

Alberta Wildlife Federation presents:

Women's Wilderness Weekend

Season 1: Episode 1 - Winter 2024

The Alberta Wildlife Federation (formerly known as the Alberta Fish and Game Association) proudly presents our first event series of 2024: The Women's Wilderness Weekends. Episode 1: Winter 2024 is open for registration! This information is being shared widely and spaces are limited, so register soon!

Wilderness Weekend Description

The Wilderness Weekend series is a quarterly event that invites women (18 years of age and older) from Alberta to participate in activities that develop their outdoor skills and competencies. Education and informative sessions focused on hunting, fishing, survival, and outdoor recreational activities are offered over a weekend. You can expect a supportive, inclusive, and educational environment. We welcome participants from all skill levels and backgrounds. Our sessions will have a beginner focus so all participants can be included and learn.



Registration

Note: You must be a member of the Alberta Wildlife Federation (Alberta Fish and Game Association) or one of our affiliated clubs to attend, but don't worry if you're not already a member; there will be a place to sign up as an Alberta Wildlife Federation member during the registration process for this event.

[REGISTER HERE!](#)

Camp Information Overview

Accommodations: We will be staying at the Strathcona Wilderness Centre for this Wilderness Weekend. The facility has bunk-house style rooms with 4-12 beds per room (bunk bed style). We will have a maximum of 25 people in the camp, so everyone will have their own bed. At registration, we will ask you to identify if you are part of a group so we can accommodate groups to be in the same room. Bring your ear plugs as there are no private rooms. You have a mattress on your bunk but will need to provide bedding. The suggested bedding is a sheet, sleeping bag, and pillow.

Washrooms: Fully functional washrooms are in each bunk area and include **toilets, sinks, and showers**. There are also two washrooms off the main hall for use. Please bring your own towels and toiletries.

Accessibility: The facility has stairs but is wheelchair accessible through three different entrances on each level of the building. If you need mobility accommodation, please contact the Alberta Wildlife Federation Office as soon as possible to discuss your needs.

Transportation: Participants must have access to transportation and may be required to drive to a nearby location to participate in activities.



**Images are not representative of weather conditions at the time of this camp.*

Arrival and Departure information: Participants are asked to arrive between 6 and 7pm on Friday, January 5. The Strathcona Wilderness Centre is located at: 52535 Range Road 212, Ardrossan AB T8G 2E9. Our program begins at 7:30pm Friday and runs until 1:00pm on Sunday.

Food: Our meals will be prepared by volunteers in the facility's industrial kitchen and will be served family or buffet style. Tea, coffee, and hot chocolate will be available throughout the weekend. Our menu is planned to be warm and nourishing as most activities will be outside. See the tentative plan below.

| Meal | Friday Snack | Saturday Breakfast | Saturday Lunch | Saturday Dinner | Sunday Breakfast | Sunday Lunch |
|-----------------|--|-------------------------------------|------------------------------|-------------------------------|------------------------------------|-----------------|
| Main | Evening snack of veggies, fruit, cheese, crackers. | Scrambled Eggs, Sausage & Hashbrown | Minestrone Soup & Sandwiches | BBQ Chicken Breast | Egg, Cheese & Roasted Veggie Wraps | Club Sandwiches |
| Sides | | Fruit, Yogurt & Oatmeal | Potato Salad, Green Salad | Rice, veggies, & Ceasar Salad | Fruit, Yogurt & Oatmeal | Broccoli Salad |
| Desserts | | | Cake | Apple Crisp | | Cookies |

Program

Our weekend will allow participants to take part in activities related to conservation, hunting, fishing, and outdoor skills. These activities will be covered during the camp. The camp schedule will be reviewed with participants on the first evening. When registering, you are asked to indicate your preference of sessions. The tentative sessions are:

Friday Evening: Orientation and Goose Chase

- All participants will participate in this session.

Session 2: Saturday morning – Hunting and Fishing Skills



- **2.1 - Archery** – participants will drive to Sherwood Park Archery for an introductory lesson and some practice.
- **2.2 - Ice Fishing** – Participants will drive out to Antler Lake and learn the basics of ice fishing.

Session 3: Saturday Afternoon – Active Outdoor Living

- **3.1 - Cross Country Skiing** – Participants will enjoy a 2-hour cross country ski workshop with an instructor.
- **3.2 - Snowshoeing** – Participants will explore the multiuse and snowshoe trails using a traditional mode of transportation.

Session 4: Saturday Evening – Indoor Activities for Cold Winter Nights

- **4.1 - Fly Tying** – Participants will learn to tie flies for spring and summer fly fishing.
- **4.2 - Leatherwork** – Participants will be introduced to basic leatherwork tools and create a small project.

Session 5: Sunday Morning – Outdoor Mobility

- **5.1 - Winter Survival** – Participants will learn about basic winter survival and shelter building.
- **5.2 - Navigation** – Participants will use GPS devices to geocache in the area.

**Schedule and activities are subject to change based on weather and availability.*

Free Time

There is a space for yoga in the morning and games in the evenings. For those who want more time outside, stargazing and campfires are also options! This camp is a dry camp, so no alcohol or non-prescription drugs are permitted.

Suggested Packing List

Bedroll: Sheet, sleeping bag, pillow, (consider ear plugs and sleep mask)

Clothing: Warm clothing that can be layered for extended periods of time outside and to protect from wind and moisture. Slippers to wear in the lodge (outdoor footwear must be removed inside).

Toiletries: Towels, your personal care items, and prescription medication.

Optional items:

- A book and/or journal for quiet evening activities.
- The [Goosechase app](#) (download onto your phone) for Friday evening's activities.
- Snowshoes or cross-country skis: If you own your own. These will be provided for all participants.