  - NO flip flops
  - Small dry bag (*strongly recommended for keeping any electronics dry*)
- **BASIC FIRST AID KIT** (*see list below—your Summit leader will be carrying one, but please consider bring your own*)

## FIRST AID KIT

*The following supplies are recommended for Summit participants:*

- Topical antihistamine
- Band-aids
- Needles and thread
- Tweezers
- Antibiotic ointment
- Alcohol Swabs
- Skin safe antiseptic wipes
- Nitrile gloves
- Cotton swabs
- Gauze pads
- Medical tape
- Moleskin
- NOTE: Only adults may carry oral medications

## OPTIONAL ITEMS

- Personal climbing shoes (otherwise provided at the activity)
- Personal Water Shoes (otherwise provided at the activity)
- Camera

## WHAT NOT TO BRING

Adventure safety items like climbing harnesses, helmets, carabiners, life jackets, etc. Safety items will be provided by our activity vendors, and participants will not be permitted to use their own gear. The only personal climbing, canyoning, and white-water rafting gear permitted is activity-specific shoes (*climbing or water*).

# SUMMIT PROGRAM RISKS

## DEHYDRATION

**PREVENT:** Drink plenty of water and sports drinks during strenuous hiking and hot/dry weather - a hiker will need to drink several liters a day. Alternating between water and sports drinks will help to replace important electrolytes as well as fluids lost during strenuous hiking.

**RECOGNIZE:** Headache, fatigue, and nausea are early signs of dehydration. More severe signs of dehydration may include dizziness, vision changes, difficulty walking and an altered level of consciousness. If a patient is unable to keep down adequate amounts of fluid, then advanced medical care may be required.

**TREATMENT:** It is important to begin treating dehydration as soon as you recognize the symptoms. Prevent dehydration from becoming worse by resting and staying out of the heat. Rehydrate with water or half-strength sports drink; full strength sports drinks may cause upset stomach in an already nauseated patient, but a half strength sports drinks will still provide needed electrolytes for the dehydrated patient. Make sure to see the health officer when back in camp.

## BLISTERS

**PREVENT:** Blisters are caused by the heat resulting from friction and rubbing between the shoe and the foot. Wearing well broken in boots and good fitting, clean hiking socks will prevent friction and blisters. Hikers should recognize a “hot spot” and take steps to treat them before they become blisters.

**RECOGNIZE:** Blisters are areas of irritated and painful skin, where fluid and blood begins to collect and can be very painful.

**TREATMENT:** If a blister forms, do not pop or drain it. Use moleskin to create a cushion to protect the blister by cutting a hole in the middle of the pad slightly larger than the blister. Place the moleskin over the affected area so that the blister is surrounded by the bandage but not covered. This will reduce the friction between the blister and the sock, preventing the blister from getting any larger. If the blister pops on its own, make sure that the area stays clean and covered and watch for signs of infection.

## ACUTE MOUNTAIN SICKNESS (ALTITUDE SICKNESS)

**PREVENT:** Camp Alpine is located at elevations between 12,100 ft or 3,700 meters. This is a higher elevation than most of the U.S. and it is not uncommon for participants to feel the effects of altitude in their first few days at Alpine. Altitude symptoms can be prevented by ascending to altitude slowly. Participants traveling from low elevations will benefit from hiking at elevation prior to camp. It is important to stay hydrated, eat a balanced diet, and get plenty of rest to allow your body to adjust to the altitude.

**RECOGNIZE:** Symptoms of acute mountain sickness can vary but generally consist of headache, nausea, and lethargy. Some people report insomnia and loss of appetite. In more severe cases of altitude illness, patients may experience shortness of breath at rest or a change in level of consciousness.

**TREATMENT:** The best treatment for altitude illness is descending to a lower altitude and allowing time to adjust. Symptoms may also be treated by staying hydrated and taking over-the-counter pain medication.