



Arizona Becoming an Outdoors-Woman Class Descriptions

All Classes will Not be Offered at Every Workshop

Walking/Hiking/Physical Exertion

Level 1 - Easy (a walk that 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:

BEGINNING ARCHERY 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.

CAMPING:

CAMPFIRE COOKING Level 1

Learn the basics of cooking over a campfire. Cook with grills, pans and aluminum foil. Learn how to build a fire and how to manage it; choose the woods to use and where to get them. Pick up tips on what to do when that essential item is left behind. Learn how families can work campfire cooking as a team.

CAMPING 102 Level 2

In the camping 102 course you will learn, not only how to set up camp, but we will show you how to make it as elaborate or as basic as you desire. We will have tents to set up or bring your own tent to setup. 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, covered kitchen, dining area/game room, 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 as well receive many great recipes to try yourself.

BACKPACK CHEF Level 1

Food is the next heaviest thing in your pack, and one of the best challenges. There are many prepared dehydrate meals out there but what about putting together your own meals, from dehydration your own, to what's available at your local grocery store.

OUTDOORS ETIQUETTE 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. Knot tying, water purification, proper campsite placement for best safety from wild animals, low impact practices, and cat holes will all be addressed. The class will have a table of great outdoor resource books and sample first aid kits. We will talk about how to address blisters from hiking and women's outdoor hygiene. *Questions welcome prior to camp, to be answered in class. Registration will forward your questions.*

FOREST BATHING Level 2

Nope, you are going to keep your clothes on for this one! Not simply a walk in the woods, it 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 use to quiet the noise of everyday life.

CLIMBING:

***Notice on the 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 backwards off a 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 101 Level 4

A continuation of Rappelling 101 but 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. It 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 on the course with extensive training. ***THIS CLASS HAS AN ADDED NON-REFUNDABLE COST OF \$50.00.***

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 and protocols. How to handle a malfunction, and definitions of commonly used terms. ***A prerequisite for shotgun, rifle and handgun.***

RIFLE MARKSMANSHIP Level 1

This class will be held on the range. Students learn rifle handling, 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 Level 1

Covers everything students need to know to become a competent wing shot, or to enjoy a round of trap or skeet. Shotguns 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 BASICS Level 2

This class will be held on the range. Participants will learn basic handgun safety and marksmanship. Ammunition and firearms 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 you may find to 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 as to not void warranties and/or damage their firearm. **Please, do NOT bring your personal firearms.**

FISHING:

WARM WATER 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 and the use of these lures. Learn 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 & knot tying. The class is taught in an outdoor setting so bring clothing appropriate for the time of year, sunscreen, sunglasses, hat & 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 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 & build upon basic skills so you can become more confident & capable fishing independently. Participants should bring clothing suitable for the outdoors, hat, sunglasses, sunscreen, water. **All equipment is provided, including flies. If you have your own equipment already we encourage you to bring it with you. Fishing license may be 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 & concentrates on float tube

safety. 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, 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 B.O.W. 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:

BEGINNING HUNTING Level 3

You will learn basic hunting techniques; how to scout, glass, track, stalk and look for sign. 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 healthy and tasty substitute in many recipes. This class will actually prepare and serve the dishes for the evenings "Game Tasting." Recipes will depend upon game and/or fish available at the time of the class. ***This class will be limited to the first four participants.***

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 in to 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. Afterwards, participants will take 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.**

FIELD DRESSING 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 uhhh dirty. We will be using a domestic goat or a lamb.

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.

OUTDOOR KNOWLEDGE:

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 them for hiking, hunting, fishing and backpacking trips into wilderness and backcountry areas. Students also learn how to use a hand-held compass and to determine

their location and course direction on a USGS map. Practical use of these tools to test your skills will follow class instruction. This is a must for active outdoor enthusiasts who like to get off the trail.

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.

WILDERNESS MEDICINE 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 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.

SELF DEFENSE: Level 4

This class will provide you with the basics of Awareness, Avoidance, Verbal Strategies, and some physical techniques. Gym shoes or field boots are best to wear. Susan Baldwin from the Personal Protection Institute will be your instructor. Among many other accomplishments, she is a Retired Federal Agent, Combat Veteran and Reiki Master. ***This class simulates real life situations, adult language is used.***

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 peoples 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.

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.

EDIBLE AND MEDICINAL 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.

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!

ARIZONA WILDFLOWERS 101 Level 3

Arizona is blessed with a spectacular variety of wildflowers from alpine to low desert. Learn the basics of plant identifications 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.

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.

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.

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 for 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.

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 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 before 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. Class includes a brief discussion on the types of canoes and kayaks available, terminology, and wearing apparel suggestions

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 paddle sport education card after completion. **You must complete the online kayaking course two week prior to camp.** <https://www.boaterexam.com/paddling/>

PHOTOGRAPHY:

OUTDOORS PHOTOGRAPHY 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. Class will be part classroom/part field with guidance. Gear: Any camera is welcome, even your cell phone.

WILDLIFE:

ARIZONA’S VANISHING HABITAT Level 1

The biggest threat to our wildlife is habitat loss. It comes from subdivisions, fires and drought. This class will touch on the historic and varied life zones of Arizona and the fascinating animals that live here. There will be an emphasis on riparian and water and grasslands. Learn about the restoration projects that have been done and how you and your family can be part of the next one.

BIRD WATCHING 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, 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 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.

ARIZONA WILDLIFE – SIGN, SIGN, EVERYWHERE A SIGN

(AZ Wildlife Tracking) Level 3

Develop and hone your skills of 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.

GARDENING FOR WILDLIFE Level 3

From the common honey bee 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.