

HIF Winter Camp

11-Day Activity Schedule



01 • ARRIVAL

- Welcome & Arrival**
- Equipment Fitting**
- Safety Briefing**

02 • FOUNDATION

- Ability Assessment**
- Technique Basics**
- Mountain Safety/Hazards**

03 • CONFIDENCE

- Morning Progress**
- Weather Learning**
- Avalanche Rescue**

04 • NAVIGATION

- Alpine Mission**
- Terrain Awareness**
- Curling Activity**

05 • EXPLORE

- Skiing & Cross-country**
- Alpine Exploration**
- Evening Games**

06 • CHALLENGE

- Skill Progression**
- Sledging Adventure**
- Community**

07 • SCIENCE

- Snow Machine**
- Exploring Weather**
- Reflection**

08 • SAFARI

- Full-Day Ski Safari**
- Snowboard Safari**
- Alpine Traditions & Campfire**

09 • JUDGEMENT

- Morning Progress**
- Caving competition**
- Evening Games**

10 • CLIMATE

- Winter Challenge**
- Alpine Environment**
- Awards & Celebration**

11 • DEPART

- Breakfast & Reflection**
- Farewell Feedback**
- Departure from HIF**