

HIF Winter Camp

11-Day Activity Schedule



01 - ARRIVAL

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

02 - FOUNDATION

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

03 - CONFIDENCE

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

04 - NAVIGATION

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

05 - EXPLORE

- Skiing & Cross**
- Snow Caving**
- Alpine Traditions**

06 - CHALLENGE

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

07 - SCIENCE

- Snow Machine**
- Exploring Weather**
- Forces & Tools**

08 - SAFARI

- Full-Day Ski Safari**
- Snowboard Safari**
- Samnaun Adapted**

09 - TEAMWORK

- First Aid Training**
- Wilderness Survival**
- Team Challenge**

10 - CLIMATE

- Alps Environment**
- Climate Perspective**
- Awards & Celebration**

11 - DEPART

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