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.
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 multitasker to the casual outdoor enthusiast. Join us as we hike around Rock Springs and identify the various flora and fauna that we 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, we’ll 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. 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!

9. TURKEY TALK
Learn about turkey biology and habitat, scouting and hunting techniques, equipment selection, game cleaning, safety, shot placement, and regulations. This class is a prerequisite for the Turkey Hunt course.

10. TURKEY HUNT
Join a team of experienced mentors on a morning turkey hunt! Participants can expect a pre-dawn course start time, and may choose to participate as a hunter, or non-hunting observer. A Kansas hunting license or apprentice license will be required except when exempt, along with a turkey permit/game tag. See regulations for details. Prerequisites: Turkey Talk, basic shotgun knowledge (determined on a case-by-case basis) and/or completion of Intro to Shotguns. Contact Tanna Fanshier, tanna.fanshier@ks.gov with questions.

11. 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.

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

13. 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’d like to practice setting it up, and have the option to camp under the stars.

14. 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.

DON’T FORGET THE FALL BOW PROGRAM SEPTEMBER 2022
Watch for more details on the website (www.ksoutdoors.com/bow) and on our facebook page Becoming an Outdoors Woman Kansas.
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

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:
Five scholarships of $250 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:
Cabin with 16 rooms, each room has two sets of bunk beds and a bathroom. Linens and towels are not provided.

GOT QUESTIONS, CONTACT:
Shelby Stevens by phone at (620) 672-0751 or email at shelby.stevens@ks.gov.

CANCELLATION POLICY: If you cancel more than 30 days prior to the event you will receive a full refund, less a $50 processing fee. Registrants who do not attend and who cancel with less than 30 days notice will be assessed the full program fee. You may send a substitute, aged 18 years or older. All cancellations must be in writing and include your name and address for the state to process a refund check.

FRIDAY, APRIL 29
Check-in
Welcome and Introductions
LUNCH
Session - A
Meet-and-greet
Campfire SUPPER
Relax on your own
Campfire

SATURDAY, APRIL 30
BREAKFAST
Session - B
LUNCH
Session - C
SUPPER
Relax on your own
Campfire

SUNDAY, MAY 1
BREAKFAST
Session - D
LUNCH, turn in evaluations, good-byes.

Workshop Schedule for April 29 - May 1
Becoming An Outdoors-Woman

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