



# CAMP RUDERALIS

## THE PNW PUHPOWEE ASTORIA WEEKEND ITINERARY

### FRIDAY ITINERARY

- ↑ 4pm check-in / arrival
- ↑ 5pm social / meet and great
- ↑ 6pm dinner (please see menu)
- ↑ 9pm Dosed documentary screening

### SATURDAY ITINERARY

- ↑ 8am breakfast
- ↑ 9am Long Beach Peninsula fall forray
- ↑ 12pm mushroom identification table
- ↑ 12:30pm lunch with Veronica
- ↑ 1pm screening of *All Wild*
- ↑ 5pm *Fantastic Fungi Community Cookbook* release party (please see menu)

### SUNDAY ITINERARY

- ↑ 8am breakfast
- ↑ 9am Long Beach Peninsula fall forray
- ↑ 12pm mushroom identification table
- ↑ 12:30pm lunch
- ↑ 2pm making microdoses / psilocybin therapy discussion
- ↑ 4pm *foraging the PNW* speaker Dparnooch
- ↑ 6pm dinner

### MONDAY ITINERARY

- ↑ 8am breakfast
- ↑ 10am departure

In his 1973 book *Coast to Coast*, author Alfred Wainwright once wrote, "There's no such thing as bad weather, only unsuitable clothing." We have prepared a short list of items that will make your forray a more enjoyable one: thermal underwear (aka long johns), rain gear or just a rain jacket (but you will probably want both), rain hat, hiking boots or sturdy, waterproof footwear, a notebook, your camera, a macro lens, a mushroom basket, a pocket or mushroom knife, a dehydrator (if you have one), healthy snacks, extra cash, and extra food and notify us as soon as possible if you have dietary needs or restrictions (i.e. vegetarian) and we will make arrangements for your menu. Our evenings will be warm and inviting by the fire but it will be winter on the Pacific Ocean. Weather in November is typically a high of 53°F and raining, most of the time sideways... just saying.