

WOMEN OF THE WILDERNESS

Weekend Itinerary | September 15-17, 2023

Friday, September 15

4:30 - 6:30 pm | Arrival at camp

- *Check in, cabin assignments, dinner, name tags*

6:30 - 7:30 pm | Backpacking & Hiking Basics

7:30 - 8:30 pm | Finding Self-Confidence in the Wilderness

8:30 - 10 pm | Campfire Building & S'mores

10 - 11 pm | Quiet time in cabins

- *Lights out by 11*

Saturday, September 16

7 - 8 am | Coffee is ready

8 - 9 am | **Breakfast in Mac Hall**

9 - 10:15 am | Session 1: 10 Essentials of Wilderness Survival

10:30 - 11:45 am | Session 2: GPS & Geocaching

12 - 1 pm | **Lunch (Backcountry Cooking)**

1 - 2: 15 pm | Session 3: Ziplining

2:30 - 3:45 pm | Session 4: Archery

4 - 5 pm | Down time

5 - 6 pm | **Dinner in Mac Hall**

6 - 6:30 pm | Campfire Building

6:30 - 8 pm | Wilderness Q&A w/ instructors

8 - 10 | S'mores & Music by Walloon Lake

10 - 11 pm | Quiet time in cabins

- *Lights out by 11*

Sunday, September 17

7 - 7:30 am | Coffee is ready

7:30 - 8:30 am | Sunrise Yoga

8:30 - 9 am | **Grab & Go Breakfast**

9 - 10:30 am | Pack up, tidy cabins, depart camp

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