

KANSAS



BOW EVENT GUIDE

**Becoming an Outdoors-Woman
Information and Classes**

Brought to you by Kansas
Department of Wildlife & Parks



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What is BOW?

Becoming an Outdoors-Woman 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 workshops are designed especially for women who are beginners in the outdoors, so no equipment or experience is required!

BOW is an opportunity for anyone 18 years of age or older and is for you if:

- You have never tried these activities
- Are a beginner wanting to improve skills
- Know how to do some of these activities but want to try something new
- Enjoy the camaraderie of like-minded individuals

**Designed for Women,
Taught by Women**

Get notified of future BOW, mini-BOW and other women-based events
[Email Sign Up](#)

Website:
ksoutdoors.com/bow

Email:
Lyndzee.Rhine@ks.gov

Phone:
785.260.3033

General Event Information

Registration

Register and submit payment **at this link** or by scanning the QR code to the right. Incomplete registrations will not be accepted; registration is not considered complete until payment has been submitted. Additional information will be sent within 3 weeks of registration/payment submission.



Workshop Fee

\$275 regular registration
\$100 scholarship registration

includes:

4 classes of your choice
all materials/equipment
meals
lodging
evening activities

Class Selection

Class placement is first-come, first-served. Offerings vary by session, and some classes may only be available once. Choose your top 4 preferences per session—repeating the same class may result in being placed elsewhere due to limited space. Class changes are not allowed at the event.

We do our best to get you into your first-choice classes.

Cancellation Policy

If you cancel two or more weeks prior to the event start date, you'll receive a full refund minus a non-refundable \$50 processing fee.

If less than two weeks, no refund will be issued. Exceptions may be made for extreme circumstances. Substitutions may be made.

Lodging Information

Participants will be lodging in communal bunking rooms. Bedding, towels, and toiletries are **NOT** included and need to be supplied by each participant. Cabin Mentors will be present in both participant cabins to ensure cohesiveness and help with any issues that might arise.

We try to accommodate roommate and lodging requests, but also hope to foster connections between participants by placing them in communal cottages.

IF YOU PLAN TO CAMP: Campers are required to use the bathroom facilities of the cabin they were assigned, regardless of camping!

Lodging Info Link

Sheila Kemmis

Scholarship for Aspiring Outdoors–Women

The goal of the Sheila Kemmis Scholarship for Aspiring Outdoors-Women is to broaden the accessibility of attending the Becoming and Outdoors-Woman (BOW) weekend workshops. This scholarship is geared towards first-time participants (18 years and older) who would be unable to attend without financial assistance. BOW encourages anyone to apply for a scholarship. However, preference will be given to first-time attendees and those promoting outdoor education across the state through their community affiliations, culture, region, and/or profession.

Scholarships cover \$175 of the \$275 registration fee. The remaining \$100 is due by the participant to secure their spot.

If not awarded, and the registrant would still like to participate, the total registration will need to be paid in full. If you have any questions or need assistance, please reach out to Andrea Swisher at Andrea.Swisher@KS.GOV.

Scholarship Application Link

Please note: Scholarship applications open about 2 months before each event; the link may not be active when you view this guide.

**Scholarships are
provided on the behalf
of The Kansas
Wildscape Foundation**



General Event Schedule

We provide two, weekend workshops, once in the Spring (late April) and once in the Fall (late September). Dates are subject to change so please subscribe to our bi-monthly Newsletter, e-mail list, or follow our page on Facebook to get up-to-date information on all things **KSBOW!**

FRIDAY

Check-in ----- 8:30 - 10 AM
Welcome & Introductions --- 11 AM
LUNCH ----- 12 - 1 PM
Session A ----- 1:30 - 5 PM
Break ----- 5 - 6 PM
DINNER ----- 6 - 7 PM
Evening Activities ~ 7:30 PM

SATURDAY

BREAKFAST ----- 7:30 - 8 AM
Session B ----- 8:30 AM - 12 PM
LUNCH ----- 12 - 1 PM
Break ----- 1 - 1:30 PM
Session C ----- 1:30 - 5 PM
Break ----- 5 - 6 PM
DINNER ----- 6 - 7 PM
Campfire ~ 7:30 PM

SUNDAY

BREAKFAST ----- 7:30 - 8 AM
Session D ----- 8:30 AM - 12 PM
LUNCH ----- 12 - 1 PM
Turn in evaluations, thank-you notes, and bid farewell by 2PM

Event Space Logistics

Rock Springs Ranch - 1168 KS-157, Junction City, KS 66441



BOW Weekend Workshops are held at Rock Springs Ranch near Junction City, KS. This serene walking campus is the perfect place for a weekend immersed in the outdoors! Housing and dining will be provided on campus, as well as the majority of the classes.

WiFi can be spotty at RSR, however, you will have reception in Riley-Wallace, the Dining Hall, and your assigned Cabins.

Rock Springs Ranch is a tobacco and vape FREE campus. Alcoholic beverages are allowed for those over 21 years of age at cabins and fire pits only. NO ALCOHOL is allowed in the dining hall or any other building on RSR campus. Please be respectful of other groups and BOW participants lodging at RSR at all times.

BOW Pathways

BOW Pathways are designed to guide participants on a journey to bolster their knowledge and skill set in a particular topic through related and/or progressive classes. BOW Pathways are recommendations for class selections, and are NOT required, nor are they associated with a formal certification. Classes associated with BOW Pathways are not required to be taken in order unless prerequisites are explicitly outlined for specific classes. For more information about BOW Pathways, contact Lyndzee Rhine at lyndzee.rhine@ks.gov.

PADDLING

PATHWAY

- KAYAKING
- PADDLEBOARDING
- INTRO TO FISHING
- TRAILER BACKING & MAINTENANCE

SHOOTING

PATHWAY

- INTRO TO ARCHERY
- INTRO TO SHOTGUNS
- INTRO TO HANDGUNS
- INTRO TO RIFLES

FISHING

PATHWAY

- STREAM ECOLOGY
- INTRO TO FISHING
- INTRO TO FLYFISHING
- FISH CLEANING & COOKING

CAMPING

PATHWAY

- CAMPING
- DUTCH OVEN COOKING
- BACKPACKING FOR BEGINNERS
- TRAILER BACKING & MAINTENANCE

COOKING

PATHWAY

- DUTCH OVEN COOKING
- COOKING WITH WILD GAME
- FISH CLEANING & COOKING
- SMALL GAME PROCESSING

WILDLIFE WATCHING

PATHWAY

- NOTICING NATURE
- BIRDING FOR BEGINNERS
- PLANNING FOR POLLINATORS
- INTRO TO HERPETOLOGY

Instructor Pathway

Do you have outdoors skills or knowledge that you want to share with other like-minded women? Are you interested in expanding on what you learned during BOW? Do you want to give back by helping teach others?

Join the TEAM!

I wanted to help other women feel as empowered as I had been made to feel, and the most powerful moments are when I see other women realize, "I CAN do this!"

If you answered yes to any of the above, the BOW Instructor Pathway might be right for you! Join us as a participant, then help as an instructor or assistant instructor at a future BOW event. You will get a special behind-the-scenes look at what it takes to lead a BOW class, get familiar with the BOW Coordination Team and other great BOW instructors, and gain access to KDWP's tools and resources to further the mission of Kansas BOW within your own community and networks.



Emily Waggoner
Cooking with Wild Game & Small Game Processing Instructor



Delainey Williams
Explore Archery Instructor

I knew that this program was just the place to get me back to my roots. This community of instructors is so supportive.

Being a part of the BOW Instructor Team is a low-stress, low-pressure, HIGH honor, and an absolute blast!



Amy Bousman
Foraging & Entomophagy Instructor

Instructor Pathway
Stories
HERE!



CLASS DESCRIPTIONS

Below you will find descriptions for each of the fantastic outdoor-skills classes we offer at BOW! Please note that each class displays the class primarily takes place (Indoors or Outdoors), a physical movement rating including Low, Moderate, and High:

LOW - Beginner movement, low physical exertion

MOD (Moderate) - Slightly more strenuous physical activity

HIGH - Some intense physical movement

As well as the seasonality of our offered classes:

Spring = SP, Fall = FL, and all year = SP/FL

Classes with special material requirements are denoted with a packing icon listed here for consideration when selecting classes



Intro to Handguns

OUTDOORS

LOW

SP/FL

This course provides a solid foundation for safe and responsible handgun use in outdoor and recreational settings. This class covers the basics of handgun safety, handling, and care in a supportive setting. You'll learn marksmanship fundamentals and get hands-on practice with a variety of handguns, building confidence and comfort through guided instruction.



Close-toed shoes

Intro to Shotguns

OUTDOORS

LOW

SP/FL

Curious about shotguns but not sure where to start? This hands-on class walks you through the basics of safe handling, shooting technique, and firearm care. Try out different types of shotguns, learn how each fit into various hunting styles, and gain a better understanding of ethical shooting practices in the field or at the range.



Close-toed shoes

Intro to Rifles

OUTDOORS

LOW

SP/FL

Perfect for beginners, this class covers rifle safety, handling, marksmanship, and maintenance. You'll get hands-on experience with several types of rifles, explore which game each is suited for, and learn the principles of ethical and effective hunting and target shooting.



Close-toed shoes

Explore Archery

OUTDOORS

MOD

SP/FL

Step into the world of archery with a fun, hands-on introduction to equipment, safety, and shooting technique. You'll learn basic terminology, how to choose the right bow, and how to care for your gear. The class wraps up with target practice to build confidence and skill. Equipment is provided, or you're welcome to bring your own bow (**no broadheads, please**).



Close-toed shoes
and long sleeves

CLASS DESCRIPTIONS

Flatwater Kayaking

OUTDOORS

MOD

SP/FL

Get started with the basics of kayaking in a calm, supportive setting. Learn how to choose the right gear, practice safe entry and exit techniques, and build your paddling skills. We'll cover essential safety, rules and regulations, and risk awareness on shore before heading out for a relaxing paddle on the water.



Clothes you can get wet in, water shoes, and a towel

Intro to Paddleboarding

OUTDOORS

MOD

SP/FL

Try your hand at stand-up paddleboarding while learning key safety skills and techniques. This class covers how to choose the right equipment, safely board and reboard, maintain balance, and paddle efficiently. After some on-shore instruction, we'll hit the water enjoy a whole new perspective from atop the board.



Clothes you can get wet in, water shoes, and a towel

Intro to Fishing

INDOORS/OUTDOORS

LOW

SP/FL

Dive into the basics of fishing with this hands-on class for beginners. Learn how to choose and care for gear, identify common fish species, how aquatic habitats influence fishing, and the rules and regulations for Kansas. You'll practice casting, hook removal, catch and release, and other skills to help you become a confident, ethical angler.

Intro to Flyfishing

INDOORS/OUTDOORS

LOW

SP/FL

Take on the challenge of flyfishing—an engaging and rewarding way to connect with the water. This class covers gear selection and care, fly and lure basics, and essential casting techniques. Whether you're brand new or just curious, you'll gain the skills and confidence to start your flyfishing journey.

Fish Cleaning & Cooking

OUTDOORS

LOW

SP/FL

Learn how to turn your catch into a meal in this hands-on class. You'll explore different methods for cleaning a variety of fish species using both traditional and electric fillet knives. After the cleaning demo, it's time to cook up some fresh fish and enjoy the fruits of your labor—all while gaining a deeper appreciation for sustainable harvest and responsible use of natural resources.



Your Appetite!

Stream Ecology

OUTDOORS

HIGH

SP/FL

Wade into the hidden world of a Flint Hills stream and discover the incredible life beneath the surface. You'll explore aquatic ecosystems, learn how to identify stream-dwelling organisms, and gain a deeper appreciation for freshwater habitats. Get ready to get wet—this class includes hands-on investigation in the water!



Clothes to get wet in and extra socks

CLASS DESCRIPTIONS

Backpacking for Beginners

INDOORS/OUTDOORS

MOD **SP/FL**

Learn the fundamentals of backpacking from an experienced guide. This class covers essential gear, safety practices, trip planning, and techniques for packing and hiking with a loaded backpack. Gain hands-on experience and build the confidence needed to hit the trail on your own adventures.

Camping

OUTDOORS **LOW** **SP/FL**

Gain the skills and confidence to camp independently. This class covers campsite selection, gear setup and care, camping safety, and how to plan responsibly for overnight stays. You'll also learn and apply the Leave No Trace principles to help protect natural spaces for future visitors. Bring your own tent if you'd like to practice setting it up—you may even choose to leave it up and spend the night under the stars.



Tent (optional)

Cooking with Wild Game

OUTDOORS **LOW** **SP/FL**

Discover how approachable and rewarding cooking with wild game can be. This hands-on class will teach you how to confidently prepare a variety of game meats while exploring how wild game fits into a sustainable, field-to-table lifestyle. Then, work together with fellow participants to cook and enjoy flavorful samples that celebrate ethical harvest and resourcefulness in the outdoors.



Your Appetite!

Small Game Processing

OUTDOORS **LOW** **SP/FL**

Gain hands-on experience breaking down and butchering small game for the table. This field-to-freezer class deepens your understanding of animal anatomy and teaches you how to process your own sustainably harvested meat. Build practical skills that connect you more closely to the outdoors and your food source!

Foraging

INDOORS/OUTDOORS

MOD **SPRING**

Learn essential safety practices and guidelines for ethical foraging, including how to accurately identify several plant species while avoiding hazards like poison ivy. This class covers key safety tips to protect yourself and the environment. Put your skills to work on a supervised foraging walk around campus, gaining hands-on experience in a safe and responsible way.



Long pants and close-toed shoes

Entomophagy

INDOORS/OUTDOORS

MOD **FALL**

Entomophagy—the practice of eating insects—is a sustainable and nutritious food source enjoyed by many cultures around the world. This class offers a welcoming introduction to the tasty world of insects! Learn about the benefits, cultural history, and preparation methods, and if you're comfortable, enjoy the chance to sample insects firsthand. (Note: tasting is completely optional!)

CLASS DESCRIPTIONS

Dutch Oven Cooking

OUTDOORS **LOW** **SP/FL**

Perfect for outdoor food lovers, this class introduces the art of cooking with a Dutch oven over an open flame. You'll learn essential safety tips, equipment care, and tried-and-true cooking techniques. Best of all, you'll get to enjoy the tasty results of your efforts around the table with fellow participants!



Your Appetite!

Intro to Herpetology

INDOORS/OUTDOORS

MOD **SP/FL**

Leap into the world of Herps (amphibians and reptiles) with this laid-back introductory class! This class will begin with an indoor discussion covering the physiology and ecology of herps, identification resources, best management practices, safety, and tricks of the trade. Then follow along on an instructor-led herp hike around campus and try out your new skills!



Close-toed shoes

Noticing Nature

INDOORS/OUTDOORS

MOD **SP/FL**

This class is made for the ultimate multi-tasker or casual outdoor enthusiast! Start with a classroom session, followed by a leisurely stroll around campus to identify local flora and fauna. Learn about tools like iNaturalist and discover how you can contribute to participatory science initiatives through everyday observation.

Intro to Trapping &

Fur-harvesting

INDOORS/OUTDOORS

LOW **SP/FL**

Explore the fundamentals of trapping and fur harvesting in Kansas! This class covers terminology, trap selection and setup, target species, and best management practices.

Discover how trapping serves as an important tool in wildlife management and conservation.

Birdwatching for Beginners

INDOORS/OUTDOORS

MOD **SP/FL**

Soar into the world of birding with Birdwatching for Beginners! This class covers the basics of birding, including recommended equipment, common species, and essential birding techniques. Discover best practices for safe and ethical birdwatching and explore resources and groups to support your new hobby. Then, head outdoors with an experienced instructor to start or grow your personal bird list.

Planning for Pollinators

INDOORS/OUTDOORS

MOD **SP/FL**

Have you heard the buzz? Pollinators are essential to ecosystem health and biodiversity! This class focuses on identifying key pollinator species, understanding the ecological threats they face, and exploring conservation-based strategies to support their populations. Learn how to create and manage pollinator-friendly habitats that contribute meaningfully to local conservation efforts.

CLASS DESCRIPTIONS

Intro to Hunting INDOORS/OUTDOORS

LOW

SP/FL

This introductory class is designed for women who are brand new to hunting or just starting to explore the outdoors through a hunter's lens.

You'll learn basic scouting and hunting strategies, how to identify game species, understanding regulations, gear essentials, ethics and conservation, and what it really means to be a responsible hunter.

Trailer Backing & Maintenance

OUTDOORS

LOW

SP/FL

Do trailers make you tremor? Learn the fundamentals of trailer backing and basic maintenance in a supportive, low-pressure environment. With hands-on practice and encouragement from experienced instructors, you'll build the skills and confidence to take control—whether you're heading to the boat ramp or hitting the road.



Camp chair

Meet our BOW Coordination Team!

Lyndzee

Rhine



BOW
Coordination
Team Chair



Chelsea
Hofmeier

Instructor
Coordinator



Shelby
Stevens

Participant
Coordinator



Mackenzie



Reh

Mini-BOW
Coordinator



Annie
Swisher

Scholarships