



WILDERNESS AWARENESS SCHOOL

Greetings!

Thank you for registering for **Introduction to Plant Medicine** with Wilderness Awareness School in Duvall, Washington. We are excited to meet you at Linne Doran, Wilderness Awareness School's 40-acre campus.

This program details letter contains information that you will need to prepare for this program.
Please read it carefully.

If you have any questions regarding your registration, please contact Wilderness Awareness School at (425) 788-1301 or registrar@wildernessawareness.org; our office hours are 8:00-4:00, Monday through Friday.

Please see our website for detailed information about our cancellation and transfer policy.

We are looking forward to a wonderful class together!

Sincerely,

Jared Archbold
Adult Program Manager

Lindsay Huettmann
Ethnobotany Instructor

~ Introduction to Plant Medicine ~

When:

Saturday	October 24	9am-5pm
Sunday	October 25	9am-5pm

Please arrive by 8:30 and be prepared to start at 9am.

Where:

Linne Doran is located about fifteen minutes outside of Duvall in the foothills of the Cascade Mountains. You can find a map and driving directions on our website:

https://wildernessawareness.org/docs/linne_doran_directions.pdf

What to Expect:

We will be spending significant time outside regardless of the weather. We encourage you to be prepared for all types of weather and bring several layers so that you can be comfortable throughout the class.

During this weekend we introduce you to the basics of plant medicine with hands-on identification, ethical harvesting, plant processing, and medicine making. We balance theory with practice; this helps you create a multifaceted relationship with plants to support your specific health needs on many levels. You will make several medicines: tinctures, oils, infusions, and more!

As this program is about connecting with nature, we will ask people to turn off their devices and only use for emergencies.

Facilities/Camping

Personal facilities for your use include several port-a-potties, along with drinkable water.

We are not able to offer camping on our campus at this time due to the impacts on our operations as a result of the Covid-19 pandemic. If you are traveling in from afar I recommend finding a hotel room in Monroe or Redmond, or looking for Airbnb/VRBO rentals in the area.

Food:

No meals are provided with this program. Please bring a lunch and snacks for each day.

How to Get There:

Driving directions and maps can be found at:

https://wildernessawareness.org/docs/linne_doran_directions.pdf

Here is our Campus address:

**20410 320th Ave NE,
Duvall, WA 98019**

GEAR PACKING LIST

Please bring the following items:

- o Knife (fixed blade preferred, but folding okay) *We will have them for sale before and at class
- o 1-Liter water bottle
- o Notebook and pen/pencil
- o Mug for tea or coffee
- o Clothing that can be worn outside, get dirty, etc. *appropriate to the weather.*
- o Appropriate footwear (closed-toe preferred)
- o Lunch and snacks
- o Optional: camping gear, headlamp, food/cooler

****Please note that programs at our campus in Duvall often have a combination of indoor and outdoor time. You will need clothing appropriate to the weather, clothing to be comfortable indoors, and ideally the ability to shift between the two with ease.**