



WILDERNESS SURVIVAL

PREPARE.
PRACTICE.
PREVAIL.

WILD INSPIRATIONS

This course is designed for women to learn by and with women. You will always remember the surge of confidence you feel after lighting a fire on your own for the first time or building an emergency shelter in the woods. You'll rediscover your inner self through the experiences of challenging scenarios -- in the company of a group of dynamic, supportive women. Learning critical real world wilderness skills while gaining personal insights will mean a healthier more confident you in the workplace and at home. The teamwork and leadership skills you'll learn with others in your women's group will guide your success for the rest of your life.



FREQUENTLY ASKED QUESTIONS

What experience do I need to attend this course? This course is designed for women from all walks of life. No wilderness experience is necessary. You already have everything you need to succeed inside you -- Mountain Shepherd Wilderness Survival School can help bring it to the surface.

What is the age requirement of this course? This is a course for adults. 18 year olds may come alone. Mature 16 & 17 year olds may come with a responsible partner over the age of 18.

What time does the course start and end? Arrival time is by 9:30 Saturday morning. The course concludes by 1:00 on Sunday. If you prefer to travel on Friday, you can stay at the lodge. \$50 includes a bunk and breakfast. \$25 for each additional person in your group. Group, semi-private and private rooms are available. Contact us for reservations. Payment is due when you leave.

Do I need to bring a friend? If you come alone, you are guaranteed to leave with new friends! Of course, your friends are always welcome -- sign them up too!

Is the course taught outside? The training camps are setup outside held under parachute canopies. The Virginia location courses are held on Mountain Shepherd's gorgeous 100 acre property bordering the Jefferson National Forest.

Do I sleep under the stars? This is your adventure! You can sleep in a tent, a hammock, a shelter you improvise or stay in the lodge. The choice is yours.

What is the weather like? Local weather is so hard to predict. Best to watch the forecast for zip code 24070. You can store extra clothes and gear at the lodge.

Do I get to eat bugs? You will learn which bugs are edible and how to find them. Eating them is optional! Meals are included in the cost of this course. Please alert the Mountain Shepherd staff to any special food needs.

Do I need to buy a lot of gear? The only required items are weather appropriate clothing and comfortable tennis/walking/hiking shoes or boots. You don't need to buy a thing. The equipment list includes gear you should always have with you on an outdoor adventure. Bring what you have or borrow from us. No need to buy any new gear prior to coming to a course. We have everything you'll need. It's best to borrow before you buy. Part of the training includes gear recommendations for your personal survival kit.

What should I leave at home? Hatchets, machetes, firearms, drugs and alcohol.

OPTIONAL GEAR LIST

If you have it bring it. If not, borrow it from us -- we have everything you need! If you want to shop, check out our store. Great prices!

- Backpack
- Sleeping Bag
- Sleeping Pad
- Pillow
- Water Bottle -- fresh drinking water for refills provided

- Flashlight or headlamp
- Knife -- fixed and/or folding blade
- Whistle
- Signal Mirror
- Cooking pot and utensils

- Notepad
- Reading material

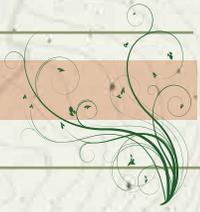
Food Suggestions:

- Dehydrated meals (ie Mountain House, MREs)
- Tuna/Chicken pouches
- Trail mix, beef jerky
- Fruit
- Oatmeal
- Fixings for s'mores

MOUNTAIN SHEPHERD.COM

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DIRECTIONS



Please keep a copy of the directions with you when you travel. Technology does not serve our area well and often sends drivers the long way, the wrong way, or to a completely different location. If your schedule allows, travel during daylight hours. The views are spectacular!

From the North: Interstate 81 South towards Roanoke, Va. Take Exit 141. Take a left at the stop light. The second light is Route 311. You'll see the Orange Market on the left. A BP and Subway on the right. Take a right. Follow Route 311 for 12 miles to a left on Route 621/Upper Craigs Creek Road. Follow Route 621 for 9.3 miles. Set your odometer, as it is a long and winding 9.3 miles to our sign on the right. Our property is lined with a brown wooden fence. Take the right on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the South: Interstate 81 North towards Christiansburg/Blacksburg, Va. Take Exit 118B Us-11/US 460 towards Blacksburg. Follow US 460 approximately 15.8 miles to a right on Route 621/Craigs Creek Road. Watch for a brown Jefferson National Forest sign on the right. The right turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left and a subdivision, Foxfire, on the right. Our sign is tilted a bit in the other direction. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the West: Take 460 East to a left on Route 621. (If your GPS directs you to turn on Route 42, avoid it. You will end up on dirt road. Stay on 460 until you reach Route 621!) Watch for a brown Jefferson National Forest sign and a sign for Pandapas Pond on the right. The left turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left and a subdivision, Foxfire, on the right. Our sign is tilted a bit in the other direction. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the East: Travel to Interstate 81 and follow directions above from the north or south.

