



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN
REGISTRATION FOR
BEYOND BOW WINTER CABIN SKI/SNOWSHOE
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

WILDERNESS STATE PARK
NEAR CARP LAKE MI

WHEN

MARCH 6-8 @ 6 P.M.

COST

\$115 - INCLUDES 2 NIGHTS
LODGING AND SOME MEALS

CANCELLATION
DEADLINE

FEBRUARY 20, 2015 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 accommodations and allergies.

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:

MI DEPT OF NATURAL RESOURCES/BOW
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 24 STUDENTS.

FOR DNR USE ONLY

Index - 28315

PCA - 20000

AOBJ - 9172

BEYOND BOW WINTER CABIN TRIP – MARCH 6 – 8, 2015
WILDERNESS STATE PARK near Carp Lake, Michigan
ADDITIONAL INFORMATION

- Trails:** Six miles of groomed cross country ski trails. Numerous ungroomed trails & over 10,000 acres for snowshoeing. We will go on several excursions throughout the weekend.
- Terrain:** There are 26 miles of beautiful Lake Michigan shoreline. The terrain is a mixture of dense coniferous forest and mature hardwood forest, with some pockets of open, wet, meadows mixed in. There are an abundance of small ponds mixed in with coniferous wetlands.
- The Cabin:** Our rustic bunkhouse will sleep up to 24 women in 12 sets of bunk beds. Each woman must bring her own bedding. The bunkhouse has electricity, but few other modern conveniences. It is equipped with a wood burning stove for heat. (Be prepared for it to be cold inside.) Pit toilets and a water pump are located nearby.
- Experience:** No prior winter camping experience is required. However, participants **must** have taken BOW classes on cross country skiing, snowshoeing, and Dutch oven cooking (or have equivalent experience). 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:** 2 breakfasts, 2 lunches, 1 dinner and dessert will be provided. (Vegetarian diets can be accommodated.) **Participants are asked to bring some sort of snack to share with the group on Friday evening.** Participants are welcome to bring additional food for special dietary needs or to supplement our group meals if desired.

About the trip: Wilderness State Park is an amazing winter wonderland.

Participants may arrive any time after 6 pm on Friday night. (If the roads are bad, please take your time & arrive safely!) Parking is available within 100 feet of the rustic bunkhouse. Please eat dinner on your own before arrival (or bring your own meal to eat after you arrive). Friday night dinner is not provided. Bring a snack to share with the group Friday evening. If all the snacks aren't eaten on Friday night they will be available throughout the weekend while they last. This is a base-camping trip which means that we are staying in the same location both nights. On Saturday and Sunday, we will have several group ski and snowshoe excursions. On Sunday, we will depart for home after lunch. We must be out of the bunkhouse by 1:00pm.

March weather in northern Michigan can be unpredictable. We will hope for snowy conditions that will allow for cross country skiing and snowshoeing. Participants should be prepared to spend the majority of the time outdoors in the cold. Extra socks and clothing are recommended so as to always have dry clothing to change into. Dry shoes are also recommended for indoor use. This trip will not be cancelled due to the weather conditions.

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

Participants will need to secure their own vehicle permits for Michigan State Parks. We will have 20 pairs of snowshoes on hand for those that don't have their own. Kate our lead instructor will have some cross country skis on site but if you have your own please bring them – **(please make a note if you need to use a pair of skis along with your boot size so we know if we can accommodate)**

Before signing up, please consider your physical health and be certain you are capable of physical exertion in wintery conditions. 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 fully participate on the trip.

If a participant has any questions that they need answered prior to making the decision to sign up, please contact Kate at 989-928-0477. 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)

Cross Country Ski equipment
Snowshoes (and poles?)
Snow boots
Fanny pack or small backpack for our excursions
Sleeping bag (synthetic or down fill) rated to 20°F or lower
Long sleeve shirts (wool or synthetic)
Pants or leggings (wool or synthetic)
Long underwear top and bottoms (wool or synthetic)
Fleece jacket
snow pants
Insulated jacket, ski parka or shell
Wool/fleece hat or headband
Winter gloves
Neck gaiter or balaclava (optional)
Wool socks (at least 3 pairs)
Synthetic liners socks (optional)
Ski socks (optional)
Water bottle(s)
Headlamp or flashlight *with spare batteries*
Bowl, spoon, mug/cup
Toilet paper or tissue
Pocket Knife
Lighter or matches
Personal items [i.e. toothbrush, toothpaste, sunscreen, medications, etc.]
Snack to share for Friday night

*****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 or goggles
Indoor shoes for the cabin
GPS, compass
Camera
Book/field guides
Pillow and blanket
Board game(s)
Camp chair (only 12 are provided with the cabin)
Additional food for personal dietary needs
Shovels and supplies for building a quinzee to stay in Saturday night (and appropriate sleeping gear if you want to do this)