

# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



**FRIDAY - SUNDAY, SEPTEMBER 30TH THRU  
OCTOBER 2ND 2022**

Dogwood Canyon Nature Park  
2038 W State Hwy 86 Lampe, MO 65681

**PRESENTED BY WANDER WOMAN KANSAS**

# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



## ACTIVITIES

*Friday, September 30th, 2022*



### TRAM TOUR

This adventure includes a two-hour narrated tour of the park as you pass by bluffs, waterfalls and other scenic views. Plus, you'll cross the Arkansas border and enter the Bison-Elk Country pasture, encountering the largest residents at Dogwood Canyon.

After, you'll enjoy a chuckwagon meal served at their Creekside Pavilion surrounded by gorgeous trees and streams.



### CAMPING

Camping...it does a body (and mind) good. Any kind of camping has health benefits. Some are straightforward, like setting up camp or hiking. Mental health improves outside. Researchers linked outdoor activity to a decrease in depressive thoughts. Sleeping under the stars helps you get in touch with your natural circadian rhythms, a foundation for high quality sleep and health.



# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



## ACTIVITIES

*Saturday, October 1st, 2022*



### HORSEBACK RIDING

No matter what your experience level is, this segment is the perfect adventure for you! You'll tag along on horseback as experienced wranglers guide you on a leisurely ride, exploring ridges, hollows, old logging roads and other scenic views.



### STREAM SURVEY

Students will learn how aquatic invertebrates can be used as an indicator of water quality and the important role they play in the stream ecosystem. Students will split into groups so that some can enter the stream to collect aquatic insects, crawfish and other invertebrates, while others on the bank will work to identify what their classmates have gathered.



### PRIMITIVE WORKSHOP

The first half of the program will be demonstration of various stone-age skills: Making stone tools, using primitive weaponry such as the atlatl and blowgun, primitive traps and fishing gear, basketry and containers, primitive fire-making methods, tanning deer hides to make clothing, and sewing with bone needles and sinew. The second half will be hands-on activities such as making fire with the bow and drill, throwing the atlatl, and making your own bracelet or necklace from corded plant fibers.

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## FEES

### **\$89.00 UPFRONT FEE COVERS:**

- **PARK ENTRY - MEET AT BREEZEWAY**
- **\$10 GIFT CARD TO USE AT DWC**
- **2 HOUR WILDLIFE TRAM TOUR**
- **DINNER FRIDAY**

### **\$225.00 UPFRONT FEE COVERS:**

- **PARK ENTRY - MEET AT BREEZEWAY**
- **SATURDAY MORNING REFRESHMENTS**
- **NATURE WALK**
- **HORSE RENTAL**
- **LUNCH SATURDAY**
- **DINNER SATURDAY**
- **CAMPING FRIDAY & SATURDAY**

### **CANCELLATION:**

**DEPOSIT AND TRAM TOUR IS NON  
REFUNDABLE**

**YOU MUST CANCEL BY SEPTEMBER 1, 2022  
TO BE ELIGIBLE FOR A PARTIAL REFUND**

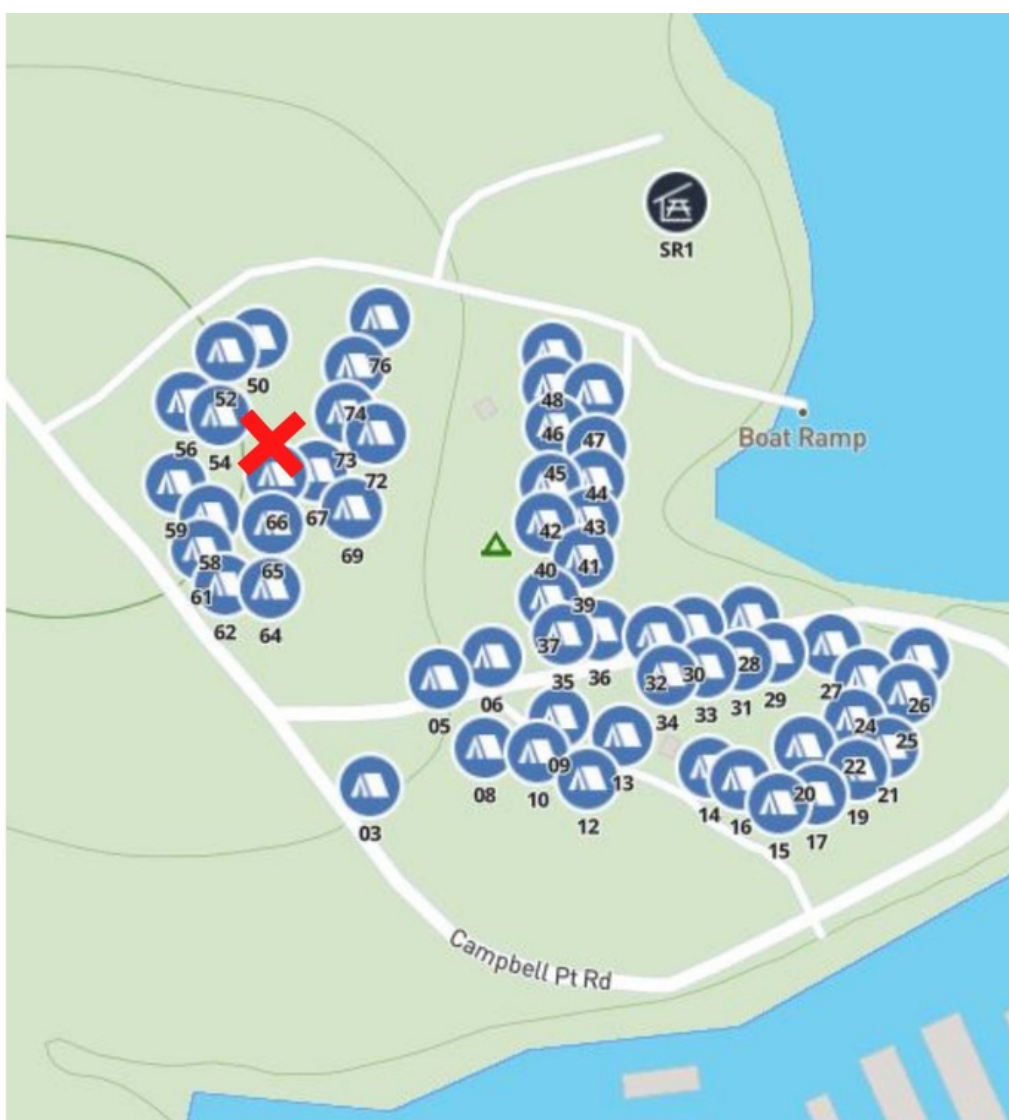


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## LOCATION

**CAMPING AT CAMPBELL POINT RECREATION**  
**1363 CAMPBELL POINT RD, SHELL KNOB, MO 65747**



# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



## SCHEDULE

*Friday, September 30th, 2022*

## WILDLIFE TRAM TOUR

**STEP ABOARD OUR COMFORTABLE, OPEN-AIR TRAMS AND EXPLORE THE BEAUTY OF DOGWOOD CANYON! THIS ADVENTURE INCLUDES A TWO-HOUR NARRATED TOUR OF THE PARK AS YOU PASS BY BLUFFS, WATERFALLS AND OTHER SCENIC VIEWS. PLUS, YOU'LL CROSS THE ARKANSAS BORDER AND ENTER THE BISON-ELK COUNTRY PASTURE, ENCOUNTERING THE LARGEST RESIDENTS AT DOGWOOD CANYON.**

**AFTER, YOU'LL ENJOY A CHUCKWAGON MEAL SERVED AT OUR CREEKSIDE PAVILION SURROUNDED BY GORGEOUS TREES AND STREAMS.**

**ARRIVAL: 2:00PM - MEET @ BREEZEWAY**

**SHOP & EXPLORE: 2:00PM - 3:00PM**

**TRAM RIDE: 3:00PM - 5:00PM**

**DINNER: 5:00PM - 6:00PM**

**HEAD TO CAMP: 6:00PM**



# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



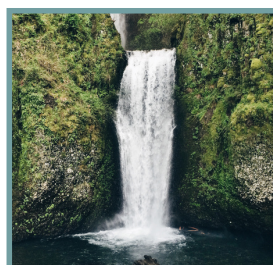
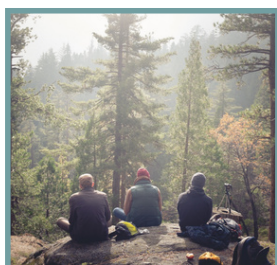
SCHEDULE

*Friday, September 30th, 2022*

## CAMPING SCHEDULE

**IF YOU CANNOT MAKE THE TRAM TOUR YOU CAN  
ARRIVE TO CAMPBELL POINT CAMPGROUND AT  
**5:00PM.****

**\*DINNER IS **NOT** PROVIDED FRIDAY NIGHT\***





# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



## SCHEDULE

*Saturday, October 1st, 2022*

**ARRIVAL: 7:30AM - COFFEE & SCONES @ BREEZEWAY**

**NATURE WALK: 8:00AM**

**FIRST SESSION: 9:30AM - 11:30AM**

**LUNCH: 11:30AM - 12:00PM**

**SECOND SESSION: 12:00PM - 2:00PM**

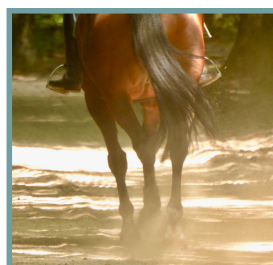
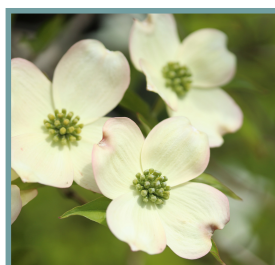
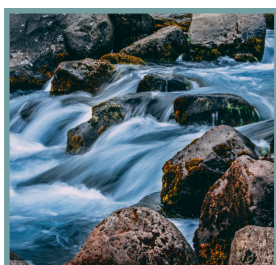
**BREAK: 2:00PM - 2:30PM**

**THIRD SESSION: 2:30PM - 4:30PM**

**DINNER: 5:00PM**

**DEPART TO CAMP: 6:00PM**

**\*HORSEBACK RIDING:** WEIGH NO MORE THAN 250 LBS  
(YOU WILL BE WEIGHED PRIOR TO RIDING)



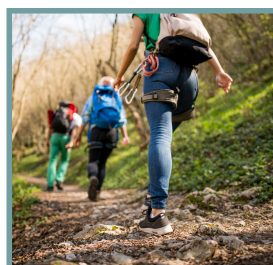
# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



SCHEDULE

*Sunday, October 2nd, 2022*

**CHECKOUT: 11:00AM OR EARLIER**



# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



## WHAT TO BRING



## CLOTHING:

- Day apparel for activities
- Water shoes/sandals/rubber boots for stream survey
- Spare set of clothes
- Warm clothes for cooler evenings and mornings
- Comfortable shoes for walking on gravel or uneven surfaces
- Rain jacket with hood
- Rain pants (optional)
- Backpack

## BASIC EQUIPMENT:

- Tent
- Sleep Pad or Mattress
- Pillow
- Camp or Lawn Chair
- Headlamp or flashlight with spare batteries
- Refillable Water Drinking Container
- Coffee Cup
- Snacks



# OUTDOOR WANDER WOMAN LIFE-SKILLS 2022



## WHAT TO BRING



## PERSONAL/FIRST AID:

- Hand Sanitizer
- Towel and Washcloth
- Toothbrush and Toothpaste
- Earplugs (if you are a light sleeper)
- Sunscreen
- Bug Repellent
- Personal Toiletries
- Medication - OTC & Prescription
- Personal First Aid Kit, Band-Aids, Etc.
- Aspirin/Non-Aspirin (Something for minor aches or pains)
- Lip Balm with Sunscreen
- Sun Glasses
- Hat

[HTTPS://WWW.WANDERWOMANKANSAS.COM/O-W-W-L](https://www.wanderwomankansas.com/o-w-w-l)