



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN

REGISTRATION FOR BOW WINTER WORKSHOP



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

REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

517-582-3854 FOR QUESTIONS!

WHERE

**BAY CLIFF HEALTH CAMP
BIG BAY MI 49808
(ABOUT 30 MILES NORTH OF MARQUETTE)**

WHEN

**FEBRUARY 24-26, 2023
REGISTRATION 3-5 PM ON 2/24**

COST

\$275 INC. ALL EQUIPMENT

**CANCELLATION
DEADLINE**

**JANUARY 06, 2023
TO RECEIVE A FULL REFUND**

Scholarship Application is available on our website www.michigan.gov/bow

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

Name:		You must be at least 18 years of age or older to attend this workshop
Address:		
City, State, ZIP:		Meals may contain – Meat, gluten and dairy
Telephone (daytime)	E-mail	
Long Sleeve Performance T-shirt <input type="checkbox"/> Unisex <input type="checkbox"/> Women's cut		if you have a special diet, please let me know so I can email you the menu for the weekend so you can bring supplements if needed
Long Sleeve Performance T-shirt <input type="checkbox"/> Unisex <input type="checkbox"/> Women's cut		Is this your first-time attending winter BOW? <input type="checkbox"/> No How many? _____ <input type="checkbox"/> Yes
SIZES: Please circle one SM, Med., LG, XLG, 2XLG, 3XLG (available in men's only)		

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. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.

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:

**MICHIGAN DEPARTMENT OF NATURAL RESOURCES
5100 State Highway M-123
Newberry MI 49868**

You need to send in both your registration and payment to the office/address above. We are not able to take credit cards currently. Questions: DNRBOW@michigan.gov

FOR DNR USE ONLY

751EXECBOW

Loc: S170



Please return this with your check & registration form

Department of Natural Resources

Attn: Michelle - BOW

5100 State Highway M-123

Newberry, MI 49868

Name		Telephone (during day) ()	
Class descriptions are listed on our website www.michigan.gov/bow . Be sure to read the descriptions thoroughly prior to making class selections, to determine your own physical abilities. Classes are rated according to their difficulty, and several have very limited class size.			
Roommates (randomly assigned unless specified) (please limit to 4 names – some rooms do have 7 beds but not many – if you have too many names you may have to be split up to accommodate everyone)			
Select and prioritize the top-class choices you would like to attend, ranking from 1 to 8 etc., from <u>most</u> desired to least desired. **Only rank classes you are willing to take to ensure enrollment into the workshop and read each class description completely** The coordinator will do its best to ensure that as many participants as possible are enrolled in their top choices .			
<input type="checkbox"/> Dog Sledding	<input type="checkbox"/> Self Confidence	<input type="checkbox"/> Wild game butchering	<input type="checkbox"/> Canning Meat & Jerky
<input type="checkbox"/> Ice Fishing	<input type="checkbox"/> Advanced Snowshoe	<input type="checkbox"/> Winter Shelters & Winter Camping <input type="checkbox"/> Sleeping in quinzee overnight? (optional)	<input type="checkbox"/> Cross Country Skiing Do you need skis? Y or N Shoe Size _____ Height _____ Weight _____
<input type="checkbox"/> Intro to GPS/ Geocache	<input type="checkbox"/> Basic Snowshoe	<input type="checkbox"/> Advanced Snowshoe	<input type="checkbox"/> Woods, wildlife & woodburning
<input type="checkbox"/> Fly Tying	<input type="checkbox"/> Intro to Winter Biking Height _____ (required)	<input type="checkbox"/> Archery	<input type="checkbox"/> Walking Stick
<input type="checkbox"/> Wilderness First Aid	<input type="checkbox"/> Backcountry Cooking		

MUST BE 18 YRS OF AGE OR OLDER TO ATTEND

The Bay Cliff Health Camp is a ***non-smoking, alcohol-free facility*** and features a sauna. Participants will need to bring their own personal items. Bathrooms/showers and rooms will be shared with other participants. Upon receipt of your registration and full payment, a confirmation will be sent via e-mail. Your class schedule along with a map of the area/class locations may be sent as late as two weeks prior to the workshop via email. **Demonstration equipment will be provided by the instructors, unless otherwise noted.**

SUGGESTED ITEMS TO BRING FOR THE WEEKEND -

Bedding/pillow
Bath Towels/Wash Cloth
Shampoo/Soap
Sunglasses/Sunscreen
Chapstick/Lip Balm
Hat/cap (bring an extra if you have one)
Earmuffs/neck gaiter/headband
Warm Winter Jacket
Waterproof Pants/outdoor pants
Short/Long sleeved shirts
Wicking type shirts (if you have)
Warm Winter Boots
Socks - bring extra for layering
(might bring a few light pairs as well)
Slipper/camp shoes for inside
Long/thermal underwear
Gloves/mittens (bring an extra pair or two)
Alarm Clock (battery or electric)
Bathroom Cup
Flashlight or Headlamp - for nighttime walking/activities
Swimwear/Shower Thongs/Extra Towel for Sauna
Earplugs (if you're a light sleeper - dorm style rooms) (we will have some on hand)
Pen/Notebook - taking notes for some classes
Winter sleeping bag & pad - if camping out overnight (Winter Shelter class)
WATER BOTTLE - You need to keep hydrated while doing outside activities
Yoga mat (morning stretch)

NOTE: We encourage you to pack breathable, synthetic material clothing, socks and underwear for your weekend at Bay Cliff. Blue jeans are not a good choice when you are outdoors. Cotton tends to get wet (from sweat or wet snow) and lowers your body temperature, making you cold and uncomfortable. Find clothing that will not trap moisture next to your skin and you can layer so your skin can breathe. Ask experts at your local ski shop or sporting goods store for ideas or research "winter clothes" on the web. Numerous light layers are much better than two or three heavy layers. Be prepared to add or take off layers while taking part in your activities outdoors. Contact us if you have questions or concerns.

OPTIONALS

Hand/or feet warmers (disposable)
Binoculars/Compass/Camera
Personal items/Kleenex/medications/toothbrush/hair dryer
Deck of cards/books/games to share over the weekend!
Money for gifts or purchases from the Bay Cliff store, and the Silent Auction.
If you have your own snowshoes or skis feel free to bring them but **(please mark them in some way so they do not get mixed up with our rentals!!)**

****FOLLOW THE *ORANGE SIGNS* once you arrive in Big Bay that say "BOW" and the map that will come with your registration packet to help guide you to Bay Cliff Health Camp.**

****Agenda activities are subject to change prior to the workshop****

FRIDAY, FEBRUARY 24, 2023

3 - 5 pm	Check in/Registration
5 - 5:30 pm	Welcome & Introductions
6:00 - 6:45 pm	Dinner
7 - 8:00 pm	Evening Activity or Guest Speaker
8:30 pm	Bonfire - Sauna open
	Relax, take a hike, play a board game, star gazing

SATURDAY, FEBRUARY 25, 2023

8:00 - 8:45 am	Breakfast
9:00 - Noon	SESSION I
12:30 - 1:15 pm	Lunch
2:00 - 5:00 pm	SESSION II
5:45 - 6:30 pm	Dinner
6:30 - 7 pm	Check out Silent Auction items & bid
7 - 7:30 pm	Evening Activity
7:30 pm	Silent Auction Final Bids in
7:35 - 8 pm	Silent Auction items passed out/money collected
8:30 pm	Bonfire - Sauna Open
	Relax, take a hike, play a board game, star gazing

SUNDAY, FEBRUARY 26, 2023

8:00 - 8:45 am	Breakfast
9:00 - Noon	SESSION III
12:30 pm	Lunch and Wrap-up Remarks