**Wild Chefs & Herbal Medics Sample Itinerary**

**Sunday:** Introductions; Ice Breakers; Make Journals; Learn Honorable Harvesting; Pineapple Weed Tea; Learn Infusion vs. Decoction;

**Monday:** Awareness Skills; Safety in the Woods; Harvest Stinging Nettle to Dry for Cordage; Learn Cordage; Knife Safety; Make Insect Repellent; Start Herbal Oil; Make Pine & Mint Teas;

**Tuesday** 7-8 Yoga & Calesthenics; 8-9 Breakfast & Packing; 9-11 Travel & Seashore Primer; 11-3 Seaweeds, Shellfish & Shorelife Walk at [Low Tide](http://tidesandcurrents.noaa.gov/noaatidepredictions/NOAATidesFacade.jsp?Stationid=9446828&bmon=08&bday=02&byear=2016&edate=&timelength=daily&timeZone=2&dataUnits=1&datum=MLLW&timeUnits=2&interval=highlow&format=Submit); 3-7 Wild Edible Seashore Cooking & Dinner with Wild Chef Charlie Borrowman; 7-9 Plant Families Intensives;

**Wednesday:** Learn Map/Compass; Collect Plants for Vegetable Broth (Nettle. Chickweed, Cleaver, Dandelion, Wild Mustard); Berry Collecting & Top Wild Edibles; Pit Cooking; Herbal Sachet; Stinging Nettle Cordage; Make Catnip/Lemon Balm Syrup; Finish Salve; Burn Spoons;

**Thursday:** 7-8 Yoga & Calesthenics; 8-9 Breakfast & Cleanup; 9-10 Study Alpine Plants on drive to Snoqualmie Pass; 10-1 Alpine Meadow Herbal Plant Hike; 1-2 Backpacker Camp Stove Lunch with Alpine Herbs; 2-3 Pack & Drive Back; 4-5 Southwestern Theme Wild Cooking; 5-6 Dinner; 6-7 Wildflower Drying & Wild Edible Foods Cooking; 7-9 Campers Choice

**Friday:** Spa Day: Face Scrub; Steam; Toner; Oil; Finish Salve; Tea & Meditation.