



# IRON CAMP 2026 PROGRAM



**All applicants must complete this questionnaire**

## **QUESTIONNAIRE PART ONE**

- ✓ 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?

### **Very Important note:**

**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 to check your aptitude for this camp!**



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## IMPORTANT – PLEASE READ CAREFULLY

The **Valtellina Iron Camp 2026 – “The Original”** will be the fourth edition of the Iron Camp. Based on feedback and evaluations from previous editions, we want to clearly clarify some key points that have occasionally proven to be challenging.

These guidelines are an essential part of the Camp experience and are intended to ensure safety, respect, and a positive environment for everyone.

## Food and Eating Habits

Italy is famous for the quality of its food, but eating habits here may differ significantly from those in your home country.

Living a country also means accepting and experiencing its culture—including the way people eat.

Please note in particular that:

- In Italy, breakfast is rarely based on eggs or meat.
- This is especially true in the alpine huts where you will be staying.
- If you consider a high-protein breakfast essential to start your day, you may not find the food you are used to.

For this reason, we ask you to **adapt to Italian meal times and food traditions** in order to fully enjoy and live your Iron Camp experience.

## Dietary Requirements and Restrictions

Managing specific dietary needs can be challenging in a mountain environment.

Please be aware that:

- Conditions such as **celiac disease** or strict diets (e.g. **veganism**) are difficult for us to manage.
- In some cases, we may be able to provide limited food support, mainly **dry or packaged food**, which you will need to carry with you.
- This support will **not be sufficient to fully cover your nutritional needs**.
- Alpine huts may not be able to accommodate special dietary requirements.

We strongly encourage you to **carefully consider these aspects before applying**.

If you have specific needs, contact us in advance so we can discuss whether a feasible solution exists.

## Alcohol Consumption

As you may already know, **Rotary rules are very strict regarding alcohol consumption during organized activities**.

Please note that:

- Alcohol consumption during Camp activities is **not tolerated**.
- This applies especially to **spirits and strong alcoholic drinks**.
- The activities you will take part in require **full physical fitness and constant mental focus**, which are not compatible with alcohol use.

There may be limited and clearly defined moments to share a **moderate glass of wine** together in a friendly and relaxed atmosphere. Outside of these moments, alcohol use is not permitted.

## Personal Responsibility

By joining the **Valtellina Iron Camp 2026**, you acknowledge and accept these guidelines and agree to respect them.

Each participant is expected to take **personal responsibility** for their behavior, choices, and adaptation to the Camp environment.

Respect for the rules, for others, and for the spirit of the Camp is essential to ensuring a safe, meaningful, and unforgettable experience for everyone.

**Participants must bring their own Pocket**



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## CLOTHES / EQUIPMEN1

Italiano	Inglese	Picture	Biking	Canoing	Trekking
Costume da bagno	swimming suit		X	X	
Telo microfibra	Microfibre towel		X	X	X
Occhiali da sole	Sun glasses		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