



## Pre-WOW Workshop 2019

**Who:** Girls (8-13 years old) accompanied by a Woman (18+)

**Date:** Saturday, June 8 – Sunday June 9, 2019

**Time:** 9 am (8-8:45 am arrival)

**Location:** [Camp Sealth, 14500 SW Camp Sealth Rd, Vashon, WA 98070](#)

**Day-of Phone:** 425-785-3555 or 253-380-8966

### WHAT TO EXPECT

The 2019 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, set up and take down camp, fix your broken gear on the trail, and pack your ten essentials. We will also have fun playing games using nature's "equipment," create a zipper pull, and even go on a nature trail horseback ride (youth only)!

### DRAFT AGENDA

Date/Time	Activity
<b>Saturday</b> 8 – 8:45 am	Arrival and Settling-in
9:00 am	Welcome and Orientation
9:30 am – 12:00 pm	Archery and Camping/Fix it in the Field
12:15 pm	Lunch
1:00 – 3:30 pm	Archery and Camping/Fix it in the Field (groups switch)
3:45 – 5:45 pm	Horseback rides (youth) and Zipper Pulls (1 hour each activity)
6:00 pm	Dinner
7:00 pm	Evening bonfire with marshmallows and Rite of Passage
<b>Sunday</b> 7:45 am	Breakfast
8:30 – 10:30 am	Fire Building, Shelter Building, Primitive Games (3 stations)
11:00 am	GORP making
11:15 am	Group Photo
11:30 am	Wrap-up and Goodbye

### NEED TO BRING

A packing list will be provided post-registration. A fun attitude is required!



## 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. We recommend taking the Point Defiance-Tahlequah ferry to this workshop. 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 8th. The first workshop will begin at 9:00 am. The weekend will wrap-up by 12:00 pm on Sunday, June 9th.

## 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 approximately 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!