Lyceum Alpinum Zuoz
Swiss International Boarding School

Wilderness Camp - Embrace the Outdoors

Introduction

Our Wilderness Camp in the Engadin Valley helps young people develop outdoor skills, independence and confidence through hands-on alpine experiences. Throughout the two weeks, participants will explore the impressive mountain landscape of our region, learn essential outdoor techniques and discover how to experience and respect nature responsibly.
The camp combines stays on our school campus, at a hotel, and overnight experiences in nature (weather permitting). Throughout the programme, all participants will have a room reserved for them at the school, ensuring that they always have a safe and comfortable place to return to. At weekends, the group returns to Lyceum Alpinum Zuoz to join International Summer Camp residents for activities in the Engadin and neighbouring countries.

Vision and Mission

To inspire curiosity, resilience and adaptability through alpine experiences – a lesson for life. By tackling mountain challenges, participants develop leadership, self-reliance and responsible decision-making.

Core Values

- **Curiosity:** Exploring unfamiliar environments with an open mind.
- **Resilience:** Staying composed and making sound decisions under pressure, using the 3×3 assessment matrix (Regional – Local - Zonal).
- **Accountability and leadership:** Taking responsibility for personal decisions and their impact on the group dynamic.
- **Team synergy:** Fostering mutual trust, active communication, and collaboration to achieve common objectives in the wild.
- **Respect for nature:** Practising conscious stewardship of natural resources, environmental awareness, and humility in the presence of alpine terrain. Application of the LNT (Leave No Trace) principle.

General

The camp welcomes 20 international participants aged 14–17, with equal numbers of girls and boys. Through challenging and rewarding experiences, they step out of their comfort zone and discover their strengths. Mutual respect, tolerance, teamwork and responsible behaviour are expected throughout.

Camp Activities (activities subject to change)

- Expedition planning
- Navigation with map and compass
- Hiking and exploration tours
- Finding and collecting water
- Survival skills and strategies
- Nature and environmental awareness
- Team challenges and group experiences
- Developing self-confidence, personal responsibility and resilience
- Fire building and outdoor cooking
- Building overnight shelters
- Tents and bivouac experiences

Participant requirements

- Enjoy being active and spending time outdoors
- Have basic hiking skills → please have a look at Safety when hiking from the Alpine Club Switzerland
- Be physically fit for day hikes and activities
- Be prepared to be outdoors in all weather conditions
- Be able to work respectfully and cooperatively in a group
- Be willing to try new experiences and take on challenges
- Be able to manage their personal hygiene and equipment independently
- Bring a positive attitude, commitment and willingness to participate

No previous specialist outdoor experience is required. All essential skills and techniques will be taught and practised during the camp.

Packing list

The Engadin and Zuoz are located at 1,750 metres above sea level and enjoy a sunny high-alpine climate, but evenings can be quite cold. Some of the excursions during the Wilderness Camp will take us to higher elevations than the village of Zuoz. We will reach altitudes of approximately 2,000–2,500 metres above sea level.

There is no transportation for luggage. All the participants must carry their equipment themselves including water and food.

- 2 pairs of sports shoes (indoor + outdoor)
- Trekking shoes
- Warm waterproof jacket
- Windbreaker / rain jacket
- Tracksuit
- Shorts + long trousers for sports and leisure
- Sunglasses and sun hat
- Pyjamas
- Waterproof trousers
- Fleece jacket and warm jumper
- 2 pairs of hiking trousers and hiking socks
- Several T-shirts
- Sufficient underwear and socks
- Hiking backpack (min 50 litres) with rain cover
- Small daypack (approx. 20 litres)
- Headlamp
- Personal medication and toiletries for washing and personal hygiene
- Swimsuit and micro towel
- Quick-drying shower towel and personal belongings for washing
- Warm hat and lightweight gloves
- Casual and sporty clothing for the weekend on the Lyceum Alpinum Zuoz campus
- Smartphone and/or a small camera

We will provide the participants with

- a sleeping bag, sleeping bag liner and sleeping mat
- notebook and pen
- Lyceum Alpinum Zuoz branded 1L water bottle, T-shirt and dry bag

