



**Dear Detox Friend,**

the Winter Detox 2023-2024 is coming up very soon. Are you ready to live two days of total freedom without digital distractions?

Below you will find some useful information to arrive prepared.

- **Check-in at L'OST Hostel is from 0930 to 1030 on Saturday, January 27, 2024.**
- The Hostel is located in **Via Fontana 20, 38092 Grumes - Altavalle (Trento)** ([location](#)).
  - Coming by car? From Trento take S.S. 12 BRENNERO - direction north until you reach LAVIS, then continue on S.S. 612 LAVIS - CASTELLO DI FIEMME, leading to VAL DI CEMBRA, until Grumes.
  - Coming by public transportation? From the Trento bus station, take line No. 102 Trento-Cembra-Capriana-Cavalese (schedules are on the [Trentino Trasporti](#) website). You can also post a carpooling request in the Telegram group [@socialmediadetox](#). You may find other participants available to give you a lift to Grumes!
- Bring your ID card and enrollment fee to the check-in.
- The camp will be held in **Detox mode**, that is, the use of any personal digital devices during the two days will be prohibited. Upon request and upon approval by the camp organizers, cameras and other devices not equipped with an internet connection may be used.
  - **There will be a camp emergency number: 370 3561101.** It will be active throughout the entire camp. Give the emergency number to the most important contacts in your phonebook: in case of an emergency they can contact the organizers only by call or text message.
  - **Enable an automatic out-of-office response** on your inbox. For example, "I will be offline for the whole day (<https://socialmediadetox.it>).
  - **Communicate your unavailability on your favorite social media accounts.** For example, you can set the image file "[I will be offline](#)" as your profile picture.
- Check the [clothing and equipment checklist](#) before you go. **Don't forget to pack your hiking boots and gym shoes, a bed sheet or sleeping bag and pillowcase, a towel, a watch, and a yoga mat.** If you want, also bring a costume for the Detox Disco Party and a light sled or bobsled to use during the Sunday trek!
- The overall philosophy of the Camp is the Scout philosophy: "There is no such thing as good or bad weather, only good or bad equipment." Therefore, **activities will not be held only in the event of severe weather impediments** that may compromise our safety. In that case, the activities will be moved to the gym.
- **Check-out is at 1700 on Sunday, January 28.**

We can't wait to see you at camp!

Trento, January 2024

The Detox Team