

BOW: Becoming an Outdoor Woman

Winter Experience

Activities:

Outdoor Cooking - Learn how to live off the land by experiencing the basics of fire building and cooking on an open flame. Enjoy learning about the natural tools you can use and some tricks to making a delicious meal on the stove of the pioneers.

Outdoor 1st Aid/Survival- Ever wonder how Bear Grills does it? Learn how to take care of yourself in the wild of winter. How to prevent hypothermia and basic 1st aid skills will be explained in this portion of the program.

Snowshoe Hike- Winter is cold and snowy; it's filled with runny noses and icy roads. But there is such beauty in this season also; go on a guided hike through the trails of the nature center with snowshoes and find out the wonder of winter for yourself.

Gun Cleaning- Winter is here and it's time to put a lot of things into storage until the grass turns green again. Learn how to take apart and clean your gun for winter storage or maybe just some TLC so you can keep your guns clean throughout all the seasons.

Setting up a Tree Stand- Find out what a tree stand is and how to use them through this part of the program. There is a great deal of expertise that goes into hanging a tree stand and we will be helping you understand the tree stand safety and even the purpose of them.

Winter BOW Workshop Schedule

8:00 Arrival and Registration

8:15 Introductions, House Keeping, Schedule, Logistics

	Snowshoe Hike	Gun Cleaning/ Tree Stand Safety	Outdoor 1 st Aid/ Survival	Outdoor Cooking
8:30- 9:15	Cardinal	Chickadee	Blue Jay	Junco
9:25-10:10	Junco	Cardinal	Chickadee	Blue Jay
10:20-11:05	Blue Jay	Junco	Cardinal	Chickadee
11:15-12:00	Chickadee	Blue Jay	Junco	Cardinal
12:00	Depart			