



## Class Descriptions

*All Classes will Not be Offered at Every Workshop*

### **Walking/Hiking/Physical Exertion**

Level 1 - Easy (a walk that is generally suitable for anyone)

Level 2 - Strolling (some simple inclines)

Level 3 - Moderate (terrain will involve a steady incline)

Level 4 - Strenuous: you might work up a sweat (terrain will involve a steep incline and may include rock scrambling)

### **ARCHERY:**

#### **ARCHERY 101 Level 2**

A hands-on course where participants learn proper shooting form and technique as well as safety. Explore a variety of bows and what each one has to offer in the sport. Learn about the development of archery through the ages. Besides gaining knowledge about target archery, attendees find out about field archery and 3-D archery. Students are welcome to bring their own equipment.

#### **BEGINNING BOW HUNTING Level 3**

This class is for the archer who is ready for the next step. You will learn about bowhunting, equipment, ethics, kinetic energy, broadhead selection, and how to get started. Then, we will do a 3D course where you will practice shooting from various distances, where to place the shot on an animal, and how to shoot from real bowhunting situations like from your knees, from a seated position, etc. You may bring your own equipment if it is set up and sighted in.

### **BACKPACKING:**

#### **BACKPACKING/HIKING 101 Level 2**

Despite what the glossy magazine pictures will show you, it isn't required that you spend two months of your annual salary on backpacking gear. This class will help prepare you for a comfortable and enjoyable overnight hike into the wilderness. Together, we will talk about the ten essentials, safety considerations, Leave No Trace principles, as well as gear and equipment selection.

#### **BACKPACKING/HIKING 102 Level 3**

In the previous class you learned what is necessary to have a tranquil hike into the backcountry. Now, let's practice the skills of packing our pack, selecting a campsite, and throwing a bear bag. We will be out in the field for this session. Bring a day pack, two liters of water, a hat to shield you from the sun's rays, and wear comfortable shoes.

#### **DEHYDRATED MEALS Level 1**

Food is the next heaviest thing in your pack and one of the hardest challenges. There are many prepared dehydrated meals out there, but what about putting together your own? In this class, we will be dehydrating some basic ingredients with the goal of producing our own meals for that DIY backpacking trip.

### **CAMPING:**

#### **BACK TO NATURE Level 2**

Not simply a walk in the woods, getting back to nature is the conscious and contemplative practice of being immersed in the sights, sounds, and smells of the forest. You will find out how to immerse yourself in the forest, soak up the earth's natural energy, and learn meditative techniques of the senses to quiet the noise of everyday life.

### **BUILD THE HEAT** Level 3 **NEW FOR 2024**

Fire Good! Well...if you build it correctly. This Class will cover rules and regulations of when and where you can build a campfire, how to build different types of campfires, and several ways to get one started and maintained. Then we will show you how to put it out and what you do to make sure it is out before you leave it.

### **CAMPING 102** Level 2

In the Camping 102 course you will learn not only how to set up camp, but how to make it as elaborate or as basic as you desire. We will have tents to set up or you can bring your own tent to set up. Once the entire camp is set up you will have the opportunity to sleep outside with your classmates, other BOW attendees, and the instructors, even if you did not take the class. The camp is fully equipped with lantern hangers, a covered kitchen, a dining area/game room, and cooking instruction (menu selection) from hot dogs to steak. Are prepared foods good? What utensils are best for cooking (pots, pans, etc.)? How important is a clean camp?

### **DUTCH OVEN COOKING** Level 1

Learn the basics of Dutch oven cooking and produce mouth-watering cobblers, rolls, and main dishes in a camp-like setting. Students will learn how to use these traditional camp cooking utensils and receive many great recipes to try.

### **OUTDOOR NITTY GRITTY** Level 2

Every experience level should learn from this course. Ever wondered what essentials to start with? Or are you experienced in the outdoors and want to see samples of different products at stores? Come learn everything from knot tying to water purification to proper campsite placement for the best guard of wild animals. Low-impact practices, cat holes, blisters from hiking, sample first aid kits, and women's outdoor hygiene will also all be addressed. We'll have a show table of great outdoor resource books. *Questions are welcome prior to camp and will be answered in class. Registration will forward your questions.*

### **CLIMBING:**

**\*Notice for all climbing classes: all students must have closed-toed shoes or boots with good traction and ankle support to participate. Seat harnesses available to students will fit a range of waist sizes between 23 and 45 inches. These classes are not recommended if you are pregnant, have had recent surgery, or have any weakened or injured muscles, joints, or bones that restrict you from off-trail hiking, climbing, or similar strenuous activities requiring full body motion. After all, to rappel you'll be walking backward off the side of a cliff while holding a rope!**

### **RAPPELLING 101** Level 4

Want to step beyond your comfort zone? Try rappelling! In this introductory class to rappelling, students learn about climbing gear and ropes, safety procedures, and how to fit into a seat harness. Students will practice 30-ft rappels on a 45-degree angle cliff located on the campground. All gear is provided.

### **RAPPELLING 102** Level 4

A continuation of Rappelling 101 with a greater degree of difficulty. Students will hone their skills and practice multiple 25-ft rappels on a vertical cliff away from camp. Students will also learn how to tie various rope knots for climbing and rappelling. All gear is provided. ***Prerequisite: Rappelling 101.***

### **RAPPELLING 103** Level 4

Ready for the big wall? This class is hosted at nearby Watson Lake Park with 60-ft vertical rappels (and a somewhat strenuous hike back to the top). This rappel is great fun and a real confidence builder! All gear is provided. ***Prerequisite: Rappelling 102 or Rappelling 101 (if heights don't bother you).***

### **ROPES CHALLENGE COURSE** Level 4

The course consists of a series of group and individual confidence-building challenges that encourage cooperative problem-solving and individual risk-taking. Plus — it ends in a zipline! This course emphasizes teamwork and builds confidence and trust. Program events are designed to accommodate both the goals and physical abilities of each individual. Success and safety often depend more on the intellectual and imaginative resources of a group. Participants are completely safe at all times. Instructors are personnel from Friendly Pines who are certified in the course with extensive training.

### **FIREARMS:**

#### **BASIC FIREARM SAFETY Level 1** *A prerequisite for shotgun, rifle, and handgun.*

This class will be held entirely in a classroom setting. Imperative for the novice and a refresher course for the more experienced shooter, this class covers basic gun safety, identifying different types of firearms and ammunition, range safety rules, protocols, how to handle a malfunction, and definitions of commonly used terms. ***There is no actual discharge of firearms in this class.***

#### **RIFLE MARKSMANSHIP Level 1**

This class will be held on the range. Students learn rifle handling and different shooting positions and techniques on paper targets using .22 caliber rimfire or air rifles. **The Basic Firearms Safety course, even if taken in prior years, or the AZ Hunter Education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

#### **BASIC SHOTGUN SHOOTING Level 1**

Covers everything students need to know to become a competent wing shot or to enjoy a round of trap or skeet. Shotguns are provided by the instructors. **The Basic Firearms Safety course, even if taken in prior years, or the AZ Hunter Education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

#### **BASIC HANDGUN SHOOTING Level 2**

This class will be held on the range. Participants will learn basic handgun safety and marksmanship. Ammunition and firearms are provided by the instructors. **The Basic Firearms Safety course, even if taken in prior years, or the AZ Hunter Education Certification is a prerequisite for this course. Sorry, but a Conceal Carry Permit does not satisfy the prerequisite.**

#### **HANDGUN MAINTENANCE Level 1**

By the end of this course the student will be able to properly and safely field strip, clean, lubricate, and re-assemble the firearm(s) that were used in the handgun shooting session. Note that each firearm is different and certain techniques may be easier or more difficult with your particular firearm. The student must PRACTICE to know what works best for them and to ensure proper maintenance of their firearm. Remember there are many ways to clean and maintain firearms. It is up to the owner to know what the factory recommendations are for their firearm to not void warranties and/or damage their firearm. **Due to liability, NO personal firearms are allowed.**

### **FISHING:**

#### **BEGINNING FISHING Level 2**

This class will focus on the equipment and skills necessary to catch bass, catfish, sunfish, and other species. Learn proper lure selection, the use of these lures, the most effective bait, and fishing techniques for warm water species. With this knowledge, participants will be well prepared to catch fish in Arizona's warm waters. No fishing license is required.

#### **INTRO TO FLY-FISHING Level 2**

This fun, step-by-step fly-fishing workshop is designed for curious first-timers, as well as for those who want to feel more accomplished out on the water. Our team of instructors will introduce you to equipment, fly patterns, and help you with hands-on fly casting and knot tying. The class is taught in an outdoor setting so bring clothing appropriate for the time of year, sunscreen, sunglasses, a hat, and water. **All equipment is provided, but if you already own your own please bring it with you, however don't purchase any equipment prior to the class.**

### **FLY FISHING 101** Level 3

Specifically designed for those who have completed the Intro to Fly Fishing course or have some prior fly-fishing experience, this on-the-water workshop encourages participants to think like a fly fisher! We'll review and build upon basic skills so you can become more confident and capable fishing independently. Participants should bring clothing suitable for the outdoors, a hat, sunglasses, sunscreen, and water. **All equipment is provided, including flies. If you have your own equipment, we encourage you to bring it with you. AZ fishing license required.**

### **ADVANCED FLY-FISHING** Level 3

Float tubing is a fun, stealthy, specialized approach to lake fly fishing. This fishing workshop introduces committed participants to fly fishing from a float tube, covers equipment and tactics and concentrates on float tube safety. The class is limited to 2 candidates: 1) who are comfortable in the water, 2) who have taken a previous BOW fly fishing course, or who have prior experience fly fishing, and 3) who are properly outfitted. **All equipment is provided, including flies. If you have your own equipment already we encourage you to bring it with you. \*No fishing license is required.**

### **CRAYFISH, CRAWFISH, CRAWDADS OR MUD BUGS** Level 3

We're going to catch, study, and cook a pot full of Arizona Lobsters. They make great table-fare for you and your family. The crawfish are an invasive species in our Arizona waterways. They are omnivorous critters that destroy critical habitat for our state fishes — both native and introduced. We will be doing the environment a favor and providing tasty bits for the "Wild Game Tasting" evening at the BOW event. We'll carpool to Goldwater Lake and catch as many as we can in the class time scheduled. Come prepared for the weather (it may be a little wet).

## **HUNTING:**

### **BUTCHERING BIG GAME** Level 1

This is a hands-on class where you will learn how to process a big game animal. We will be using the carcass from the Field Dressing Big Game Class. Not for the squeamish.

### **BEGINNING HUNTING** Level 3

You will learn basic hunting techniques; how to scout, glass, track, stalk, and look for signs. A must for beginners and a plus for less experienced hunters who would like to hone their hunting skills.

### **GAME & FISH COOKING** Level 1

With few steps and a little common sense, game meat can be a healthy and tasty substitute in many recipes. This class will prepare and serve the dishes for the evening's "Game Tasting." Recipes will depend upon the game and/or fish available at the time of the class. ***This class will be limited to the first four participants.***

### **FIELD DRESSING BIG GAME** Level 2

OKAAYYYY... You asked for it! This is not a fashion show! Our BOW staff will demonstrate the proper way to field dress a big game animal. This class is not for the squeamish! You will be given the opportunity to get your hands dirty. We will be using a domestic goat or a lamb.

### **FIELD TO TABLE: SMALL GAME** Level 1

In Arizona, and across our nation, we are blessed with an abundance of small game. Whether it be squirrels, rabbits, quail, or dove, small game not only provides an easy entry into hunting but also provides some of the best table fare available in the field. Join Michael Cravens from AWF and get hands-on experience in properly taking your harvest from the field to the table. Preparing a wild game dish that you'll be proud to serve to your most particular friends and family starts the moment after you pull the trigger and we'll cover all the necessary steps to get you there. While we will discuss several topics around processing, meat care, and cooking techniques for small game, you will also be provided the opportunity for an interactive and hands-on experience taking a whole animal all the way to a finished dish that will reveal just how good small game can be.

### **PREDATOR CALLING: PHOTO OPPORTUNITY** Level 3

Hunting the hunters! Want to experience pure adrenaline? It is tough to beat the excitement of seeing a coyote or fox come into the sights and sounds of wounded prey. Join members of the Arizona Predator Callers. They will explain the basic techniques for fooling those animals at the top of the food chain. Afterward, participants will take a short hike (level 2-3) to experience a non-harvesting "stand". Have cameras ready, as you never know what may come in.

### **SAUSAGE MAKING** Level 1

Become familiar with the ancient art of making sausage. This is a hands-on class where you will grind and prepare bulk-type sausages. This class will emphasize the use of game meats and game will be used when available. **Bring a cooler so that you can take home your efforts.**

### **OUTDOOR KNOWLEDGE:**

#### **ARIZONA WILDFLOWERS 101** Level 3

Arizona is blessed with a spectacular variety of wildflowers from alpine to low desert. Learn the basics of plant identification with some cool tools to help you on your path. Discover commonly found plants for your area, while making the acquaintance of some of Arizona's more bizarre species.

#### **ARIZONA WILD FOODS** Level 2

Tap into your inner locavore and learn about ancient and new wild foods in Arizona that are relevant to today's health-conscious and slow food movements. The session will cover the basics of identification, seasons and settings, safe and ethical collection, historic and current uses, methods of preparation, and valuable references to get you started. The material will touch on wild foods throughout the state, whether you're munching on mountaintops, grazing in grasslands, dining on deserts, or noshing around the neighborhood. Instruction will be held in both the classroom and field.

#### **BASIC LAND NAVIGATION** Level 2

This course includes classroom and field exercises in map and compass reading. Students will learn to accurately read a US Geological Survey (USGS) map and how to use it for hiking, hunting, fishing, and backpacking trips into wilderness and backcountry areas. Students also learn how to use a hand-held compass and determine their location and course direction on a USGS map. Practical use of these tools to test your skills will follow class instructions. This is a must for active outdoor enthusiasts who like to get off the trail.

#### **AZ EDIBLE PLANTS** Level 2

Plants have power — the power to feed us, heal us, and enchant us. In this class, we will walk the land getting to know the site's plants and their uses for our own physical and mental health and for the wildlife we share our planet with. We will make at least one tea, tincture, or salve from local native plants. Bring your camera and journal. All other materials provided.

#### **I'M LOST NOW WHAT?** Level 3

Hands-on class covering basic mountain and desert survival: shelter, water, and food. The class will create a mock survival camp. This class covers planning, protection, and prevention skills for your next venture into the

wild. Learn practical solutions for overnight survival in the wilderness. You will learn how to avoid emergencies in the out-of-doors but still be prepared for them if they do occur. You will receive a booklet outlining basic survival rules and skills. Learn how to equip the ultimate field survival fanny pack and how to use it.

### **KNOTS & KNIVES** Level 1

In this hands-on class you will learn some basic useful knots for multiple uses like tying down loads. Learn a trucker hitch, a bowline, and a clove hitch — to name a few. You will also learn about different types of rope and what applications they are useful for. In the second half of the class, you will be sharpening knives using stones and V blocks. Bring a dull knife from home and we will see what happens.

### **NAME THAT ROCK** Level 2      **BACK FOR 2024**

What makes up Arizona's geology? Why, rocks of course. There are also minerals like copper and gold, sometimes in the rocks. We have mountains made by volcanoes and earthquakes. And dirt (lots of dirt!). This class will have you digging in the dirt and loving it!

### **PRIMITIVE SURVIVAL SKILLS: FIRE AND FIBER** Level 3

Empower yourself with some of the most rewarding and useful knowledge and skills that one needs in the outdoors. Learn to make fire with just the resources around you. Yes, by rubbing sticks together! Learn which materials work best and practice the specific techniques to make and use a hand drill and a bow drill to make fire. This session will also focus on making cordage from the materials found in nature. Cordage (rope, twine, string) is an important resource for a myriad of outdoor uses. Learn which materials to use, how to prepare them, and practice making your own cordage. You will come away from this session with valuable skills!

### **SALVE MAKING WITH LOCAL PLANTS** Level 2      **NEW FOR 2024**

In this hands-on workshop participants will learn to make infused oils which will then be made into salve. The class will choose oils with different properties to include in their salve. We will scout for and collect local herbs that may be used to make our creations including pinyon sap. Learn how to use what grows around us in the wild and in gardens to create your personalized blends.

### **THE INCREDIBLE VERSITILE PRICKLY PEAR** Level 1

Opuntia Tuna or Prickly Pear is a Sonoran desert native plant that has fed healed and helped clothe the Sonoran desert people for more than a thousand years. It is also used as a juice, in jellies as well as candies. In this class, you will learn how to pick the fruit of the prickly pear cactus and how to turn it into juice.

### **BRIDGES TO BOW WILD SKILLS** Level 3

Empower yourself with skills that will help you be more confident and comfortable in the outdoors. In this class, you will learn to read the landscape and discover the resources at hand that can help you make fire, build shelter, and seek food and water in a wild setting. Whether for survival situations or inspired camping, the hands-on activities in this class will help you confidently face any outdoor situation with the best tools and the right attitude. *This class is only available for Bridges to BOW participants.*

### **WILDERNESS FIRST AID CARE** Level 3

In the backcountry, what you do in the first five minutes matters. A lot. In fact, it could be the difference between life and death. This class focuses on what to do when a mishap happens and the Golden Hour of Care rests solely on your shoulders. If time permits, we will additionally talk about heat illness, foot care, and management of sprains/strains/fractures – all common backcountry injuries.

### **OUTDOOR ACTIVITIES:**

#### **GPS/GEOCACHING** Level 3

Learn how to use your pocket-sized navigator to pinpoint your location, mark waypoints, and navigate to distant points. The instructor will review the features to consider when choosing a receiver. Then, it is a treasure hunt!

Join the worldwide fun of geocaching, a great way to get your tech-savvy family outside. You will take your new skills and your GPS to find “treasures” near the camp. If you own a GPS unit, please bring it to the class. Let us know if you need a loaner unit.

### **OPTICS 101** Level 3

Are you a birder, a hunter, a nature lover, or maybe just a wannabe? The right choice of optics can really enhance your outdoor adventures. You will learn about magnification, objective and ocular lenses, eye relief, and exit pupil. There may even be a bit of math involved (YIKES!) but it is easy stuff. Then we will go afield and see what we can see.

### **MOUNTAIN BIKING 101** Level 4

Participants will be introduced to the basics of mountain biking through a short lecture about bikes and their basic elements. Each rider will be outfitted with a helmet and adjustments will be made to fit each bike to each participant. We will then ride on some local trails to complete the class. ***No 1st time riders. All ladies must be able to ride a bike previous to arriving at camp.***

### **PADDLING SPORTS:**

#### **STILL WATER PADDLING: CANOEING & KAYAKING** Level 4

Learn the fine art of getting from point A to point B in a canoe or a kayak without going swimming. This session is an introduction to the basic strokes and safety tips for beginning paddlers. This is a fun hands-on course on flat water with plenty of practice and personalized instruction. The class includes a brief discussion on the types of canoes and kayaks available, terminology, and wearing apparel suggestions.

#### **PADDLING SAFETY 101: KAYAKING CLASSROOM**

This is a prerequisite for Paddling Safety 102. Safe, enjoyable paddling requires both knowledge and skill; this course will help you gain both. You will be provided with a wide variety of boating safety information through interactive activities and videos. With all of this fun, you won't even notice the easy paddling test at the end of class (hey ladies, no worries, no paddler is left behind, everyone passes the test), and you will receive a Paddlesports Education Card after completion of this session. This course is sanctioned by the National Association of State Boating Law Administrators and recognized by the U.S. Coast Guard and the State of Arizona.

#### **PADDLING SAFETY 102: KAYAKING ON THE WATER** Level 4

You must take Paddling Safety 101 to register for this class. For this session, you will take concepts learned in Paddling Safety 101 and hit the water. Practice getting in and out of a kayak without going for a swim. You will learn all the strokes and how to keep your balance while participating in fun exercises. You will receive a paddlesport education card after completion.

**Must complete the online kayaking course two weeks prior to camp:**

<https://www.boaterexam.com/paddling/>

### **PHOTOGRAPHY:**

#### **OUTDOORS PHOTOGRAPHY 101** Level 3

Start Getting Composed: Tell the story. Elevate yourself from simply “taking pretty pictures” to learning the secrets of designing artwork that engages, tells a story, and moves your audience. Did you know you can literally control which parts of your image the audience will see first, second, and last? You can control the mood, energy, and even how long someone gazes upon your work. Learn how to strategically use elements of composition and light to take your artistry to the next level. The class will be part classroom/part field with guidance. Gear: Any camera is welcome, even your cell phone.

#### **OUTDOORS PHOTOGRAPHY 102** Level 3

Using your knowledge from the 101 class we take things a step further. Learn how to use the images to tell a

story, advocate for conservation, or bring an issue you're passionate about to light. Learn to edit to bring the most important parts to life.

### **WILDLIFE:**

#### **ARIZONA WILDLIFE IDENTIFICATION – SIGN, SIGN, EVERYWHERE A SIGN (AZ Wildlife Tracking) Level 3**

Develop and hone your skills in detecting, observing, and tracking wildlife. The signs are everywhere! Learn about some of the key wildlife species in Arizona including their individual life histories and where, when, and how to observe them. Most of this course will be outdoors where participants will learn how to identify animals and their activities by interpreting their tracks, scat, and other key signs.

#### **BIRDING IDENTIFICATION Level 3**

There are over 800 species of birds to see and marvel at in the United States. Come learn how to use binoculars and field guides, locate and identify birds, and see your surroundings through new eyes. You will learn how to use a bird's distinguishing characteristics, behavior, and habitat in order to identify a species and understand how it lives. Most of the class is hands-on and you will venture out to put some of your newfound knowledge to the test and start a lifetime of birding enjoyment. Please bring binoculars and a bird book if you have them. Participants are encouraged to take the morning bird walk at 6:00 a.m. Sat. or Sun. before breakfast.

#### **GARDENING FOR WILDLIFE Level 3**

From the common honeybee to the majestic elk, gardens are like supermarkets for wildlife. In this class, we will learn how different types of gardens can attract the wildlife you want, beautify your home, and offer physical and mental wellness for all. Participants will learn plant identification skills (bring your camera and/or journals), (re)consider their comfort level with various species, and be inspired to certify your yard as a wildlife habitat.

#### **SNAKES & REPTILES OF ARIZONA 101      **NEW FOR 2024****

Become familiar with common snakes and reptiles in Arizona and learn how to tell the difference between venomous and non-venomous. Learn the difference between Venom and Poison. Learn what to do, and not to do, if you encounter a venomous reptile. There will be live animals in this class. Overcome your fear of snakes. Knowledge is power!