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Dear aspiring Wild Mooner!

We are happy that you are interested in joining a Wild Moon!

We thoughtfully put this info packet together to provide you with all the information you need to be well prepared for the upcoming experience. Please take time to read this document carefully and completely. If you have any questions or thoughts you want to talk about, feel free to contact us.

This Info Packet contains information about

- what a Wild Moon is and what we offer
- what you need to bring to this experience within yourself
- how to prepare before the Wild Moon starts
- the equipment you need
- tuition

## **What is a Wild Moon?**

As you probably know, we will live for 28 sun-cycles in nature, without a lot of things you are accustomed with. Even though hard skills and knowledge about nature such as hide tanning or tracking may be part of our daily life, a Wild Moon is not a row of skills workshops while spending time outdoors. You will learn a whole lot about living in the wilderness, still it takes longer than a moon to be able to survive on a long-term basis in nature on your own.

This program is quite unique in Europe. We will dive into a clan living experience and live a natural lifestyle that is in harmony with the Earth. By being fully immersed in it you will learn differently and much more than by taking workshop after workshop. You will learn primitive skills (such as fire making, shelter building, primitive cooking etc.) in a context and they will make sense to you because you will need them in your daily life. Thus, you will understand not only with your mind but also with your heart.

Along with living a natural and minimalistic daily life, we will go through and share our individual processes. Also, we will be confronted with the group dynamics and work through them together. It happens easily to romanticize living in nature. Thriving in nature connection is very valuable and beautiful, and still only one side of this experience. Most likely you will meet your individual boundaries, which can feel very uncomfortable or even scary at times. Our intention is not to overstrain anybody, but at the same time we won't soothe every discomfort by changing the outer frame. The immersion holds the potential to find the comfort, trust and love you might be craving for within yourself instead of your surroundings.

## **What you need to agree on and bring within yourself if you join a Wild Moon**

Even though it can be beneficial, you don't need any prior wilderness living experience. The way the Wild Moon is set up, it doesn't matter where you are at with skills or your comfort zones.

It is vitally important that you are aware of the partially challenging character of the Wild Moon and that you are open to meet your boundaries and expand your comfort zone. Do your best to come without expectations, since it is hardly possible to fully experience new values and ways of doing things if you already come with preconceptions from what you have read, learned, and believed about wilderness experiences or the Wild Moon.

Besides this basic requirement, it is very important, that you keep in mind, that you are the only one who can really know what you need. We ask you to stay responsible for yourself during the experience, take care for yourself and speak up when you feel overwhelmed or other issues need to be addressed.

An additional requirement is that you agree to the following points. We ask you to

- remain in camp and the surrounding wilds for the duration of the program. During that time, it will be for us as if civilization didn't exist.
- be open to participate in the practical and social camp life to the fullest
- abstain from alcohol, tobacco, coffee, sugar and other drugs for the duration of the program
- leave behind your mobile phone and befriend with not using internet for the duration of the Wild Moon. We have a phone for emergencies, and you can stay in contact via letters.
- be honest with your answers to the questions in the end of this info packet. This is very important for us to prepare and hold the Wild Moon experience!

## **What we offer**

We are a group of people who are passionate about different aspects of wilderness living. Our common and deepest reason to offer Wild Moons is to support the individual development towards your natural self. We are no therapists, nor do we claim to know what's best for you when you get into inner processes. However, we all carry many years of experience in walking our own inner journey through processes and in supporting others on their paths.

As mentioned above, we highly encourage you to take responsibility for yourself and speak up whenever you want or need support. We are there to serve and to support you in your personal process in different ways, according to what is needed. If required, we will also provide for additional physical needs to a degree that is consistent with the spirit of the Wild Moon.

Please ask yourself if this experience is what you wish to experience.

## Preparation

If you, after reading the above-mentioned, want to join a Wild Moon, read the following to find out about how to prepare for this experience. Every aspect can make a big difference in how challenging or smooth your start into the Wild Moon experience will be!

### *Diet*

During the Wild Moon we will eat a very simple diet that is close to what hunter/gatherer cultures had for food. It's similar to what is known as paleo-diet (you find a lot of information on the internet). Our diet is low on carbohydrates and sugar and excludes processed food, dairy products, grains, salt and "domestic" spices. We will enjoy veggies, roots, wild greens, nuts, fat, wild animal meat, fish and fruits. No pizza, sorry ;-). Our taste buds will soon adjust and get more sensitive, so that we experience the natural flavors of the foods with increasing intensity.

In order to prepare yourself, we ask you to start gradually cutting down on starch (pasta, rice, bread...), sugar and salt 4-5 weeks before the Wild Moon starts. Cooking with less spices might help to enjoy our food right from the beginning.

### *Adjustment to the cold and exposure to nature*

We recommend starting to sleep a little colder 4-5 weeks before the Wild Moon begins. For example, if you're used to sleeping with 3 blankets, cut down to 2. If you only use one, try a thinner one. Leave your window open while sleeping or if you even have the possibility to sleep outdoors (on your terrace, balcony, garden etc.) you might want to do that. It helps your metabolism to work more efficiently and to adjust to being exposed to the change of weather, wind, moisture etc. which makes it more comfortable being outdoors all night and day. We invite you to wear only as much clothes as you need during the day. Enjoy feeling the changing temperatures on your skin that doesn't harm you and how your body regulates itself.

### *Informing people and taking precautions*

Tell your friends, family etc. that you will be unavailable for the duration of the Wild Moon (exception: letters and emergencies). We will give you a mailing address for letters as well as a phone number for emergencies. Incoming packages won't be handed out to you during the experience, we will store them in a safe place until the end of the Wild Moon. If needed, make sure that someone takes care of your responsibilities and issues during the Wild Moon before it starts, so that you can be fully present in the experience (for example checking your letter box, caring for your plants or pets, ...)

### *Lice and pinworms*

Please check yourself before coming to make sure you don't have lice or pinworms. They spread very easily, can be very unpleasant and difficult to get rid of in a group experience (we say this based on previous experiences).



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### *Ticks*

There can be a quite some ticks where the Wild Moons take place. They can carry Lyme disease (Borrelia) and TBE, even if very rarely. The safest way to minimize the risk of getting Lyme disease is to help each other check our bodies for ticks several times per day. There is also the option to vaccinate against TBE, if you so desire. If that is what you want to do, you should do it as early as you can before coming here, as the vaccination process usually takes a while. It is your responsibility to inform yourself around this issue, so you can make an empowered decision.

### *Equipment*

The weather conditions can vary a lot within a moon: green season temperatures are ranging from 0 to +30°C. To be properly equipped, please stick to the list below, it includes everything you need.

If possible, only bring clothes made of natural fibers. Due to its hollow fibers, wool keeps you warm if you should get wet, while cotton won't. (Merino) wool is beneficial in all seasons because it helps your body to keep a stable temperature, it leads sweat away from your skin so that you don't feel wet while running and jumping around in the woods and it doesn't get smelly for a long time. Cotton is only appropriate for green season shirts and pants. Choose clothing that you can wear in layers. Choose clothes in natural colors, but no camouflage please. Preferably choose a tight-woven piece as an outer layer because it's a better protection from wind.

Wash all the clothes without scented detergent at least once before you leave. You will attract fewer mosquitos and other critters and you might be able to get closer to wild animals.

Many of these clothing items can be found in secondhand stores or online. We recommend that you check these options before buying new clothing. Another option is to borrow items from friends and family or buy from army stores. If you can't find an item, let us know and maybe we can help.

Please bring everything from the list and nothing more into the Wild Moon. If you have a need for something that's not on the list, and you feel you don't want to miss it, please contact us!

Be prepared for an equipment check before heading out on the first day. We do this to make sure you have everything you need and that your equipment is appropriate, since it is way more effort or even struggle to notice these things when we are out in the woods.

Please wear clothes you want to take into the Wild Moon on the first day because we'll start right from the meeting point.

## **Green Season Equipment**

If you have questions regarding what to choose please contact us! You are welcome to substitute wool/cotton clothes for any buckskin clothing you may have.

- Big backpack that fits all your stuff
- Bowl and spoon out of wood (optional: self-made out of natural materials)

- A non-folding woods/craft knife, preferably attachable to your belt
- Crooked knife (optional)
- Tomahawk or hatchet if you have
  
- Sleeping bag: a medium bag in the green season – only synthetic please, down bags can cause trouble due to the moisture in the air!
- Sleeping bag liner (optional)
- Sleeping hide/fur if you have or a non-inflatable sleeping pad (optional)
- Tarp
- Mosquito net
  
- 2 loose-fitting cotton, or very light wool long-sleeved shirts
- 2 pair of cotton and one pair light wool pants (long johns)
- 1 pair of short pants (optional)
- 3 pair of light wool socks
- 1 pair of long wool underwear (top and bottom - optional)
- 2 to 3 thick wool shirts/jackets
- 1 pair of light mittens (optional) – preferably wool
- 1 light wool hat
- 1 sun hat (for small children or sensitive persons)
- 2 t-shirts
- 2 pairs of footwear, preferably moccasins, sneakers, barefoot-shoes or light canvas shoes without heels or deep treads - no clogs/sandals
- Belt
- Approx. 4 underpants
- Women: 4-6 bandanas for your moon time bleeding (period) used with sphagnum moss to be gathered later
  
- Towel, washcloth, hairbrush/comb, toothbrush, biodegradable toothpaste and floss
- Pencil, paper, envelopes and addresses (optional) – we'll have Swedish stamps
- Candles (approx. 1 or 2)
- Notebook and pencil (recommended)
- 2 Handkerchiefs out of fabric

- Cotton rags, 2 or 3 (size about 50x50cm, a variation of fabrics can be useful) – important!
- Minimal sewing kit (only needles and thread)
  
- Passport (if you're traveling from a country outside the EU)
- EU health insurance card (if you are from a country within the EU)

Before and after the program:

- Civilized clothes to travel, also to use in town (for example if you'd need to see a doctor)
- Shampoo, Soap if you want to
- Towel
- Empty USB-stick or external hard drive for photos

The things you don't need during the program will be stored by us. Please bring only what you really need because we don't have much storage space.

Please bring an extra 1000 SEK in small cash, for miscellaneous expenses for possible extra clothing/equipment, that you may have forgotten, you are running out of or other unpredictable needs you may have during the program.

## Participation fee for the experience

The fee for the Wild Moon is composed of different parts: One part are expenses for the Wild Moon itself (such as organic food incl. wild meat, canoe rental, storage room rental, fishing licenses, material for hide tanning and infrastructure, fuel for the car to get food...). The other part covers the money, time and effort we put into the preparation, the formal organization of our association, insurance and more, summarized: The required background work for making Wild Moons possible.

We offer staggered tuition fees according to your income, please be honest with yourself about how much you can afford:

Adults (sliding scale) 2.000 – 3.000 €

Nursed children: free

Children until 12. birthday: 400€

Teens until 16. birthday: 800€

Teens until 18. birthday: 1.200€ (if coming with a parent, otherwise pay like an adult)

Please contact us if you are in financial difficulty. We will find a solution together:  
contact@wildmoon.eu