Becoming an Outdoors Woman

2026 BOW Winter Weekend

Agenda

FRIDAY, FEB. 20

3 – 5 p.m.	Check-in and registration – *auditorium*
5 – 5:30 p.m.	Welcome and introductions – *auditorium*
6 – 6:45 p.m.	Dinner
7 p.m.	Ice Fishing with Cody – *auditorium*
7:30 p.m.	Gathering – *auditorium*
8:30 p.m.	Bonfire with time to relax, take a hike, play a board game or go stargazing

SATURDAY, FEB. 21

7 – 7:30 a.m.	Morning yoga with Kayleigh – *gym*
8 – 8:45 a.m.	Breakfast
9 – noon	**SESSION I**
12:30 – 1:15 p.m.	Lunch
2 – 5 p.m.	**SESSION II**
5:45 – 6:30 p.m.	Dinner
6:30 p.m.	Silent auction begins – *auditorium*
6:45 – 7:30 p.m.	Walking sticks with Margaret
7:30 p.m.	Silent auction ends – *auditorium*
7:35 – 8 p.m.	Silent auction winners announced – *auditorium*
8:30 p.m.	Bonfire with time to relax at the sauna, take a hike, play a board game or go stargazing

SUNDAY, FEB. 22

8 – 8:45 a.m.	Breakfast
9 – noon	**SESSION III**
12:30 p.m.	Lunch and graduation

BOW Winter Weekend information

We're so excited to have you join us for a rejuvenating winter weekend at Bay Cliff Health Camp! Please review the information below to help you prepare for a comfortable and enjoyable stay.

Facility notes

- Bay Cliff Health Camp is a **nonsmoking and alcohol-free** facility.
- A **sauna** may be available during the weekend.
- Please bring your own **personal toiletries and necessities**.
- **Shared lodging**: Bedrooms and bathroom/shower areas will be shared with other participants.
- Once your registration is received through the licensing system, you will receive a **confirmation email the following Friday** with instructions for selecting your preferred classes.
- **Participants must be 18 years of age or older.**

Meals

Meals are served **family-style**, with bowls placed on each table. While we do our best, **specific dietary restrictions may not always be accommodated**, so please bring snacks or supplemental items if needed.

What to bring

Clothing and outdoor gear

- Warm hat (a spare is helpful)
- Earmuffs, neck gaiter or headband
- Warm winter jacket
- Waterproof or outdoor pants
- Short- and long-sleeved shirts
- Wicking layers (if you have them)
- Warm winter boots
- Plenty of socks (bring extras for layering, plus a few lighter pairs)
- Thermal/long underwear
- Gloves or mittens (extras recommended)

Packing tip

We encourage you to pack **breathable, synthetic layers**. Avoid blue jeans and heavy, cotton clothing — cotton absorbs moisture from sweat or wet snow, which can make you chilly and uncomfortable.

Choose clothing that **wicks moisture away from your skin** and allows you to layer comfortably. Multiple light layers will keep you warmer and give you flexibility to add or remove layers as your outdoor activities heat up or cool down.

Personal toiletries and necessities

- Personal care items: Kleenex, toothbrush, hair dryer, etc.
- Bedding and pillow
- Slippers or indoor shoes
- Shampoo, soap and personal toiletries
- Sunglasses and sunscreen
- Chapstick/lip balm
- Bath towels and washcloth
- Alarm clock
- Bathroom cup
- Flashlight or headlamp
- Swimwear, shower sandals and an extra towel for the sauna
- Earplugs (dorm-style rooms; some will also be available)
- Pen and notebook (for classes)
- Water bottle (This is essential!)
- Yoga mat (for morning yoga session)

Optional items

- Snacks and drinks — especially if you have allergies or dietary restrictions
- Disposable hand/foot warmers
- Binoculars, compass or camera
- Books, games or a deck of cards to enjoy during downtime
- Money for the Bay Cliff store or the silent auction
- Snowshoes or cross-country skis (please label them clearly to avoid mix-ups)

Directions

Important: GPS and cell service can be spotty in the U.P. Please print your directions.

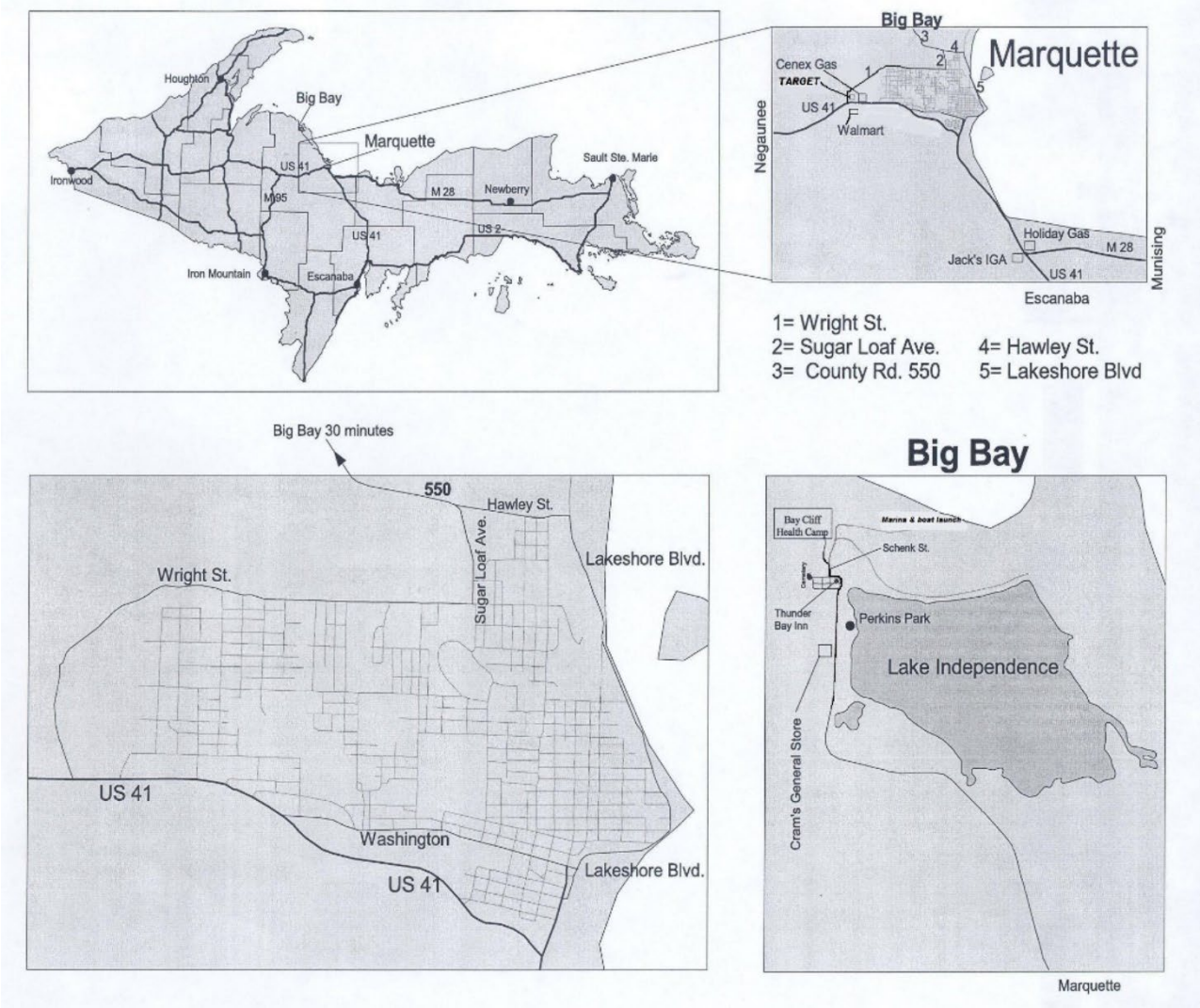
Once in Big Bay, **follow the BOW arrow signs** and the map provided in your registration packet. Staff will be available near the parking area to help you with directions. From the parking area, it is approximately **¼ mile (paved)** to the lodging area. You will need to carry your luggage, so pack accordingly. A limited number of carts will be available on a first-come, first-served basis.

If traveling via northbound U.S. 41 or westbound M-28:

1. Enter Marquette and continue straight through the roundabout toward downtown.
2. Follow Front Street to its end; turn **left on Fair Avenue**.
3. At the next roundabout, turn **right onto Presque Isle Avenue**.
4. Continue to the end and turn **left on Hawley Street**.
5. Hawley Street becomes **M-553**, which leads directly into Big Bay.
6. Follow BOW signs to Bay Cliff Health Camp.

If traveling via southbound U.S. 41 or eastbound M-28:

1. In Marquette Township, turn **left onto Wright Street**.
2. Then turn **left on Sugar Loaf Avenue**.
3. Continue to the end and turn **left on Hawley Street/Big Bay Road**.
4. This road becomes **M-553**, which leads into Big Bay.
5. Follow BOW signs to Bay Cliff Health Camp.



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Session descriptions

Sessions are rated by physical exertion level:

- **E = Easy** (little physical exertion)
- **M = Moderate**
- **S = Strenuous**

Please choose sessions that match your comfort level and physical abilities.

Advanced Snowshoeing – (S) **Instructor:** Sandy Kivela

This class is ideal for women who have already taken a basic snowshoeing course or who have prior experience. The trek can be strenuous depending on snow conditions and distance.

We will travel off-campus to the beautiful Harlow Lake area for a scenic, 4-mile loop, which typically takes about two hours. You'll build on your snowshoeing skills while enjoying gorgeous winter views. Please bring your own snowshoes if possible and a water bottle.

Backcountry Cooking – (E) **Instructor:** Peggy Roth

Yes, you can bake on a one-burner backpacking stove! In this hands-on class, you'll learn the basics of using different types of camp stoves, fuels and cookware to create delicious, lightweight meals for backpacking or car camping. You'll practice preparing everything from one-pot meals to sweet treats, and you'll take home the recipes to help plan your next adventure. Wheat, egg and milk products will be used. Please dress for the outdoors and note any food allergies on your registration.

Basic Archery – (M, Indoors) **Instructor:** DNR Staff

Discover archery by learning about compound, longbow and recurve bows in this hands-on, beginner-friendly course. First, instructors will walk you through safety and basic bow maintenance. You will then move to shooting stations so you can practice your skills with confidence.

The class will also cover the basics of deer and turkey hunting, and the different types of hunting stands and arrows available.

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Basic Cross-Country Skiing – (M–S) **Instructors:** Amy Maus, Monica Weis and Barb Verhamme

Whether you're brand-new to cross-country skiing or simply want to refresh your skills, this class will help you feel confident on the trails. You'll learn about choosing the right equipment, the basics of waxing (why it matters and how to do it) and foundational skiing techniques. This is a great fit for beginners as well as anyone who has never had formal instruction.

Basic Photography – (E) **Instructor:** John Pepin

Discover the essentials of great photography in a relaxed, hands-on setting. You'll learn key camera terms, functions and simple techniques for better photo composition. Bring a camera or cellphone, along with a notebook for jotting down tips. The class includes both indoor instruction and outdoor practice so you can try out your new skills in real time.

Beginning Snowshoeing – (M–S) **Instructors:** Sandy Kivela and Danielle Steffey

If you're new to snowshoeing, this class will help you get comfortable and confident outdoors. You'll learn basic techniques, the clothing that works best, how to choose trails, what to pack, and the pros and cons of poles and different snowshoe styles. After covering the basics, we'll take a leisurely walk through the woods to practice what you've learned. Please bring a water bottle.

Geocaching 101 – (E–M) **Instructor:** Melanie Duke

Ready for an outdoor adventure that blends technology, exploration and the excitement of finding hidden treasures? This session introduces you to the basics of geocaching: how it works, how to get started and how to use apps and websites to begin your own treasure-hunting journey. The class includes both indoor and outdoor portions, so come prepared for any weather and with a smartphone that has the geocaching app installed. You can download the app at www.geocaching.com/play.

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Ice Fishing – (M) **Instructor:** Cody Smith

Curious about ice fishing but not sure where to start? This beginner-friendly class covers everything you need to feel confident on the ice. You'll learn how lakes change during winter, what to look for when choosing a fishing spot and how to set up an icehouse. We'll also explore basic gear, electronics, jigging techniques, customizing your equipment and making smart bait choices. After the indoor portion, we'll spend time fishing on the ice — so dress warmly, and waterproof boots are strongly recommended. *A Michigan all-species fishing license ($26) or 24-hour license ($10) is required.*

Mini Adventure Filmmaking – (E) **Instructor:** Danielle Steffey

Ready to take your adventure memories beyond still photos? Learn how to create fun, engaging short videos using simple one-second clips filmed on your phone. This beginner-friendly class focuses on storytelling and shot variety. Bring your smartphone and get ready to have fun creating!

Sausage Making – (E–M) **Instructor:** Ross Lehto

Discover the flavor and creativity of homemade sausage! This class covers the basics of sausage making, including how to blend spices, prepare meat and experiment with combinations, including options that incorporate wild game.

Wilderness First Aid – (E–M) **Instructor:** Jenni Lehto

Learn to identify common outdoor injuries and illnesses and how to treat them when emergency help may be delayed. Through hands-on instruction and realistic scenarios, you'll gain confidence in how to respond during a wilderness medical situation. This is an indoor class, with a brief outdoor segment.

Wilderness Self-Defense – (M–S, Indoors) **Instructors:** Anna Viau

If you love solo or small-group adventures but sometimes feel uneasy in remote settings, this empowering class is for you. Learn practical ways to stay aware, boost confidence and respond effectively in uncomfortable situations.
The session includes discussion as well as basic self-defense techniques. Please wear comfortable clothing and gym shoes and be prepared for physical activity at a level that feels right for you. A conservation officer will also be joining us to answer your questions and to give safety tips.

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Wild Game Butchering – (E–M) **Instructor:** Kelly Deering

Gain confidence and hands-on experience in processing your own meat. In this practical class, you'll learn how to break down a whole venison quarter into usable cuts, along with tips for packaging, storing and cooking wild game.

Participants will have the opportunity to work directly with the meat, ask questions and learn techniques you can use at home or in the field.