

QUESTIONNAIRE PART ONE

All applicants must complete this questionnaire

- Which sports do you practice?
- Do you participate competitively in these sports?
- What's the furthest you've ever cycled?
- Have you ever done any canoeing? If so, what's the furthest distance travelled?
- Have you ever done any trekking? If so, what's the furthest distance travelled?
- Do you think a system of individual points for performance in the camp is a good idea?

QUESTIONNAIRE PART TWO- ANSWER 'YES' or 'No'

- Have you ever done any mountain trekking?
- Do you feel comfortable hiking in the mountains?
- Have you ever done any mountaineering?
- Do you like challenge?
- Do you react well under physical stress?
- Are you an adaptable person?
- Do you like camping?
- Do you suffer from cold weather?
- Could you survive without your smartphone and internet connection for days on end?
- Do you enjoy being with others?
- Could you work in a team for days?
- Would you be comfortable sleeping in a dormitory with others?
- Do you agree to being filmed and photographed?

If you have answered 'NO' to more than 3 of these questions- this camp is **not** for you!

All applicants will have an interview with the camp organizers

CLOTHES / EQUIPMENT

Italiano	Inglese	Picture	Biking	Canoing	Trekking
Costume da bagno	swimming suit		X	X	
Telo microfibra	Microfibre towel		X	X	X
Occhiali da sole	Sunglasses		X	X	X
Crema solare ad alta protezione	High protection sunscreen		X	X	X
Cappellino	hat		X	X	X
3 T-shirt tecniche	3 technical t-shirts		X	X	X
Pantaloncini per bicicletta	bicycle shorts		X		
Calze sportive	sports socks		X		
Scarpe da ginnastica	sneakers		X		
Sacco a pelo (o saccoletto)	sleeping bag			X	X
Berretta	Snow Beanie				X
Pile	Fleece		X		X
Giacca a vento	Windbreaker				X
K way	Kagoul		X		X
Guanti	gloves				X
Pantaloni da alpinismo	climbing pants				X
Calzettoni	winter socks				X
Scarponi da trekking	Hiking boots				X
Zaino da 25 fino 40 litri	25-40-litre backpack		X	X	X