

Becoming an Outdoors-Woman Workshop

May 3-5, 2013

We look forward to your participation in our Nineteenth Annual BOW Workshop!! Below is some general information and a few last-minute updates about the upcoming weekend. Any questions please call Danielle @ 317-232-4194 or dfloyd@dnr.in.gov See you May 3rd!

ARRIVAL / DEPARTURE TIMES

Check-in begins on Friday, May 3rd at 3:00 p.m. (EST). Dinner is served from 5:00–6:15 p.m. and Friday evening classes will start at 6:15 p.m. If you plan to arrive late, please contact us so we can assist you upon your arrival. The workshop will conclude after lunch on Sunday.

CHECK-IN

Check-in takes place inside the dining hall. We'll assist you with lodging arrangements, collect completed health forms, provide you with workshop materials and answer any questions you may have. Also, if you have packed a bow or firearm, please let us know when you check in. A staff member may want to inspect it for safety purposes.

MEALS

Meals are provided Friday evening through Sunday lunch in the dining hall. The food is served by our caterers and is available throughout the full mealtime (approximately one hour). All meals include a main entrée, side items, bread, a variety of fruits and vegetables, dessert and drinks. We also work with our caterers to provide options for vegetarians. Iced tea, lemonade and water will be available throughout the weekend. You are also welcome to bring your own candy, snacks, soft drinks, etc. Please note that there are no vending machines on the premises.

LODGING

We will take care of all lodging arrangements when you check in on Friday.

Indoor lodging consists of two large heated barrack-style cabins with wooden bunk beds. Bathrooms are on the lower level of the barracks and there are plenty of heated, private showers. Electrical outlets are available in the barracks and in the bathrooms.

When you register you will be given a choice of selecting the "Early Riser" barrack or "Night Owl" barrack. One resident assistant is assigned to each barrack to assist with needs that may arise during your stay in the barracks. Ross Camp offers an RV area complete with modern bathrooms, hot showers and electrical hook-ups. If you have registered for RV camping we will assist you with site selection when you check in on Friday. A "Tent City" will be set up near the new RV area for those who wish to camp.

WHAT TO BRING

A complete packing list can be found on the reverse side, but here are some important notes:

- There are no mattresses on the wooden-platform bunk beds in the barracks, so please bring an air or foam mattress. You'll also need to bring your own bed linens and/or sleeping bag, pillow and towels.
- Dress is informal – jeans, t-shirts, sweatshirts, boots or tennis shoes, etc. Most classes take place partially or completely outdoors, so plan accordingly. May weather is so unpredictable that we strongly advise you prepare for anything from downright cold (and possibly wet) to very warm. **We will hold classes rain or shine, so please bring a rain jacket and rain pants. Ponchos are not recommended as they can restrict your movement while participating in activities.**
- If you already have your own equipment, feel free to pack it. However, it is highly recommended that you not purchase anything new before coming, as you will know much more about fitting, comfort, etc. after completing your classes. **In most classes, all equipment is provided. Please see the checklist below for exceptions.**

We will have B.O.W. logo items for sale. If you think you might be interested in purchasing one (or more!) please bring cash or check.

4th Annual Silent Auction

We will conduct a silent auction to benefit our scholarship program; all money raised during this auction will be used to fund our scholarship program which will benefit our future scholarship participants. If you have any new or slightly used items that you would like to contribute to the auction please bring it along to the workshop. We will have a special drawing for all of those who contribute to the auction.

ADDITIONAL INFORMATION...

ALCOHOL IS NOT PERMITTED ON THE PREMISES!

Smoking is not allowed indoors but designated smoking areas will be available.

In case of emergency the camp phone number is 765-583-4063. Outgoing calls can be made from a pay phone located on the property and will require a phone card.

Packing Checklist:

- Completed health form
- Air or foam mattress for wooden bunk beds in barracks
- Bed linens or sleeping bag
- Pillow and towels
- Sturdy shoes suitable for outdoor conditions – **highly recommended for all classes**
- Cool and warm weather clothing – t-shirts, shorts, jeans, sweatshirts, jacket, polar fleece, etc. Layering is the best way to dress for Indiana's unpredictable climate.
- Rain jacket and pants (ponchos tend to restrict movement while participating in classes)
- Shower shoes – i.e., water booties, flip-flops
- Hat or sun visor
- Sunglasses
- Sunscreen
- Insect repellent
- Tent, if camping
- Flashlight and extra batteries
- Portable fan
- Coffee mug
- Portable alarm clock
- Binoculars
- Campfire accessories – blanket, lawn chair, musical instruments, etc.
- Snacks, candy, soft drinks

Class-related equipment requirements:

- Backpacking and/or camping gear (for those taking Backpacking) - **you are welcome to bring along for Backpacking class**
- Sturdy outdoor hiking boots & long pants – **required for Survival 101 and for hiking trails in general**
- Bandana or a hat – **required for Outdoor Cooking to keep hair away from fire sources**
- Lawn chair – **requested for Outdoor Cooking class, may also be useful if tent camping (we have some chairs with the BOW logo for sale!)**
- Notebook
- Tree-ID – **NO SANDALS**
- Canoeing & Kayaking** – Hat, sun protection, sunglasses, and a possible change of clothes (in case you get wet!)