

## Kayakers Cove Nature Journaling Retreat Note to Participants

Hello Nature Journaling Retreat Participants,

We are greatly looking forward to our time together at Kayakers Cove! This is our inaugural offering of a Nature Journaling Retreat at this facility, and will be our first time on the site as well. Thank you for your participation in making this dream come true!

We expect this to be a magical time sharing in the wonder of wilderness exploration through art and journaling, and an opportunity to connect with others that share these values and enjoyment. Nature Journaling is an enduring practice of awareness and fascination with the natural world that surrounds you. You do not need to be an artist or a naturalist in order to find many rewards and benefits, though you will soon strengthen these skills with practice and lessons. Whether you have been keeping a nature journal for many years or are just getting started, this trip will offer an immersive dive into the wonderful natural history of Resurrection Bay, an opportunity to build community and to foster personal development in the practice. Come as you are and ready to unwind and absorb!

Below you will find necessary information related to the retreat.

Please feel free to contact and communicate with us with any questions, concerns, or clarifications.

Kim McNett: [kmmcnett@gmail.com](mailto:kmmcnett@gmail.com)

Kirstie Willean: [sewardnaturejournaling@gmail.com](mailto:sewardnaturejournaling@gmail.com)

### **Transportation:**

We will be taking a water taxi through the company Miller's Landing

<https://www.millerslandingak.com/seward-water-taxi/kayakers-cove-millers-landing/>

Please gather at the check-in site of Miller's Landing on Lowell Point no later than 12:30pm (for a departure time of 1:30) on May 21st . Be prepared for wildlife viewing and site seeing while onboard. We will cross 11 nautical miles to Fox Island for a beach landing at Kayakers Cove. Boat rides tend to be chilly so please dress in warm layers. Be prepared to disembark the landing craft directly onto the beach with waterproof footwear, weather-resistant, fully contained luggage, and weather/rainproof clothing either on your body or easily accessible.

### **Facility:**

Kayakers Cove is a remote, off-grid facility accessible only by boat. Please visit Kayakers Cove website to familiarize yourself with the facility. There is only wood fire heat, a group kitchen with propane stove, and no electricity. We want to ensure that participants are safe and comfortable, so if you have mobility, medical or other concerns, or if you are new to the Alaskan backcountry, please contact us. Kayaks are available to rent through the facility. **This is nature journaling retreat and kayaking is not required** (we will assess group interest, ability and weather conditions for kayaking opportunities).

<https://www.kayakerscove.com/>

### **Food:**

We will serve simple group meals a la carte for breakfast and lunch, with premade home-cooked meals for dinner. Please let us know of any food sensitivities or strong preferences. Please bring your own lunch for the first day, as well as personal snacks and beverages for the whole stay.

**Activities:**

Nature Journaling and art lessons will emphasize the process of observation and documentation with a small amount of media-specific instruction.

Upon registration, a document with advice on selecting supplies, books, online references and teaching tips for supplies and lesson plans will be made available.

**Essential Packing List:**

Sleeping bag and pillow  
Personal toiletries  
Layers of warm clothes  
Gloves and warm hat  
Sturdy Hiking footwear and/or Waterproof footwear/boots  
Water bottle  
Day pack  
Headlamp or flashlight  
Rain jacket and pants  
Personal snacks/drinks  
Extra medication if you take any, stored in separate bag/location

**Art Supplies:**

Your choice of art supplies is very flexible depending on your interest and preference. Basic and essential group supplies will be provided. You will receive a suggested supply list upon registration.

**Optional Packing:**

Binoculars  
Camera  
Trekking poles  
Small pack-stool or foam pad for sitting on in the field  
Waterproof gloves for tidepooling  
Insect head net and preferred repellent  
Thermos  
Personal Camp Stove  
Sheet or extra blanket  
Eye cover and/or earplugs for sleeping  
Slippers or light shoes for indoors  
Charging block (for electronics or phone needed upon return)

**Flexibility and PMA (Positive Mental Attitude):**

Nature is wild! We welcome unpredictability and improvisation as part of the inherent dynamic while interfacing with such raw and rugged natural landscapes. Of course, we will do all we can to be prepared and mitigate challenges, but we ask that all participants are willing to exercise flexibility and group situational awareness. This is our first time staying at this facility so we don't know EXACTLY what to expect. This is also the shoulder season, meaning the weather could be quite cold, potentially windy and rainy. The water taxi crossings add to the dynamic. Willingness to accept these terms and come prepared for anything also opens the potential for something wonderful beyond your imagination to occur!