

Suggested Summer Packing List

We advise you to bring clothes for all seasons, even in Summer we can get snow and cold nights as well as hot days with very strong sunshine. For detailed weather forecasts please visit: www.meteoswiss.ch

Preparation and Advice from the Programme Team

Our Chalet is located in the Swiss Alps, 1350 metres above sea level, and the weather can vary greatly on a daily basis. **In order to fully enjoy your activities and feel comfortable with changing weather conditions in the Alps we advise you to be aware of this while packing, as well as build up the level of your fitness prior to your arrival.** Being fit will help you to better manage your everyday hiking and the other outdoor activities. Human body at a higher altitude and in colder temperatures needs more energy and stamina, so being generally fit will help you overcome weather and perhaps altitude challenges.

We are confident once you dedicate time to your preparations you will be able to fully enjoy your stay here, and have lots of fun hiking and exploring, while feeling strong and confident.

We suggest you to bring:

Clothing and Shoes

- Socks (including hiking socks) & Underwear
- Warm Jacket
- Waterproof Rain Coat
- Waterproof trousers
- Shorts
- Long Trousers / Pants (no jeans for hiking)
- Shirts / T-shirts
- Gloves
- Scarf / Hat / Cap / for warmth and sun!
- Pyjamas / Sleeping Wear
- Bathing Suit / Swimwear
- Indoor Shoes (Sneakers / Trainers)
- Sturdy Hiking Shoes/boots
- Uniform for Opening Ceremony when participating in International events (Scarf and Troop T-shirt or Shirt adequate as well)



Toiletries

- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Soap / Bodywash
- Hair Brush and Hair Ties
- Feminine Hygiene Products
- Deodorant
- Other Skin care products if needed
- Sunscreen
- Personal Medication as required
- First Aid Kit (Leaders of each group must bring at least one per group)

Miscellaneous

- Sunglasses
- European Adapter
- Head Torch / Flashlight
- Badges for Swapping
- Good-sized water bottle/s (at least 1 litre, 2 litres recommended)
- Lunch Box for packed lunch
- Money for souvenirs and snacks
- Backpack / Day Bag for excursions and hiking (20 – 30 L)
- Camera with charger or extra batteries and plenty of memory

Please note that this is a suggested list only; please think about your own requirements when packing. Please label your personal belongings. Our Chalet assumes no responsibility for loss or damage of any personal items while staying at the centre.



Our Chalet, Hohliebeweg 1, 3715 Adelboden, Switzerland
Phone +41 (0) 33 673 12 26 - Fax +41 (0) 33 673 20 82
info@ourchalet.ch - www.ourchalet.ch