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.

Website: ksoutdoors.com/bow
E-mail: shelby.stevens@ks.gov Phone: (620) 672-0751
14. STREAM ECOLOGY (outdoor)
Learn about 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 (outdoor)
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! You may even choose to leave your tent up and camp under the stars!

16. INTRO TO RIFLES (outdoor)
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 (outdoor)
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 to cook up samples for the whole class to enjoy!

18. BIRDWATCHING FOR BEGINNERS (indoor/outdoor)
In this class, participants will learn birding basics including recommended equipment, common species, birding techniques, as well best practices for becoming a safe and ethical birder. Participants will also discuss birding groups, resources for birders, and opportunities to participate in community science driven ornithological research like the Christmas Bird Count. From there, participants will take to the field to start or grow their own list of observed bird species with the assistance of an experienced instructor and lifelong birder.

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

20. INTRO TO HERPING (indoor/outdoor)
Discover the diversity of amphibians and reptiles (herps) that Kansas has to offer! Follow along on herping/hikes to learn the best, and safest, ways to find herps, how their physiology impacts their ecology, proper handling, identification, and much more. It will be a ribbiting time you won’t want to missssss!

21. TRAILER BACKING AND MAINTENANCE (outdoor)
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 (outdoor)
Explore paddleboarding by learning the fundamentals of paddling safety, including choosing the right equipment, boarding, reboarding, and standing upright on your paddleboard, paddling technique, rules and regulations, and risk management. Part of the class will be spent learning this on-shore, then when everyone is comfortable, experience paddling from a whole new perspective while taking a leisurely on-water paddle.

23. SMALL GAME PROCESSING (outdoor)
Interested in learning how to break down and butcher small game for the table? Sign up for this field-to-freezer style class to broaden your understanding of animal internal anatomy and how to translate this knowledge into the butchery of your own lean, sustainably-sourced meat.

24. BACKPACKING FOR BEGINNERS (indoor/outdoor)
Learn about backpacking basics from an experienced backpacker and outdoor outfitter. In this class you’ll cover backpacking basics, review safety and equipment, and even practice packing and hiking with a pack as you participate in a fun orienteering event!

25. OUTDOOR PHOTOGRAPHY (indoor/outdoor)
In this class, you’ll learn techniques for capturing the natural beauty and wonder of Kansas through a camera lens! This class will cover photography basics as well as tips for bringing the diverse flora and fauna of the Midwest into focus. Participants are welcome to bring their own digital camera or smart phone to practice their skills and get constructive feedback from experienced instructors and supportive peers.

26. ENTOMOPHAGY (indoor/outdoor)
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 to try the practice yourself! NOTE: Consuming insects is not required for this class; however, opportunities will be ample!
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 Wagner at tanna.wagner@ks.gov.

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**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 Wagner at tanna.wagner@ks.gov.

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**PADDLING PATHWAY**

- Kayaking
- Trailer Backing and Maintenance
- 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
- Backpacking for Beginners

**COOKING PATHWAY**

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

**WILDLIFE WATCHING PATHWAY**

- Nature Hike
- Birding for Beginners
- Planning for Pollinators
- Outdoor Photography

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**BOW INSTRUCTOR PATHWAY**

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Becoming An Outdoors-Woman

Friday, September 27

Check-in (8:30 a.m. - 10:00 a.m.)
Welcome and Introductions
LUNCH 12:00 p.m. - 1:00 p.m.
Session - A 1:30 p.m. - 5:00 p.m.
Relax on your own
SUPPER 6:00 p.m. - 7:00 p.m.
Evening Activities

Saturday, September 28

BREAKFAST 7:30 a.m. - 8:00 a.m.
Session - B 8:30 a.m. - 12:00 p.m.
LUNCH 12:00 p.m. - 1:00 p.m.
Session - C 1:30 p.m. - 5:00 p.m.
Relax on your own
SUPPER 6:00 p.m. - 7:00 p.m.
Campfire

Sunday, September 29

BREAKFAST
Session - D 8:30 a.m. - 12:00 p.m.
LUNCH, turn in evaluations, good-byes. 12:00p.m. - 1:00p.m.

Cancellation Policy: Registrant cancellation notice more than 2 weeks prior to the event will receive a refund, minus a non-refundable $50 processing fee. Cancellations occurring with less than 2 weeks-notice, no refund will be issued. Exceptions to this policy may be made due to extreme circumstances, including serious injury, illness, or death to you or an immediate family member. Registrants who do not attend or provide proper notice of cancellation will not receive a refund. Substitutions of women age 18 years or older may be made, pending 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 the BOW Coordination Team as soon as possible if unable to attend the event.

Scholarships:

TEN partial scholarships of $175 are available for first-time participants, and are based on financial need. If you would like to apply, visit kdoutdoors.com/BOW. Deadline to apply is June 16. 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! Pillows, bed linens, and towels are NOT provided. 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, be sure to list them during your online registration. Cell phone and internet services are very limited on campus, please plan accordingly.

Lodging: Preston/Finnup

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