



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN

REGISTRATION FOR BEYOND BOW BACKPACKING WORKSHOP



This information is required by authority of the Michigan Department of Natural Resources for participation consideration.

YOU MAY NOW PAY FOR YOUR REGISTRATION ONLINE AT MICHIGAN E-STORE!

REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

FIRST REGISTERED - FIRST ENROLLED

WHERE

CRAIG LAKE STATE PARK
CHAMPION MI

WHEN

NOVEMBER 7-9, 2014
GEAR CHECK AT 2 P.M. NOV. 7TH @
VAN RIPER STATE PARK

COST

\$150 - INCLUDES 2 NIGHTS
LODGING AND MEALS (EXCEPT
LUNCHES)

CANCELLATION
DEADLINE

OCTOBER 17, 2014 NO REFUNDS
ISSUED AFTER THIS DATE

REGISTRATIONS WILL NOT BE ACCEPTED AT THE WORKSHOP!

Print or type. Use separate registration for each person; photocopy for additional registrants.

Registration form with fields for Name, Address, City, State, ZIP, Telephone, E-mail, Emergency Contact Name and Telephone, and questions about special needs, allergies, and shirt size.

CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation.

Signature

Date

PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

Signature

Date

Make check or money order payable to "State of Michigan" and send with completed and signed registration to:

MI DEPT OF NATURAL RESOURCES
Attn: BOW
1990 US 41 SOUTH
MARQUETTE MI 49855

OR

You may purchase your registration on Michigan E-Store at www.michigan.gov/bow; however you MUST complete this registration & class description page w/classes picked and send or FAX to:

MARQUETTE OSC - ATTN: BOW
MI DEPT OF NATURAL RESOURCES
1990 US 41 SOUTH
MARQUETTE MI 49855

FAX: 906-228-5245

For more information please contact Sharon Pitz at the Marquette OSC - 906-228-6561 or email at pitzs@michigan.gov THIS WORKSHOP IS LIMITED TO 14 STUDENTS, YOU MUST HAVE SOME SORT OF BACKPACKING EXPERIENCE OR EQUIVALENT TO ATTEND - SEE ADDITIONAL INFORMATION ON NEXT PAGE FOR CLARIFICATION.

FOR DNR USE ONLY

Index - 28315

PCA - 20000

AOBJ - 9172

BEYOND BOW BACKPACKING CLASS – NOVEMBER 7 – 9, 2014
CRAIG LAKE STATE PARK
ADDITIONAL INFORMATION

- Mileage:** Total backpacking miles = 4 to 5. Additional day hiking is optional.
- Terrain:** An easy to moderate trail. There will be elevation change. The trip will be on a marked trail.
- Experience:** No prior backpacking experience is required. However, participants **must** have taken a BOW backpacking class, or equivalent. You will be asked to provide the details of your training to the instructors.
- Gear:** Participants will be responsible for providing their own personal gear (see gear list below), some group gear will be provided.
- Meals:** All breakfasts, dinners and desserts will be provided. Meals will not be vegetarian, vegan or gluten-free. **Participants will bring their own lunches, snacks and beverages (such as coffee/tea) for the weekend.**

About the trip: Craig Lake State Park is the most remote state park in the system. Access into the park can be an adventure. The park contains six full lakes and a variety of wildlife such as deer, black bear, beaver, loons and moose.

Participants will hike approximately two miles with full backpacks to a wonderful 14-bed rustic cabin. The cabin is heated with a stone fireplace and also has a woodstove with a cook top. There are three bedrooms with four sets of twin bunks (with mattresses!), a futon and two cots, a dining table and chairs. This is a base-camping trip which means we are backpacking in to the rustic cabin but staying in the same location both nights. The participants are staying in the 14-bed cabin. The instructors will be in a nearby cabin. Please note that there are both female and male instructors for this event.

November weather in the Upper Peninsula can be unpredictable but that's part of the fun! Participants should be prepared for average November temps (highs in the upper 30s and lows in the low 20s) but should also be prepared for much colder conditions, even snow.

Be prepared to be an active participant in a great outdoor women's experience. Everyone will assist in various ways with camp chores with plenty of time left to enjoy the scenery! This trip is a chance to use the skills you were taught in your BOW classes such as Backpacking (requirement), Orienteering, Hiking, Backcountry Cooking, Map/Compass and Wilderness First Aid (let's hope not!).

Participants will need to secure their own vehicle permits for Michigan State Parks. They will also need to secure a fishing license, if they wish to fish.

We will start the trip with a gear check/trip orientation at Van Riper State Park in Champion, Michigan at 2:00 PM on Friday. From there, we'll all drive to the trailhead and hit the trail. We plan to be in camp with plenty of time for dinner and an evening of relaxation. Saturday will provide a variety of options such as a day hike around Craig Lake, fishing and more relaxation. Our plan for Sunday is to break camp and be back at our vehicles before lunchtime so those who have a long drive can hit the road. This trip will occur Rain or Shine (or Snow) so please be prepared!

While this trip is geared to a first time backpacker, all are welcome. Regardless of your experience level, please consider your physical health and be certain you are capable of hiking the required distance for your safety as well as the safety of other participants. Because the safety of all participants is of the utmost importance, the instructors have the right to terminate your participation if they feel you are unable to complete the trip.

If a participant has any questions that they need answered prior to making the decision to sign up, please email taragmgt@att.net. After the registration period is closed, the instructors will contact all participants and provide additional information and provide additional opportunities to ask questions.

PERSONAL EQUIPMENT LIST FOR PARTICIPANTS

Required Items:

(Please note that no cotton clothing/sleeping gear will be permitted. Only wool or synthetic materials)

Backpack and rain cover for pack
Hiking boots, broken-in
Sleeping bag (synthetic or down fill) rated to 20°F or lower
Long sleeve hiking shirts (wool or synthetic)
Hiking pants (wool or synthetic)
Long underwear top and bottoms (wool or synthetic)
Fleece jacket
Waterproof rain jacket and rain pants
Insulated jacket (down preferred)
Wool/fleece hat and gloves
Neck gaiter (optional)
Wool/synthetic hiking socks (at least 2 pairs)
Synthetic liners socks (optional)
Two 1-quart water bottles
Headlamp or flashlight *with spare batteries*
Bowl, spoon, mug/cup
Lunches, snacks and beverages (such as coffee or tea)
Toilet paper or tissue and a small ziplock
Pocket Knife
Lighter or matches
Personal items [i.e. toothbrush, toothpaste, sunscreen, medications, etc.]
A few medium and large ziplock bags or stuff sacks for various uses

*****If you have any allergies –
Once you are registered an email
will be provided to you to let the
instructor know what they are
and if there are any concerns***

OPTIONAL ITEMS

Sunglasses	Book/field guides
1-2 bandanas and/or pack towel	Trekking poles
Camp shoes	
Camera	

PLEASE NOTE: THERE IS A MINIMUM OF 8 PARTICIPANTS NEEDED FOR THIS PROGRAM TO BE A GO. IF WE DO NOT HAVE AT LEAST 8 WOMEN SIGNED UP THIS EVENT WILL BE CANCELED.

This event will take place rain/snow/shine and no refunds will be returned after October 17, 2014 because of planning purposes☺

Further questions can be directed to Tara at the email above or by myself at 906-228-6561 (Sharon)