

Dear aspiring Wild Mooner!

We are happy to see that you are interested in joining this upcoming Wild Moon(s) and through it reconnecting with who you really are.

This program is quite unique in Europe. You will join a Native modeled camp and live a natural lifestyle that is in harmony with the Earth. By being fully immersed in it you will learn much more than by taking workshop after workshop in an isolated environment. Your learning will also be different. You will learn primitive skills (such as fire making, shelter building, primitive cooking etc.) in context and they will make sense to you because you will need them in your daily life. Thus you will know not only with your mind but also with your heart.

Also, you will learn a lifeway and social skills that are often overlooked, yet utterly essential. You will experience and learn about relationship (with everything), you will be immersed in a culture of Truthspeakers, you will share your dreams with your clan and receive guidance from your inner wisdom. You will become more aware of yourself, what your gift to the world is, and what it means to be human.

You will get the most out of this immersion experience if you take the following guidelines to heart. We strongly ask you to subscribe to them because your behavior will influence the experience of everyone in camp.

Please...

- ...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.
- ...fully participate in the experience.
- ...leave phones, watches and other technological devices behind as well as your pet animals. We will bring a cell phone along for emergencies. There will also be a number so your family and friends can leave a message in case of emergency on their part.
- ... abstain from alcohol, tobacco, coffee, sugar and other drugs for the duration of the program.
- ...come as an empty bowl – In order to experience a whole new world, as much as possible, leave preconceptions of Native Lifeway behind, along with beliefs and practices such as meditation, yoga, martial arts etc. The more one's bowl is already filled, the less room one has for new explorations and discoveries.

We will be living on a diet that is close to a Native diet, which means that it is very simple. There will be no processed foods, no sugar or spices, no dairy products as well as no grains. Instead we will enjoy fruit, root and green vegetables, nuts, meat and fat. So be prepared for four weeks without pizza and chocolate J!

Below, we've included the **information packet** with equipment list and guidelines as well as the **application form** and **liability waiver**, that both need to be signed and sent in. Make sure to read it all carefully to be able to fully enjoy your experience!

We look forward to you joining us around the fire!

Note: This is NOT a skills workshop. The Wild Moon Immersion is a holistic aboriginal living experience. While there is the opportunity to learn a number of primitive skills, the lifeway is a focus of its own. Where workshop skills are predetermined, Wild Moon Immersion skills are decided by the needs of the circle, which is made up of the camp's human and nonhuman communities, the weather and the season.

Information Packet

We have thoughtfully compiled this information packet to help you prepare for this immersion experience in the Wilderness. For one moon, you will leave the civilized world and most of what you are familiar with. You will be expected to participate to the fullest in camp life and daily activities.

This is not a romanticized reenactment of Native Living. It's about connecting with who we really are as well as healing our wounds in our natural environment as a part of nature and not separate from it.

Read the **Equipment and Clothing List** carefully, and make sure you come with everything that is on the list, and nothing more. A breach of this requisite might jeopardize your ability to participate in the experience. If you are having trouble acquiring items on the list, contact us and we can help you out. When you arrive, we will check your equipment to make sure you have everything needed for a safe and fulfilling experience.

Wash all the clothes you intend to bring with you without scented detergent at least once before you leave, so you will attract fewer mosquitoes and other critters as well as you'll be able to get closer to wild animals, and people with allergic reactions won't be bothered. You won't use soap during the Wild Moon. Instead you will be learning about **natural hygiene** methods.

To help you adjust to being outdoors, we suggest that you sleep cooler at night for three weeks before arriving. If you normally use 3 blankets, cut down to 2. Sleeping with the window open is a good way to adjust to the outdoors or even better sleeping outdoors if you have the possibility. This will stimulate your metabolism to function more efficiently, which will keep you more comfortable outdoors.

We eat a **native diet**, which is low on starch and sugar. To best prepare yourself, gradually cut down on your sugar and starch (bread, pasta, rice, potatoes and sweets) consumption. If you are a big eater, start eating less in general three weeks before arrival. Cook without spices and salt so you may enjoy the natural flavors of camp cooking.

Mail is collected from and delivered to camp once every quarter moon (week) during the program. No incoming packages will be accepted! Letters and postcards can be sent to an address we will let you know after you have signed up.

Before we head out to camp we will go through your gear to check if you have everything necessary and nothing more, so please be prepared for that. Please also be prepared to head out right away after the **gear check**, so wear the clothes you intend to have on you the first day of the Wild Moon. Your things that you won't need in camp will be stored away during the experience (to see what we mean by that check under "Before and after the program" in the equipment list). We don't have much storage space, so please only bring what you really need.

If you have further questions regarding your travel to the Wild Moon get in contact with us through info@wildmoon.eu

We have a cell phone in camp for emergencies. Your family and friends can leave a message in case of **emergency** on their part to a support person that will check his/her mobile phone regularly. The number will be given to you when you have signed up.

Lastly it is important for you to understand the **camp and the hygiene guidelines**. The time you invest in making yourself familiar with the information in this packet, and your adherence to it, could make the difference between a compelling adventure or an adjustment period from hell.

Wild Moon Europe Tuition Policy

The cost for the program is for

Adults:

400€ for the Wild Week
1400€ for one Wild Moon
2400€ for two Wild Moons

Children:

Nursed children	free	
-11	250€/Moon	75€/Week
12-15	600€/Moon	200€/Week
16-18	950€/Moon	300€/Week

All of the above prices for children are for children in the company of at least one adult.

In order to strengthen your commitment and provide some financial reliability for us, please make sure to pay half of the tuition **a month before the program starts**. The rest will be due two weeks before the start of the program. This helps us to organize in advance and secure a smooth flow of the program.

If you have any doubts about paying the full tuition by then, transfer what you can and contact us to make further arrangements. If you wish to support others who might be struggling financially, you are welcome to do so. Please contact us for further information.

Pay to the following account:

BIC/SWIFT: NDEASESS

IBAN: SE22 9500 0099 6042 0593 1159

Account holder: Föreningen Naturliv, c/o Johan Örlander, Nackunga 1, 15392 Hölö, Sweden

Bank address: Nordea AB, Smålandsgatan 17, 10571 Stockholm, Sweden

The application is binding when the tuition is paid. You will receive a confirmation and any additionally necessary information. You can cancel before the beginning of the Program. This has to be done in writing (postmark). Up to 7 days before the beginning of the Program, € 600 will be reimbursed. After that there is no reimbursement, for these reasons:

1. We're planning and paying for the program well ahead and need cover for those costs.
2. When the going gets tough, the possibility of a tuition reimbursement can be used as an incentive for dropping out, rather than facing and learning from the issues that come up. This short-circuits the purpose for which you decided to participate in the Program.
3. In a real wilderness experience, there is no dropping out, and our intent is to provide you with a real wilderness experience.
4. The program is set for the entire four weeks, and we must meet the economic costs of that commitment, whether or not you complete the Program.

We're trying to keep costs as low as possible. At the same time we want to offer the best of everything like organic food, a nice camp location, people who will support us when we're out at camp so we can stay there for the whole duration of a Moon. Please bring the packet along with you so that you can refer to it at camp.

Wild Moon Equipment and Clothing List

The weather can vary, with green season temperatures ranging from 0 to 30 degrees Celsius, and white season temperatures fluctuating between -25 to +10 degrees Celsius. Therefore it is important that you come properly equipped. Clothing made of natural fibers is best, with wool being most preferred (merino wool, lamb's wool and others are very soft and comfortable next to skin) in the white season. Cotton is appropriate only for green season shirts and pants. Choose clothing so you'll be able to wear them in layers. No camouflage please! Choose tight-woven rather than loose-woven clothing (for example, avoid knitted sweaters).

WOOL makes a huge difference in the white/cold season – it is much warmer than cotton because of its properties and it keeps you warm even when it's wet. So make sure that your winter clothes are made of wool.

Many of these clothing items can be found in your nearest used clothing store at reduced prices, we recommend that you look there first before buying new clothing. Another option is to borrow items from friends and family or buy from Army surplus stores. If you can't find an item, let us know and we can help you find it. Also if you have a special needs, please contact us!

Equipment for all Seasons

- o Big backpack that fits all of your stuff
- o Bowl (ceramic or wooden only) and spoon
- o One non-folding woods/craft knife
- o Sleeping bag: spring/summer bag for green season, heavy winter bag for white season (or two lighter ones)
- o Sleeping pad (no air mattress)
- o Towel, washcloth, hairbrush/comb, toothbrush, toothpaste, and floss
- o Pen, paper, envelopes and stamps (optional)
- o Candles (enough for a Moon)
- o Notebook (optional)
- o Handkerchief
- o Cotton rags, 2 or 3 (size about 50x50cm)
- o Sewing kit
- o One belt
- o Four pair of underwear
- o Women: Four to six bandanas (dark color-opt.) for moon time (bleeding) used with sphagnum moss to be gathered here.
- o Sleeping hide/fur if you have
- o Tomahawk or ax if you have
- o Passport (if you're traveling from a country outside the EU)
- o EU health insurance card (if you are from a country within the EU)

Green Season Equipment (Approximately April – October. The green and white season overlap so if you have any questions regarding what to choose please contact us!)

- o Mosquito net
- o Two loose-fitting cotton, or very light wool long-sleeved shirts
- o Two pair of cotton and one pair light wool pants
- o Three pair of light wool socks
- o One pair of long wool underwear (top and bottom - optional)
- o Two to three thick wool shirts/jackets
- o One pair of light mittens (optional) – preferably wool
- o One light wool hat
- o One sun hat (for small children or sensitive persons)
- o Two t-shirts
- o Two pairs of footwear, preferably moccasins or light canvas shoes without heels or deep treads.
NO CLOGS or SANDALS)
- o Any buckskin clothing you have (optional)

White Season Equipment (Approximately October – April. The green and white season overlap so if you have any questions regarding what to choose please contact us!)

- o Two light wool shirts
- o Two heavy wool shirts
- o One oversized heavy wool shirt to use as coat
- o One pair of light wool pants
- o One pair of heavy wool winter pants (to fit over light pants)
- o One light wool face scarf or neck tube
- o One heavy wool or fur cap with ear flaps
- o Pack boot (Sorel model 1964-min.tread/heel) or similar winter boots with separate liners and no heel
- o One pair of leather choppers with wool mitten inserts
- o Three pair of medium wool socks and three pair of thick wool socks
- o Two pair of long wool underwear (top and bottom)
- o Ice prods (to get up in case you'd fall through the ice)
- o Additional wool blankets (optional)
- o Any fur clothing you have (optional)

Bring an **extra €100 for miscellaneous expenses:**

For possible extra clothing or equipment you may not have brought with you and we might have to get for you. Also, for example hides and materials for hide tanning costs extra (if you choose to tan a hide).

Before and after the program:

- o Civilized clothes to travel in or to use in town (in case of need for a hospital visit for example)
- o Shampoo, Soap (optional, will not be provided by us)
- o Towel

Camp Guidelines

GENERAL

We dwell on the living skin of our Mother; in gratitude we show honor and respect in these ways:

- To keep our camp a place of trust and Balance, we keep it free of domestic animals (inc. pets), weapons, alcohol, tobacco and psychoactive substances (inc. 'pot', caffeine, and sugar).
- We pack out whatever we brought in that is inorganic or not quickly biodegradable.
- We chip in on camp activities, such as firewood and edibles gathering, cooking, and cleaning.
- We keep craft debris in one place by doing our craftwork in a designated craft area and cleaning up when we're done working for the day.
- We swim, canoe, and go on extensive hikes with a buddy, and inform a third person of our plans and anticipated return time (until we have received adequate training).
- We practice stealth, remaining invisible to outsiders. We stay off the roads as much as possible and make sure we have no audience when bathing naked.

CARETAKING

We are respectful of the space and lifeway of our animal, plant, and mineral relations:

- We give nesting, denning, and young animals a wide berth (keep well away from them).
- So as not to alter the lifeways of our animal relations or turn them destructive or dangerous, we: do not feed them, meticulously keep the camp area free of food scraps and clean up food spills, regularly change the hearth boughs, and hang or otherwise secure all food not sealed in glass or metal containers. Compost is buried away from camp on a daily basis.
- We use no soaps and shampoos
- Our footwear has minimal or no treads and no heels, to protect trails from erosion.
- We pee off the trail, away from camp, and in a different spot each time, so that plants are not burned. When trees are peed on, animals can chew the bark off, which often kills the tree.
- We go uphill and away from water to pee and poop. Preferably about 100 meters away.

GATHERING/HUNTING

- When gathering anything from firewood to berries, we are careful to leave enough in a given area for others. We first lay down an Offering, which gives us pause and helps us shift from a "taking" attitude to one of consideration and openness to the guiding voices of the Circle of Life.
- We gather firewood and Birch bark from dead and down trees only - standing dead trees, including their bark and branches, are left untouched. This maintains the pristine character of this land and protects the feeding and denning/nesting sites that dead trees afford.
- To return nutrients, we spread the ash from our hearths thinly over the area from which we got our wood.

FIRE SAFETY

We have much respect for the power of fire:

- We ask the sharing of his gifts only in designated areas. A small, well-tended fire is brighter, safer, cooks better, and keeps you warmer than a large fire.
- Anything that's flammable; sleeping bags, hides, lean-to etc. should be watched while having a fire to keep them from burning or melting. Extinguish sparks that jump from the fire if possible.

HYGIENE GUIDELINES

Prevention

This paper focuses only on prevention, for these reasons:

- Prevention is by far easier than treatment in wilderness situations.
 - In order to prevent infection, unconventional hygiene methods need to be understood and implemented, because it is not possible to maintain standard hygiene practices in the wilds.
 - Because there are as many treatments as belief systems, covering all of them would take a book.
- Effective prevention must focus on more than the infective organism, because personal hygiene, emotional stress, exposure, diet, and eating habits are often contributing factors to infections.

Eat simply and lightly

- Fast the first day in the wilds (unless there are extenuating medical circumstances). This gives the body a chance to relax and adjust to the environment and the new organisms it harbors.
- On the second day, consume one-half to two-thirds of normal amounts.
- On the third day, eat normally without overeating.
- Eat on an empty stomach, so you'll have undiluted stomach acids to kill any infective organisms you might ingest. One person could eat contaminated food on an empty stomach and be unaffected, while the next person piles the same food on top of food already in his/her stomach and becomes quite ill. Fruit can take up to an hour to digest, starch takes about two hours, fat takes around three, and meat might take four.
- Do not overeat. You may have insufficient stomach acids to sterilize your food. Additionally, overeating -especially in the first few days- does not allow time to adjust gradually to the local microbes.
- Do not mix foods that interfere with digestion, such as sweets and meat or fruit and starch.

Camp Setup

- Choose a food prep-cooking area that is dry, has good drainage, and is in full sunlight. Cook under shelter only when necessary.
- Cover the ground surface with a natural acidifier such as pine needles. The more acidic an environment, the more sterile it is.
- Change the ground cover regularly, and clean up food spills immediately.

Personal Hygiene

- Keep your body reasonably clean, particularly face, hands, and groin area.
- Finger, ear, nose, tongue and body rings/studs are havens for microorganisms; please remove before

Anyone with a compromised immune system (HIV positive, Aids, CFS, etc.), or who has a physical illness that could be aggravated by a gastrointestinal affliction, must consult both their physician and the Wild Moon guides before taking a course or visiting.

The above „Eating simply and lightly“ points cannot be overemphasized. Overeating, along with eating often, are common after being invigorated by the outdoors, and they are frequent responses to the fears and insecurities triggered by outdoor adventures.

Going out to camp

- Keep fingernails and toenails trimmed and clean, for the same reason as above.
- Use a handkerchief instead of your fingers to pick your nose. Bacteria-laden mucous sticks to fingers, and under nails it remains moist and warm-the perfect environment for bacterial reproduction.

- When wiping your butt, be extremely careful so that you not contaminate yourself. Wash and sterilize your hands after. Most conifer needles, and a variety of deciduous plants, have antiseptic properties.
- Do not share towels, washcloths, or rags.
- Do not drink from another's cup.
- Use only your own bowl and eating utensil. Do not share them with others.
- Abstain from food preparation, serving, and bowl passing during the contagious period of communicable diseases.

Food Preparation

- Boil or properly treat/filter lake water used for drinking or food preparation.
- Boil or fire-sterilize common cooking utensils.
- Wash and fire-sterilize personal knives before using to prepare food.
- Split out a new cutting board for each meal and burn after use. Learn how to cut food without a cutting board.
- Strive to be a no-leftover cook. If there are yet leftovers, they -and all precooked food that is packed in- need to be heated thoroughly through to boiling point before being served.
- Do not touch serving utensils to rims of eating bowls.
- Use only the common cooking or serving utensils, never personal ones, to dish out food.
- Do not eat directly from the common cooking pot.

Food Serving

- When passing bowls hold them from below, keeping your fingers and thumbs away from bowl rims.
- One person per meal serves food, unless more are needed because of multiple dishes at feasts. The fewer servers, the less possibility of food contamination.
- Ask only for what you can eat so that you'll have no leftovers. If you do have leftovers, do not return them to the cook pot or share them with others.

Cleanup

- Do not use common wash or "slop" buckets.
- Personal ceramic bowls and utensils are generally safely washed in lake, river, or pond water if allowed to dry thoroughly and then set out in the sun or fire-sterilized.
- Store all cooking/eating containers and utensils high enough so they will not be contaminated by the soil or rain splash. Choose a spot that exposes them to the disinfecting action of sun and air.
- Because wooden bowls cannot be sterilized, wash and dry immediately after use.
- Store personal bowls and utensils separately from each others' and from cooking paraphernalia, and away from the food prep-cooking area.

If you contract **Stomach Disorders**:

Most conventional and alternative/herbal approaches focus on eradicating the causative organism. This does "cure" the individual; however, it leaves him/her open to re-infection. Suppression, an alternative to eradication, allows for the possibility of flare-ups. Another approach - achieving balance with the organism - is involved and time-consuming, and yet it is preferred by some whose lifestyles keep them exposed to infective organisms, because:

- It eliminates the possibility of re-infection.
- It greatly reduces the likelihood of flare-up.

Those who have had stomach disorders may continue to harbor the organism(s), so out of respect for others please continue to follow these guidelines. Symptoms may persist in some beyond normal recovery time because food sensitivities keep aggravating the intestinal tract. Experiment by eliminating a suspected food from your diet for a few days. And of course, consult a physician if you feel the need to, or if your symptoms persist.

If you develop stomach disorders you will want to fast for one or two days to allow your body to eliminate the offending organism(s). Be sure to drink plenty of pure water to replace losses from diarrhea and to help flush your system.

The physical manifestations of illness are often the voices of our natural wisdom, calling us to a deeper awareness of the source of illness and our personal path of balance and healing. Many of us who contract stomach disorders do so because we are already out of balance.

Let others know of your predicament: it may be that there is someone who can share his/her wisdom, knowledge, and presence with you. Some persons here may be versed in healing methods that could help in restoring balance. Listen to your body's wisdom; as everyone's metabolism and state of health is different.

Ticks

There are quite a lot of **ticks** where the Wild Moons normally take place, and they can carry the diseases Lyme (Borelia) and TBE, even if very rarely. The safest way to eliminate the risk of being infected is to help each other check our bodies for ticks several times per day. There is also the option to vaccinate yourself 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.

Lice and pin-worms

Please check yourself before coming to make sure you don't have lice or pin-worms. They spread very easily and are a big hassle to get rid off (we say this based on previous experiences). We do not want these creatures in camp!

Wild Moon Europe Application Form

Please fill out this form, and email it to info@wildmoon.eu. If you have questions or if we can be of further assistance, don't hesitate to contact us. If you are many people please write down the info below for everyone of you that are coming with. For children it is enough to write name, age, previous experience (question 3) and health conditions (question 4).

Your General Information

Name:

Date of birth:

Email:

Mailing address:

Phone number(s):

Please answer the following questions thoughtfully and honestly.

(If you need further space, please use an additional sheet of paper and attach it to this one.)

1. What drew you to this experience?

2. What would you like to gain from the program?

3. What wilderness experience and skills do you have?

4. What is the general condition of your health? Do you have any special medical conditions, dietary restrictions, or other needs that we should be aware of or make special provision for?

Next of kin to contact in case of emergency:

Name:

Email:

Mailing address:

Phone number(s):

Liability Waiver and Agreement

Please fill out this form, and scan and email it to info@wildmoon.eu.

With your signature you confirm that you are physically able to participate in the Program. We will try to keep the risks of injury and accidents at a minimum. Be aware, though, that your participation in the Program is your own responsibility and that we, the guides, cannot be held accountable for any injury, illness, death, damage or loss of property that may occur.

Please provide your own health or liability insurance.

You will provide your own transportation to and from camp. With our guidance, you are also responsible for the food that you gather wild. We will provide additional food that we will prepare together.

Further, we will live in an environment free of alcohol, tobacco, drugs and firearms. Please do not harbor them during the Program.

The Wild Moon Guides

Name

Date

Signature