What is Becoming an Outdoors-Woman?

The Kansas Becoming an Outdoors-Woman (BOW) program aims to inspire outdoor learning, participation, and advocacy in women through hands-on educational opportunities provided by enthusiastic volunteer instructors in a supportive, low-pressure environment.

BOW is a non-profit, non-membership program offered through Kansas Department of Wildlife and Parks.

BOW workshops are designed especially for women who are beginners, so no equipment or experience is necessary.
<table>
<thead>
<tr>
<th>Concurrent Sessions List</th>
</tr>
</thead>
</table>

1. **INTRO TO HANDGUNS**
Learn the basics of handgun safety, marksmanship, and care, then practice those skills with a variety of handguns.

2. **FLAT-WATER KAYAKING**
Experience the fundamentals of paddling safety, entering and exiting your kayak, and choosing the right kayak. We will spend most of the class time learning and practicing basic paddling techniques on flat water followed by a leisurely paddle around Geary State Fishing Lake. You will also learn about places to paddle and paddling groups in Kansas.

3. **INTRO TO FISHING**
Learn about equipment selection and care, regulations, fish identification, aquatic habitat, and more! Practice casting and retrieval techniques, catch and release, and removing hooks.

4. **EXPLORE ARCHERY**
Discuss equipment selection, terminology, fit and care, safety practices and conclude with target practice. You may bring your own bow or use ours. NO BROADHEADS!

5. **NATURE HIKE**
For the ultimate multi-tasker to the casual outdoor enthusiast. Join us for some informative classroom time, then set out on a hike around Rock Springs to identify the various flora and fauna that you encounter. Learn about applications like i-naturalist and discover the role you can play as a citizen scientist!

6. **FISH CLEANING AND COOKING**
This class will demonstrate various ways to clean several species of fish using both a regular and an electric fillet knife. After the fish are cleaned, you can cook some up!

7. **INTRO TO SHOTGUNS**
Learn the basics of shotgun safety, handling, marksmanship, and care. Practice shooting multiple shotguns, chat about the types of game most appropriately pursued with each and discover how to be an ethical and effective firearms hunter and/or target shooter.

8. **FORAGING**
Learn the basics of foraging including ID, safety, tips, and best practices, then put your skills to use on a real foraging adventure around camp.

9. **PLANNING FOR POLLINATORS**
Explore the world of pollinators! Learn about pollinator ID, the importance of pollinators, threats facing pollinator species, and ways to support our wonderful pollinator friends!

10. **DUTCH OVEN COOKING**
This one is for all the foodies out there. Learn the basics of Dutch oven cooking including safety, equipment care, & methodology. The best part? You get to eat what you cook up!

11. **DOVE TALK**
Learn about dove biology and habitat, scouting and hunting techniques, equipment selection, game cleaning, safety, shot placement, and regulations. This class will primarily consist of class time, with opportunities to get outside to practice scouting and ID skills around camp.

12. **ENTOMOPHAGY**
Did you know that more than 80% of the world’s nations intentionally consume insects on a regular basis? Entomophagy, or the practice of eating insects, is common and highly sustainable. Whether you are interested in making insects a regular staple in your diet, or reserving them for survival scenarios only, you might just be surprised at how tasty insects can be! Join this session to learn more about entomophagy and have an opportunity try the practice yourself! NOTE: Consuming insects is not required for this class; however, opportunities will be ample!

13. **INTRO TO FLYFISHING**
Challenge yourself with this fun and active fishing technique! Learn about equipment selection and care, flies and lures, proper casting methods, and more.

14. **STREAM ECOLOGY**
Explore the beauty and living systems of a Flint Hills stream. You will be amazed at what the water holds, and how much there is to explore beneath the surface. We will be doing some wading, so prepare to get wet!

15. **CAMPING**
Develop skills to become an independent camper. Learn about choosing a campsite, camping safety, equipment set up and maintenance, and what you should never leave home without! Bring your own tent if you would like to practice setting it up and have the option to camp under the stars.

16. **INTRO TO RIFLES**
Learn the basics of rifle safety, handling, marksmanship, and care. Practice shooting multiple rifles, chat about the types of game most appropriately pursued with each and discover how to be an ethical and effective firearms hunter and/or target shooter.

17. **COOKING WITH WILD GAME**
Think that cooking with wild game is daunting? Think again! Join us for hands on instruction in working with a variety of game meats, then work together cook up samples for the whole class to enjoy!

18. **OPERATION ACCESS**
Did you know that Kansas is 98% privately owned? Finding access to places to recreate outdoors and understanding the associated regulations can be confusing. Join this classroom-style session for an in-depth overview of access opportunities in Kansas (both on land, and in water) and ways to utilize these areas safely and legally.

19. **INTRO TO TRAPPING & FURHARVESTING**
Learn the basics of trapping and furharvesting in Kansas, including nomenclature, trap selection and setup, species pursued, best management practices associated with trapping, its importance as a wildlife management tool.

20. **WILDERNESS FIRST AID**
Safety first! Get hands on instruction from a medical professional to ensure you are equipped with basic tools and knowledge to identify and treat some of the most common medical ailments afield. NOTE: This class is not a comprehensive first aid certification course. KDWP encourages all interested parties to seek First Aid Training from the American Red Cross for full certification.

21. **TRAILER BACKING AND MAINTENANCE**
Do trailers give you tremors? Come learn the basics of trailer backing and maintenance and practice in a supportive, low-pressure environment with the encouragement of your peers. Before long, you will be the boss of the boat ramp!

22. **PADDLEBOARDING**
Experience the fundamentals of paddling safety, boarding and standing on your paddleboard, and choosing the right board for you. Experience paddling from a whole new perspective around Geary State Fishing Lake. You will also learn about places to paddle and paddling groups in Kansas.

Want to focus on a specific topic or a progressive approach to honing your skills? Check out our suggestions for BOW pathways!
Do you have outdoor skills or knowledge you would like to share with other likeminded women? Are you interested in expanding on what you learned at BOW? Would you like to put your knowledge to practice by helping to teach others? Are you interested in becoming a BOW lead instructor, or hosting mini-BOWs in your area?

If you answered yes to any of the above, the BOW Instructor Pathway might be right for you! Join us as a participant, then come back as an instructor or assistant instructor for your next visit! You will get a special behind the scenes look at what it takes to lead a BOW class, get familiar with the BOW Coordination Team and other great BOW instructors, and gain access to KDWP tools and resources to further the mission of Kansas BOW within your own community and networks.

The best news? BOW instructors and assistant instructors can participate in classes free of charge when not instructing, pending schedules and spot availability.

If the BOW Instructor Pathway sounds like a good fit for you, contact Tanna Fanshier at tanna.fanshier@ks.gov.

BOW Pathways

BOW pathways are designed to guide participants on a path to bolstering their knowledge and skills in a particular topic through related and/or progressive classes. BOW Pathways are recommendations for class selection, and are NOT required, nor are they associated with a formal certification. Classes associated with pathways are not required to be taken in order unless prerequisites are explicitly outlined. For more information about BOW Pathways, contact Tanna Fanshier at tanna.fanshier@ks.gov.

PADDLING PATHWAY

- Kayaking
- Operation Access
- Stream Ecology
- Paddleboarding

SHOOTING SPORTS PATHWAY

- Intro to Archery
- Intro to Shotguns
- Intro to Handguns
- Intro to Rifles

FISHING PATHWAY

- Stream Ecology
- Intro to Fishing
- Intro to Flyfishing
- Fish Cleaning and Cooking

CAMPING PATHWAY

- Camping
- Dutch Oven Cooking
- Wilderness First Aid
- Operation Access

COOKING PATHWAY

- Dutch Oven Cooking
- Fish Cleaning & Cooking
- Cooking with Wild Game
- Foraging

INSTRUCTOR PATHWAY

- Participant
- Assistant Instructor
- BOW Instructor
- BOW MiniBOW instructor

BOW INSTRUCTOR PATHWAY
Workshop Schedule for September 16-18
Becoming An Outdoors-Woman

FRIDAY, SEPTEMBER 16

Check-in (10:00 a.m.)
Welcome and Introductions
LUNCH
Session - A
Relax on your own
SUPPER
Evening Activities

SATURDAY, SEPTEMBER 17

BREAKFAST
Session - B
LUNCH
Session - C
Relax on your own
SUPPER
Campfire

SUNDAY, SEPTEMBER 18

BREAKFAST
Session - D
LUNCH, turn in evaluations, good-byes.

Cancellation Policy: If you cancel more than 2 weeks prior to the event you will receive a refund, minus the non-refundable $50 processing fee. If a cancellation occurs with less than 2 weeks notice, no refund will be issued. In the case of extreme circumstances, including serious injury, illness, or death to you or an immediate family member, exceptions to this policy may be made. Registrants who do not attend and provide no notice of cancellation will not receive a refund for any amount. Substitutions of women aged 18 years or older may be made, pending the approval of the BOW Coordination Team. Contact Shelby at Shelby.Stevens@ks.gov for information and all cancellations (must include your full name.) Please inform us as soon as possible if unable to attend the event.

Where is Rock Springs 4-H Center?
If you’re on I-70, take US Hwy 77 (exit 295) south 8 miles, then west on K-157. Follow K-157 4 miles to the entrance of Rock Springs.
If you’re coming from US 56 and US 77 in Herington, go north 14 miles on US 77, then go west on K-157. A map will be sent with your confirmation information.
Rock Springs 4-H Center is a smoke- and vape-free facility. There are no televisions or phones in your cabin.

Scholarships:
Ten scholarships of $275 are available for first-time participants, and are based on financial need. If you would like to apply, visit www.ksoutdoors.com/bow or contact Shelby at shelby.stevens@ks.gov. Scholarships will be awarded at least 20 days prior to the event.

What to Bring:
Since the weather in Kansas changes quickly, pack accordingly. Sturdy, comfortable shoes for walking and hiking, along with good socks and rain gear are a must. Don’t forget sunscreen and bug spray, a camera to capture your weekend, and a lawn chair if you like! Bring bed linens or a sleeping bag, a pillow, and toiletries, including a towel and wash cloth. We provide all class supplies unless otherwise noted.

Additional Information:
Telephone, fax and e-mail registrations are NOT accepted. Participants will be emailed a confirmation letter, map, class schedule and information on what to bring.
If attending with a friend(s) or family, put their name(s) on the cabin-mate line. Please list any special needs such as food, health, physical or other needs on the Health Form found on the back of your registration form.

Lodging:
Rustic, cabin-style lodging with bunkbeds will be provided. Please bring your own Linens, towels, and toiletries as these are not provided. Visit rockspringsranch.org/facility/earl-w-parsons-hilltop-housing-area for photos and additional information.

Got Questions, Contact:
Shelby Stevens by phone at (620) 672-0751 or email at shelby.stevens@ks.gov.

BOW Program Sponsors

The Kansas workshop and the national program are equipped and funded through a variety of cooperative efforts. If individuals, businesses, or conservation groups are interested in helping the state programs, please contact the Kansas Department of Wildlife and Parks to see how you can become involved.

Kansas Sponsors and Supporters

Kansas City Safari Club International
Kansas Trophy Whitetails
Kansas Wildscape
Wilderness

And all the outdoor enthusiasts who share their time and talents to teach at Becoming an Outdoors-Woman. Without them the program wouldn’t be what it is.

International Sponsors

Browning
Leupold
Lodge Manufacturing
Pheasants Forever
Pope and Young Club
UWSP Chancellor
UWSP Foundation
UWSP College of Natural Resources

Equal opportunity to participate in and benefit from programs described herein is available to all individuals without regard to race, color, national origin, sex, age, disability, sexual orientation, gender identity, political affiliation, and military or veteran status. Complaints of discrimination should be sent to Office of the Secretary, Kansas Department of Wildlife and Parks, 1020 S Kansas Ave., Topeka, KS 66612-1327.

“Becoming an Outdoors-Woman” and the logo are copyrighted and protected by UWSP, and cannot be used without permission.