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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 that 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
- how to prepare before the Wild Moon starts
- the equipment you need
- tuition

## What is a Wild Moon?

We will live for a 28 day-cycle in nature, without a lot of things you are accustomed with in your normal life. This is a **living** wilderness immersion, where you'll be discovering through experience what it truly means to live with nature and in harmony with a group of people. While we offer expert guidance, you'll also have the time and space to discover things for yourself. This is not a sequence of outdoor skills workshops, but an invitation to learn through presence, curiosity, and direct experience with the living world.

This program is truly unique in Europe. Here, you will learn essential primitive skills — such as fire-making, shelter-building, and natural cooking — within a context that gives them real meaning, as you will use them in your daily life. In this way, your learning will deepen not only through understanding, but also through experience — with both mind and heart.

Alongside living a natural and minimalistic daily life, we will explore and share deeper inner processes. It is easy to romanticize life in nature, yet true connection with the wild includes far more than beauty and simplicity. You may encounter your personal limits and the complexities of group dynamics, which can feel uncomfortable or even confronting at times.



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Our intention is never to overstrain anyone, yet we also do not ease every discomfort by adjusting external conditions. Within this immersion lies the potential to discover a deeper sense of comfort, trust, and love.

## **Before you join**

You don't need prior wilderness experience to join the Wild Moon. Practical skills like fire-making or shelter-building are not required — you'll learn as you go. What's more important is that you feel comfortable camping and spending time outdoors.

The Wild Moon invites people from all levels of experience. Still, it's important to know that the journey can be both beautiful and challenging at times. We encourage you to come with an open heart and as few expectations as possible. Let go of ideas about what this experience "should" be — it's something you can only truly understand by living it.

Please remember that you are responsible for your own wellbeing. Take care of yourself and speak up if you ever feel overwhelmed or need support — this is part of the practice of living together with honesty and care.

During the Wild Moon, we ask you to:

- Stay within camp and the surrounding wilderness for the full duration — as if civilization no longer exists.
- Take part wholeheartedly in the shared rhythms of practical and communal life.
- Abstain from alcohol, tobacco, coffee, sugar, and other drugs during the program.
- Leave your mobile phone behind and enjoy being offline. We have a phone for emergencies, and you can stay in touch with loved ones through letters.
- Answer the questions in the application form with honesty — they help us prepare and hold the space for you and the group.

## **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



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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, after reading the above, you feel inspired to join a Wild Moon, the following section will help you prepare for the journey ahead. Every detail can make a big difference — shaping whether your beginning feels smooth, grounded, and open to the experience.

### *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. To prepare yourself, you can **start to gradually cut down on starch** (pasta, rice, bread...), **sugar, salt and spices 4-5 weeks before the Wild Moon starts.**

### *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



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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 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 (no packages) as well as a phone number for emergencies. 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.

### ***Ticks***

There can be a quite some ticks where the Wild Moons take place. They can carry Lyme disease (Borreliosis) 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



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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 mosquitoes 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.

- 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 if possible, 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 (+ ropes for tarp)
- Mosquito net (to sleep under)
  
- 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 or cotton socks (at least one of those pairs should be 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)
- 2-3 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. 4-6 underpants
- Women: 4-6 bandanas for your moon time bleeding (period) used with sphagnum moss to be gathered later
- optional: dress or skirt
- optional: 1-2 cotton bras or bustiers
  
- Towel, washcloth, hairbrush/comb, toothbrush, biodegradable toothpaste and floss; optional: hair tie
- Pencil, paper, envelopes and addresses (optional) - we'll have Swedish stamps
- optional: 1 Candle
- 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! — used for collecting greens, catching nutshells, etc.
- 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 (we do not provide a place to shower, though)
- Towel

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/100 EUR 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.



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## 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](mailto:contact@wildmoon.eu)