

# 2018 Pre-WOW Workshop

**Who:** Girls (8-13 years old) accompanied by an adult

**Date:** Saturday, June 16—Sunday, June 17, 2018

**Time:** 9:00 am (8:00—8:45 am arrival)

**Location:** Camp Sealth, 14500 SW Camp Sealth Rd, Vashon Island, WA

**Day- of Contact:** 425-785-3555

Washington Outdoor Women



# WOW

## Workshop Details

The 2018 Pre-WOW Workshop offers participants a chance to practice traditional skills and outdoor recreation activities. Expert instructors will teach you how to shoot a bow, paddle a canoe, and how to practice safe camp cooking and create delicious meals. We will also have fun playing games using nature's "equipment," create a simple bag for gathering plants and berries, and even go on a nature trail horseback ride (youth only)!

## Workshop Agenda

Date/Time	Activity
Saturday 8—8:45 am	Arrival and Settling-in
9:00—11:45 am	Archery and Canoeing Classes
12:00 pm	Lunch
1:00—2:45 pm	Archery and Canoeing Classes (groups switch)
3:00—5:00 pm	Horseback Rides (youth only) and Gathering Bag Sewing (1 hour each activity, groups take turns)
5:30 pm	Group Photo
6:00 pm	Dinner
7:00 pm	Evening bonfire with smore's and a lesson on the 10 Essentials
Sunday 7:45 am	Breakfast
8:30 —9:15 am	Camp Cooking Class and Primitive Games
9:30—11:15 am	Camp Cooking Class and Primitive Games (groups switch)
11:30 am	Wrap-up and Goodbye

## Need to Bring

A packing list will be provided with your registration confirmation. A fun attitude is required!

2018 Pre-WOW Workshop - Registration Form  
June 16-17, 2018 - Camp Sealth, Wrangler Retreat Center, Vashon Island, WA

**Registration deadline is Friday, June 1, 2018**  
Confirmations will be sent by e-mail within 1 week of receipt.

*(Complete all information in full. Please print legibly.)*

**ADULT—\$75**

Name: \_\_\_\_\_ Phone w/ area code: \_\_\_\_\_

Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ New or Alum: \_\_\_\_\_

Adult shirt size:        S        M        L        XL

I have the following food allergies: \_\_\_\_\_

We regret that Camp Sealth cannot accommodate all food preferences. Please come prepared accordingly.

I understand I will need to sign a WOW workshop waiver and a Camp Sealth horseback riding waiver for myself and the accompanied youth(s) when I arrive to camp: \_\_\_\_\_ (initials)

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**YOUTH (8-13 year old girl)—\$100** (if you are accompanying more than one youth, please complete a second form's youth section)

Name: \_\_\_\_\_ Phone w/ area code: \_\_\_\_\_

Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Relation to adult: \_\_\_\_\_

Youth shirt size:        S        M        L        XL

Food allergies: \_\_\_\_\_

Birth date: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

Food allergies: \_\_\_\_\_

*If the adult accompanying the youth is not the parent/legal guardian of the youth, please have the parent/legal guardian sign the following:*

Parent/guardian name and phone number: \_\_\_\_\_

Permission to seek emergency medical treatment (parent/guardian signature): \_\_\_\_\_

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Your check or money order for the entire fee must accompany your registration form.

Please mail to: **Pre-WOW 2018 Registration**  
**14951 251st Place SE, Issaquah, WA, 98027**

Please keep a copy of your registration form and check or money order for your records.

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**OFFICE USE ONLY**

Received date \_\_\_\_\_ Confirmation sent \_\_\_\_\_ Check # \_\_\_\_\_

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## Arrival and Departure

Camp Sealth is located at the south end of Vashon Island, WA. It is approx. 30 mins (14 miles) from the north end ferry terminal (Southworth/Fauntleroy—Vashon) to Camp Sealth. It is approx. 12 mins (4 miles) from the south end ferry terminal (Point Defiance—Tahlequah) to Camp Sealth. Please check the [WSDOT spring ferry schedules](#) and plan accordingly.

Upon arrival you will be directed to designated parking by WOW team members. Your car must remain parked for the duration of the workshop.

Please plan to arrive for check-in between 8:00—8:45 am Saturday, June 16<sup>th</sup>. The first workshop will begin at 9:00 am. The weekend will wrap-up by 12:00 pm on Sunday, June 17<sup>th</sup>.

## Accommodations

Camp Sealth is located on nearly 400 acres of forest and wetlands on the southwest shore of Vashon Island, Washington. The property includes over a mile of saltwater beach along Colvos Passage. **Our workshop will take place at the upper camp Wrangler Retreat Center.** The camp offers large, heated, dormitory-style cabins. Each room sleeps approx. 10 people with access to indoor lavatories and private showers.

Participants will have single beds and mattresses. You are required to provide your own sleeping bag, pillow, and towels.

## Meals

Meals are eaten all together. For participants needing to bring gluten free or specialty foods to supplement their meals, refrigerator space is available in the on-site kitchen. Please mark your containers. There will be large cold water dispensers onsite so please bring your personal water bottle. Hot beverages and healthy snacks will also be available throughout the weekend. However please feel free to bring something you may need personally.

## Camp Logistics

- No smoking is preferred. A separate smoking area will be provided away from activities.
- We ask that you leave all alcohol at home.
- No firearms are allowed on Camp grounds.
- No pets are allowed to accompany you to camp, other than service dogs.
- In the spirit of this event, participants are required to remain on site for the entire weekend, barring unforeseen emergencies. No guests, please!