



SAMPLE DAILY SCHEDULE

7:00-8:15 am	Breakfast KP
7:20-7:40 am	Breakfast served
8:30-11:30 am	Morning Class
11:45-1:15 pm	Lunch KP
12:00	Lunch served
1:30-4:30 pm	Afternoon Class
4:45-6:15 pm	Dinner KP
5:00	Dinner served
6:30-7:15 pm	Evening Program
7:30-9:00 pm	Evening Activities
9:00-9:30 pm	Campfires, Astronomy, Journal time
9:30pm-6:30am	Quiet time in dorm



Dining

Breakfast is served Cafeteria style, lunch and dinner are served Family Style. Special dietary needs are accommodated at the front serving line.

From scratch vegan, vegetarian and meat dishes are available at meals. There is no need to inform us if your special dietary need is the following; vegan, vegetarian, dairy or nut allergy and gluten free.

Please contact us at FoodService@wolf-ridge.org if your special dietary need is medically subscribed (such as celiac or diabetes).

Your child may participate in Kitchen Patrol during their visit. KP arrives early for the meal to set the tables. After eating they will assist with cleanup.

Lodging

Our Mac Lodge features a view of Sawmill Creek Valley and a large stone fireplace. The Mac Lodge is divided into four sections with 5 common areas. Sleeping rooms sleep 4-8 and have a private bathroom. Our Mac Lodge is Living Building Certified (LBC).

Our Summit Lodge offers two large dayrooms for group meetings and is divided into four sections, each section with 6 rooms. Each room sleeps 6-8 people and includes a private bathroom.

Personal storage is limited. Plan on living out of a pack, or a suitcase, which can be stored under your bed. Participants must bring their own sleeping bag, pillow and toiletries.

We suggest that you put your child's name in their belongings. We do our best to return items if informed of loss. You will be asked to pay for return postage.

Contact while at Wolf Ridge

Your child will be very busy at Wolf Ridge, learning and exploring outside and will not be accessible by calling our office. In case of an emergency, and the need to get hold of a participant at Wolf Ridge, you may call 218-353-7414 or 1-800-523-2733 (MN,WI). From 8am to 8pm your call will go directly to the office. After 8pm follow the voice messaging system to reach our on-site staff. Please do not use the emergency voice mail option to deliver a non-emergency message. Messages that are not emergencies will be delivered at the next meal.

Wolf Ridge cannot print and deliver emails sent to your child.

US Mail is delivered each evening at dinner. Please address to the student, including your **SCHOOL'S** name (Wolf Ridge may be hosting more than one school) at the below address. Mail should be sent a minimum of four days prior to your stay. Mail arriving after departure will be returned if return address is provided.

Dressing for classes

Wolf Ridge's climate typically is four weeks different than the Metro. Fall comes earlier and Spring comes later. With the exception of Indoor Rock Climbing and a few evening activities, all Wolf Ridge classes spend time outside.

Please see our packing list for suggested outdoor gear. Dressing for success in the northwoods means staying dry and comfortable.