



# WILDERNESS AWARENESS SCHOOL

**GREETINGS and WELCOME!**

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 property!

This confirmation 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 [wasnet@wildernessawareness.org](mailto:wasnet@wildernessawareness.org); our office hours are 8:00-4:00, Monday through Friday.

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

We are looking forward to a fabulous day together exploring ways to unplug and recharge. Safe travels!

Sincerely,

Nate Summers  
School Year Program Director  
425-681-0874

## ~ Introduction to Plant Medicine ~

### **When:**

**Saturday, November 4th 9am and goes until 5pm. (with a short lunch break)**

**Sunday, November 5th, 9am and goes until 5pm (with a short lunch break)**

**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:

<http://wildernessawareness.org/about/campus/maps/>

### **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 intensive we will introduce you to the basics of plant medicines with hands on ID, medicine making and biochemical instruction. We also will be practicing deep connection to forest and plant with the purpose of embarking you on a connection journey that will last a lifetime. Our approach is both intellectual and intuitive-this will help you create a multifaceted relationship with native plants to support your specific health needs on many levels. Some medicines we will make are tinctures, oils, infusions, food as medicine and more

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

### **Facilities:**

Personal facilities for your use include an indoor toilet and sink and several port-a-potties, along with drinkable water.

### **Food:**

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

### **How to Get There:**

Driving directions and maps can be found at:

<http://wildernessawareness.org/about/campus/maps/>

Our Land address, if you are using a car/taxi service is:

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

## GEAR PACKING LIST

Please bring the following items. This list is designed with your comfort and safety in mind, and takes into account the variable weather possibilities during summer in Western Washington.

- o 1-Liter water bottle
- o Notebook and pen/pencil
- o Knife (sharp, full-tang, fixed blade). ***We will have great starter knives for sale at class (\$20)***
- o 10ft. of P-cord (parachute cord)
- 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

\*\*Please note that all programs at our campus in Duvall 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.