

Back in the „Base camp,, after 4 days in the wild

Mr. Muff told us about his experience in a vision search camp and the return to the base camp. He was 4 days in the wilderness without any food.

Mr. Muff was in a vision search camp, where you are 4 days alone in the wilderness and think about your life and other things. He has done this because he had the feeling to do it and wanted to learn more about himself.



In the internet he saw two advertisements that were in Tessin. He lived at that time in Disentis. He called the one which was more

likeable to him. They were very uncomplicated and took him without a meeting. Nowadays they are still friends and meet each other. They even did the wedding ceremony for Mr. Muff in summer 2018.

When he came to the camp the first time, he didn't know anyone. He felt a bit strange the first half an hour, but after it was very familiar. He was there for 4 days before he went into the wilderness. He prepared himself by reading books and making sure he has everything from the packing list.

The hardest thing for him in the wilderness were the first 6 hours. He was sad that he was alone and that he needs to be there for 4 days. The first night was also a bit strange. He only had warm clothes, a warm sleeping bag, rope for the shelter, a knife, a torch, water and two green tarps also for the shelter.

In these 4 days in the wild he didn't do anything, he just lied on his back and looked at the sky. Regardless his body was quite tired after 2 days because he didn't eat anything in these 4 days. The return to the base camp after the wild was liberating, there he could eat and hug everyone. He was very happy and proud that he done the 4 days. The biggest part of the way to the base camp was very steep, but the last hundred meters were even and he felt like a hero.

This experience changed his life completely, he quit his job for 5 months holidays. He wants to do it again on his 40th birthday.

He paid two thousand Swiss francs for 12 days vision camp.