



Women's Wilderness Weekend - April 26-28 Itinerary

Day 1: Friday

Kananaskis Hostel

- 6:00pm: Registration and light snacks
- 7:15pm: Welcome and Orientation
- 7:30pm: Session 1: Weaving/Geocaching
- 9:00pm: Free Time



Day 2: Saturday

Kananaskis Hostel

- 7:30am: Breakfast
- 9:00am: Session 2: Walking stick making
- 10:30am: Session 3: Photography
- 12:00pm: Lunch and Learn: Field to Fork
- 1:00pm: Session 4: Bear Awareness with John Clarke
- 5:00pm: Free time
- 6:00pm: Dinner
- 7:00pm: Session 5: Weaving/Geocaching
- 8:30pm: Free time



Day 3: Sunday

Kananaskis Hostel

- 7:30am: Breakfast
- 8:30am: Pre-hike workshop and pack lunch
- 10:00am: Checkout
Kananaskis Trails
- 10:15am: Hike
- 12:00pm: Lunch on the trail
- 2:00pm: Fond farewell





Women's Wilderness Weekend - April 26-28 Information

Recommended Packing List

- Clothing that is comfortable and can be layered when the temperature changes
- An outer layer (jacket and pants) that is wind and waterproof
- Sturdy shoes for hiking
- Slippers/indoor shoes
- Toque and mittens
- Pair of crampons/shoe spikes for hiking
- Day pack (small backpack bag that can hold supplies for a day hike)
- Personal toiletries and prescription medications
- Journal, book, craft project, and/or games for free time
- Camera for photography session (a Smartphone works!)
- Water bottle and travel mug

Meals

- Light snacks will be provided at registration time as participants arrive
- All meals Saturday and breakfast and lunch Sunday are provided
- Coffee and tea are available all day
- Dietary restrictions will be accommodated as much as possible

Accommodation Information

- The hostel supplies all linen at no extra charge (sheets, blankets, pillows, pillowcases and towels).
- If you would like to help us stay green, please bring your own sleeping bags to the Wilderness Hostels.
- Bathrooms in the hostel are shared with all female guests.
- A Kananaskis vehicle pass is required if you are parking your vehicle at the hostel.