

## Wolf Ridge Itinerary: April 15-19

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### Monday, April 15

6:45 AM Load bus  
7:00 AM Depart Badger (lunch in Cook, MN)  
12:00 PM Arrive at Tower Soudan Mine  
1:30 PM Depart Tower Soudan Mine  
4:30 PM Arrive at Wolf Ridge  
5:15 PM Dinner at Wolf Ridge  
6:30 PM Evening activities

### Tuesday – Thursday at Wolf Ridge:

7:00-8:15 am	Breakfast KP
7:30-8:15 am	Breakfast
8:30-11:30	Morning Class
11:45-1:15 pm	Lunch KP
12:15-1:00 pm	Lunch
1:30-4:30 pm	Afternoon class
4:45-6:15 pm	Dinner KP
5:15-6:00 pm	Dinner
6:30-7:15 pm	Evening Program
7:30-9:00 pm	Evening Activity
9:00-9:30 pm	Campfire, Astronomy, Journal Time
9:30 pm-6:30 am	Quiet time in dorm

### Friday, April 19

6:30-7:30 AM Pack, clean dorm rooms  
7:30 AM Breakfast  
8:30-11:15 AM Morning class  
11:20-11:35 Load bus  
11:35 AM Depart Wolf Ridge (lunch to-go)  
4:30 PM Pit stop in Baudette  
5:30 PM Arrive in Badger



Participants are responsible for bringing personal items and clothing that are appropriate for the season. Most Wolf Ridge classes take place outside. Remember: there is no such thing as lousy weather, only lousy clothing! Climate wise, we are typically 4 weeks different than the Twin Cities. Fall comes earlier and spring comes later.



## General

### Clothing

- Enough shirts for each day
- Underwear for each day
- Several pairs of socks
- Sweaters/fleece/sweatshirts
- Pajamas

### Bedding & Personal Items

- Sleeping bag
- Pillow
- Towel and washcloth
- Soap, shampoo, etc
- Toothbrush and toothpaste
- Medications
- Water bottle
- Backpack

### Optional Personal Items

- Hat with brim
- Sunglasses
- Camera
- Store money
- Insect repellent
- Alarm Clock
- Slippers
- Flashlight

## Outdoor Gear

### Year-round

- Warm jacket
- Hat and gloves
- Sturdy close-toed shoes
- Second pair of shoes

### Fall/Spring

- Waterproof rain jacket
- Waterproof rain pants
- Waterproof rain boots

### Winter (Nov-April)

- Warm hat
- Mittens (2 pairs)
- Snow pants
- Insulated snow boots
- Scarf/neck gaiter
- Long underwear
- Extra warm layers
- Extra socks (preferably wool)

## Group/School Equipment

- First aid kit (*required*)
- Extra vehicle (*required*)
- Games/play equipment
- Movies/videos
- Journals/writing materials
- Quarters for washer/dryer

## DO NOT Bring

### Electronics

- MP3 players
- Tablets
- Student cell phones
- Hair dryers/curling irons

### Other

- Chewing gum
- Non-recyclable items
- Alcohol/drugs
- Weapons



**WOLF RIDGE**<sup>SM</sup>  
ENVIRONMENTAL LEARNING CENTER

## Special Dietary Needs

During the school year, more than 15,000 children, teachers and parent chaperones head to our campus to have their own adventure in learning. Many have special dietary needs and our kitchen staff is trained and proficient in meeting those needs. Please carefully read this information form and, if needed, send us an email with details of the need.

### Our Kitchen and Dining Halls are Peanut and Tree Nut Free.

Wolf Ridge is peanut and tree nut free on the condiment and serving lines and in the Dining Halls. We substitute sunbutter for these products in our condiment line. There is NO need to email the Wolf Ridge Kitchen with peanut and tree nut allergies.

All groups attending Wolf Ridge who bring their own evening snacks are asked to bring snacks that do not contain peanuts and tree nuts as ingredients.

### Other Special Dietary Needs

The Wolf Ridge kitchen provides for the following special dietary needs: vegetarian, food allergy or sensitivity, diabetic, and religious requirement. Please contact our kitchen with your specific need.

Wolf Ridge CANNOT provide fully for the following situations: Vegan, choice diets and PKU. Other situations may apply as well. Please send us an email.

### Send us an email:

Please email our Food Service at [FoodService@wolf-ridge.org](mailto:FoodService@wolf-ridge.org)  
We may not be able to accommodate requests received less than 2 weeks prior to your visit.

Include the following information:

Name of Participant

Group or School Name

Dates attending Wolf Ridge

Identify the special need. Include specific instructions if needed.

Be sure to tell us who you are and how to reach you. A confirmation of receipt will be emailed to you.

Given the high number of special dietary needs we work with, we will respond no earlier than 2 weeks prior to the scheduled visit. We thank you for your patience.



### While at Wolf Ridge

**Parents- please prepare your child for this process.**

#### Vegetarian

As you travel through the food serving line, please inform the servers that you have pre-arranged for a vegetarian meal and they will be happy to serve you your meal.

#### Pre-arranged special dietary need

Please exit the serving line and step into the kitchen. Our staff will show you to your food.

#### Other

If it is determined that the best course of action is for you to supplement with your own food, space for storage and preparation assistance will be provided in the kitchen. Please introduce yourself to our kitchen staff on arrival day and they will assist you.



**Sample Schedule**

7:00-8:15 am	Breakfast KP
7:30-8:00 am	Breakfast
<b>8:30-11:30 am</b>	<b>Morning Class</b>
11:45-1:15 pm	Lunch KP
12:15-1:00 pm	Lunch
<b>1:30-4:30 pm</b>	<b>Afternoon Class</b>
4:45-6:15 pm	Dinner KP
5:15-6:00 pm	Dinner
6:30-9:15 pm	Evening Class, or
6:30-7:15 pm	Evening Program, or
7:30-8:00 pm	Evening Activities
8:00-9:30 pm	Campfires, Astronomy, Journaling time
9:30pm-6:30am	Quiet Hours

**Lodging**

There are 2 lodges at Wolf Ridge. **Mac Lodge** and **Summit Lodge**. Both lodges offer day rooms for group meetings and are divided into 4 hallways or sections. Dorm rooms sleep 4-8 and have a private bathroom and shower.

Both lodges contain coin-operated laundry facilities, a courtesy phone for outgoing calls, and a health room/health cart.

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

We suggest you put your student'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 student 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 student. US Mail is delivered each evening at dinner. Please address mail to the student, and **include the SCHOOL'S name in the address**. Mail should be sent a minimum of a week prior to your stay. Mail arriving after departure will be returned if the return address is provided.

[Child's Name], [School Name]  
6282 Cranberry Rd  
Finland, MN 55603

## Dining

Meals are served cafeteria style, and much of our produce comes from the Wolf Ridge farm. Students participate in Kitchen Patrol (KP) during their visit. KP arrives early for the meal and eats. After eating, KP assists with serving the food and cleaning up. At the end of KP, students get a special treat. Students love KP and will even ask if they can do it multiple times per trip!



Please contact us at [FoodService@wolf-ridge.org](mailto:FoodService@wolf-ridge.org) if your student's special dietary need is medically subscribed (such as celiac or diabetes). Otherwise, please let the group leader (teacher) know about any dietary restrictions.

## Dressing for classes

Wolf Ridge's climate typically is four weeks different than the Metro area. Fall comes earlier and Spring comes later. 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 warm!

