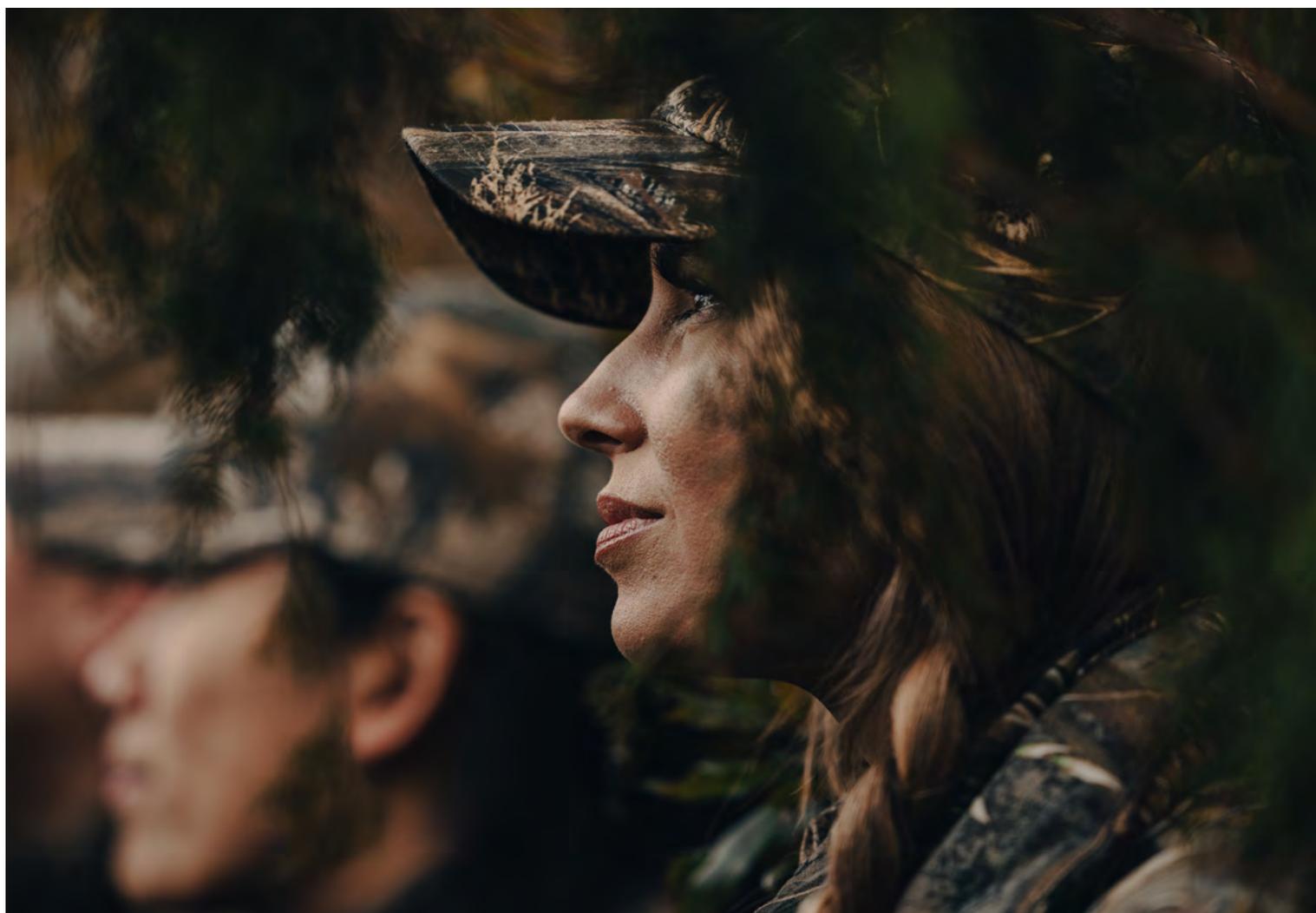


# Iowa BOW



Department of  
Natural Resources

[www.iowadnr.gov/bow](http://www.iowadnr.gov/bow)

515-729-6037

# 2026 BOW WORKSHOP

APRIL 24-26

## FRIDAY, APRIL 24

**10:00 AM** Registration Opens

**11:30 AM** Welcome & Overview

**12:00 PM** Lunch

### 1:30-5:00 PM SESSION 1

- Beyond the Basics: The Superfecta!\*
- Mentored Turkey Hunt\*\*
- Basic Birding
- Bee Resourceful
- Cooking Over the Campfire
- Gouache Painting
- Hit the Bullseye
- Skull Cleaning
- Wild Mushroom Foray

**6:00 PM** Dinner

**7:30 PM** Evening Activity

## SATURDAY, APRIL 25

**7:00 AM** Breakfast & Updates

### 8:30AM-12:00 PM SESSION 2

- Beyond the Basics: The Superfecta!\*
- Mentored Turkey Hunt\*\*
- Forest Therapy
- Hiking Lake Ahquabi
- Intro to Shooting Sports
- Nature Photography
- Sweetly Natural
- Wild Game Processing

**12:00 PM** Lunch & Updates

### 1:30-5:00 PM SESSION 3

- Beyond the Basics: The Superfecta!\*
- Mentored Turkey Hunt\*\*
- Colors of Nature
- Dutch Oven Cooking
- Fly Fishing
- Foraged Flavors
- Forest Therapy
- Lake Ahaquabi Paddle
- Landscaping for Wildlife

**6:00 PM** Dinner

**7:00 PM** Evening Program TBD

## SUNDAY, APRIL 26

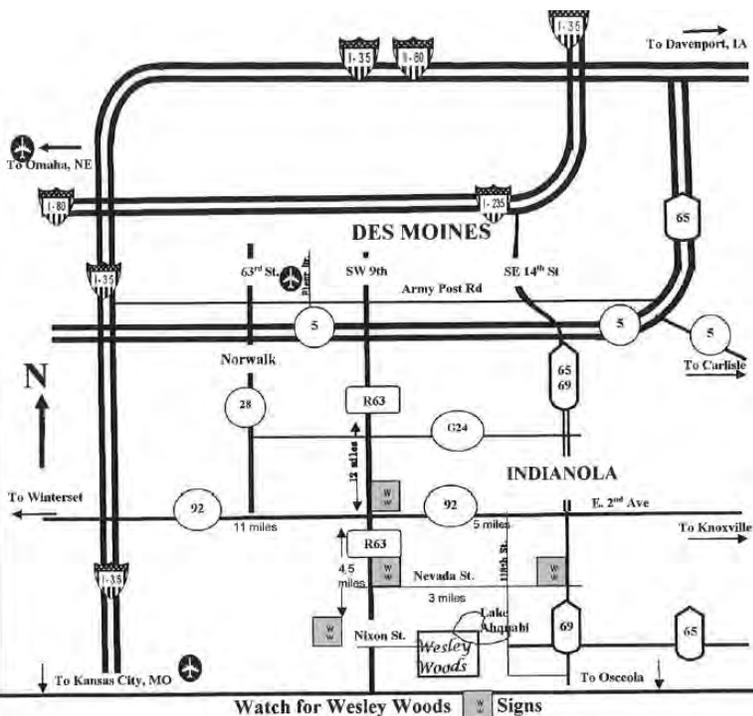
**7:00 AM** Breakfast / Check-out & Closing Remarks

### 8:30AM-12:00 PM SESSION 4

- Beyond the Basics: The Superfecta!\*
- Mentored Turkey Hunt\*\*
- Basic Spincast Fishing
- Field to Frame: Feather Art
- Fly Tying
- Kayak Fishing
- Survival Sticks
- Wait, Where am I?
- Wild Mushroom Foray

**12:30 PM** Departure

# WORKSHOP LOGISTICS



**From Interstate 35:**

From I-35 turn East onto Hwy 92 (exit 56) for 11 miles. At R63 turn South (right) for 4.5 miles until Nixon Street (gravel road) and turn East (left). Follow Nixon Street until it ends at Wesley Woods. Alternative: Take Hwy 5 bypass East until SW 9th St/R63 South (exit 96). Cross Hwy G24 & take Hwy 92 until Nixon Street (gravel road).

**From Interstate 80:**

From I-80 turn South onto Hwy 65 (exit 141) which becomes Hwy 5 East-West. At SW 9th St/R63 (exit 96) turn South. Continue South on R63, cross G24 & Hwy 92 until Nixon Street (gravel road). Turn East (left) on Nixon Street which ends at Wesley Woods.

**Please note if you use your phone or GPS for navigation it may show the camp driveway as a through road. It is not and you may end up at a dead end. Please be sure your device is sending you into camp via Nixon Street not Pershing Street.**

**Lodging**

Participants will be lodged in communal cabins. Participants will stay in New Life Lodge, Timber Lodge, Asbury Inn, Wesley Inn, and Otterbein Inn. Participants will need to bring their own linens for a twin bed. Cabins are heated and air-conditioned. Each cabin has a different number of bunks and room/cabin assignments will be sent out a couple of weeks prior to the event. We will try to accomodate all roommate/ lodging requests that are included during registration.

Are you new to BOW or coming by yourself? No worries, you'll be paired up with other cabin mates and soon-to-be friends!

**Event Logistics**

Look for signs upon arrival directing you to registration in the Chapel, located in Methaqua Lodge, the main lodge at Wesley Woods. Meals will be served in Methaqua Lodge and sessions will be located throughout the facility.

**Session Descriptions**

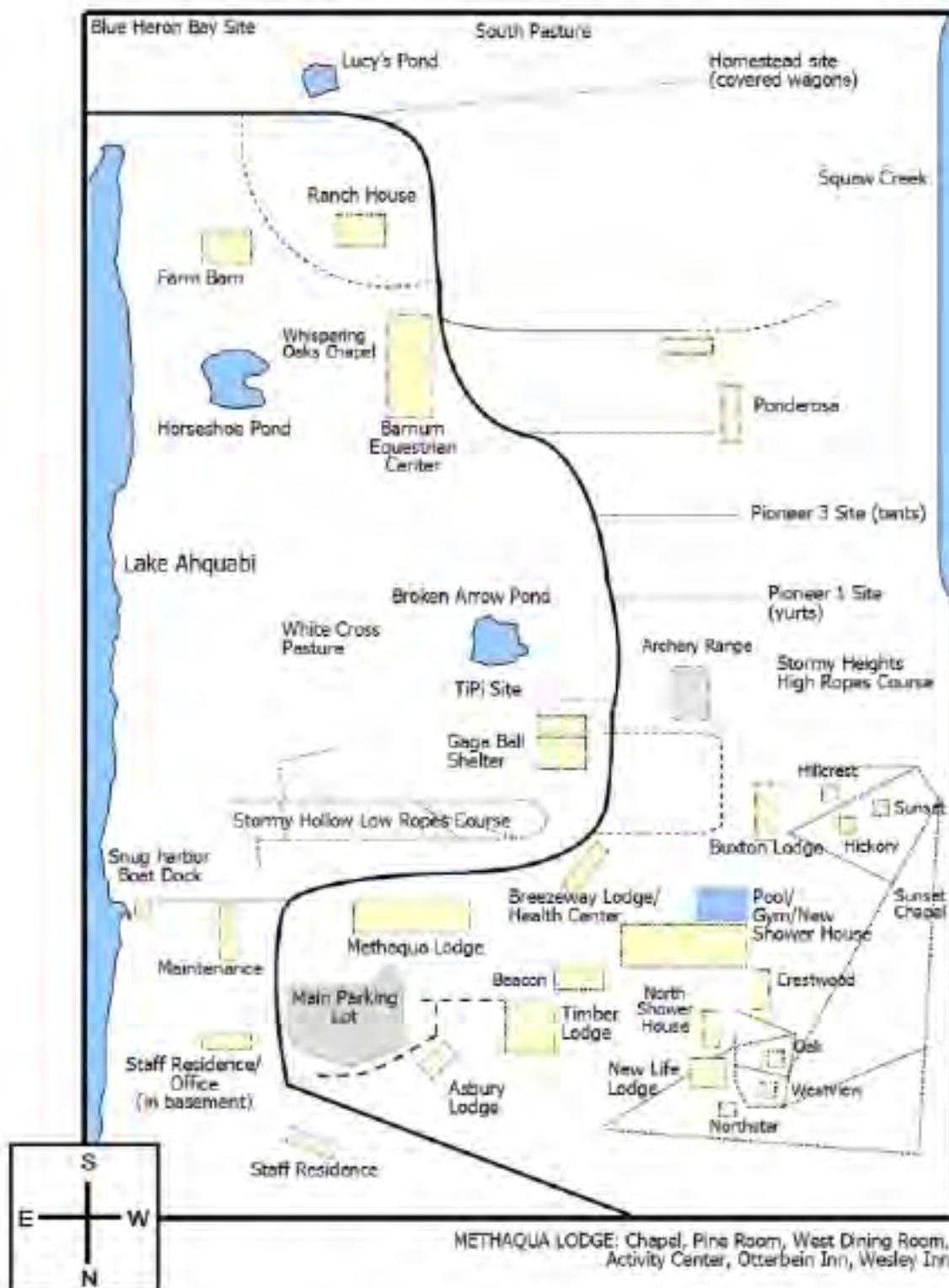
Each session shows how difficult it will be - low, moderate, or strenous. Additionally, if the session will be indoors or outdoors.

**Evening Activities**

Friday and Saturday's evening activities are still being finalized. More details to come. Activities might include stargazing, s'mores, night hike, brids of prey program, and campfires.

# WORKSHOP LOGISTICS

## Wesley Woods Camp Map



# SCHEDULED TRACKS

## BEYOND THE BASICS: THE SUPERFECTA!

### *Low to Strenuous - Indoor/Outdoor* **This runs all four sessions!**

Are you ready to level-up your confidence and skills in the outdoors? Are you eager to explore the wild sights, sounds, and foods that Iowa has to offer? This class is for you! During this four-class, cohort-style series, you'll join the same group of ladies and the same expert instructors to hone your knowledge in fishing, paddling, shooting, and wild game preparation. We'll dive into hands-on training, from kayaking the scenic waters of Lake Ahquabi to mastering .22

rifles at the Indianola Izaak Walton League.

Because "field to table" is the ultimate goal, we'll also cover the essentials of wild game processing with demonstrations on cleaning fish, squirrels, and upland birds. You'll put those skills to work in the kitchen, preparing a wild harvest menu that includes elk chili, savory pheasant or rabbit soup, and crispy turkey nuggets. This series is designed to give you everything you need to prepare you for independent adventures in the outdoors!

**An Iowa fishing license is required.**



## MENTORED TURKEY HUNT

### *Moderate to Strenuous - Indoor/Outdoor* **This runs all four sessions!**

Cut out the grocery store and try to harvest your own wild turkey! Join us on a mentored turkey hunt experience! This is for **Iowa residents only** and will run all four sessions of BOW.

On Friday, participants will be introduced to the basics of turkey hunting including turkey habitat, hunting techniques and equipment, turkey calling, and scouting techniques. Participants will then pattern their shotgun so they're ready for the hunt on Saturday and Sunday. Firearms and ammunition will be provided as needed. Participants will be paired up with knowledgeable mentors who will assist them with the hunt. The group will have dinner together on Friday night, so folks can get to know each other as well as make plans for the rest of the weekend.

Saturday and Sunday's sessions may start early or run late, depending on what each mentor and mentee decides. When you're not in the timber, participants will learn how to field dress turkeys as well as different culinary approaches to this favored bird. Additional details will be provided prior to the hunt.

**An Iowa hunting license, habitat stamp, and Season 4 turkey tag are required.**



# CLASS DESCRIPTIONS



## BASIC BIRDING

### *Low - Indoor/Outdoor*

There are many ways to enjoy wild birds. The way they behave, look, and sound are not only fascinating and beautiful, but can also be clues to identifying them. Learn tips and tricks for using binoculars and identifying birds by sight and sounds. Put your skills to the test as we hike around the area finding birds in a variety of habitats and “read” nature signs along the way. Bring your binoculars if you have a pair, otherwise they’ll be provided.

## BASIC SPINCAST FISHING

### *Low - Indoor/Outdoor*

Fishing is a great way for families to spend time together outdoors! Get an introduction to basic fishing equipment, fish identification, and fish habitats. Then head outside to practice casting techniques, before heading to Lake Panorama to see how the fish are biting. Bring clothing for both indoors and outdoors - rain or shine.

**An Iowa fishing license is required for this session.**

## BEE RESOURCEFUL

### *Low - Indoor/Outdoor*

Create sustainable, earth-friendly health and home products from natural ingredients, along with a repurposed bag to take them home in. Wildcraft healing lotion bars and lip balms from foraged and other natural ingredients. Create your own beeswax wrap to use in place of plastic wrap or containers. Make a fragrant, non-toxic citrus household cleaner, and take it all home in a repurposed cotton t-shirt bag. Bring a favorite t-shirt ready for repurposing, or use one provided.

## COLORS OF NATURE

### *Low - Indoor/Outdoor*

Wear your heart on your sleeve as you learn the basics of using natural dyes to color fabric! We will be gathering wild nuts, leaves, and blossoms to dye fabric in the subtle and earthy colors of nature. Bring a light colored cotton or cotton-blend t-shirt and create a wearable memory. Dress in layers and in clothes that can get messy - we’ll be using dyes around the campfire!

## COOKING OVER THE CAMPFIRE

### *Low - Outdoor*

Aluminum foil packets, roasting sticks and even pudgie pies... join us as we take campfire cooking far beyond roasting a hotdog over the fire! We’ll start around the campfire ring, learning how to build a fire, different types of fires, and how to make fire starters. Then, on to the food! Have you ever even heard of a pudgie pie, camper pie, hobo pie or jaffle iron? Participants will discover the versatility of this campfire cooking must have! **Come hungry because you’ll leave stuffed!**

## DUTCH OVEN COOKING

### *Low - Outdoor*

See how easy it is to prepare crowd-pleasing meals around the campfire! This session will discuss different types of cookware, how to prepare your outdoor kitchen, how to ready your coals and cook with the Dutch ovens. Recipes will be shared, and everyone will get the chance to help prepare and cook as **participants will cook Saturday’s dinner for everyone!** Come dressed to be around the fire and have fun!



# CLASS DESCRIPTIONS

## FIELD TO FRAME: FEATHER ART

### *Low - Indoor*

Want to preserve the memories of your successful hunt, but don't have the wall space or money for taxidermy? Try Feather Art! This alternate to taxidermy mounts is not only a great way to show off the beauty of our game birds, but also functional! In this class we'll be using feathers from ducks, pheasants, turkeys, and more to create a one-of-a-kind feather art picture frame. Learn how to prepare the feathers, what adhesives work best, and get some tips and tricks for continuing to create feather art at home. If you have feathers of your own you'd like to use, that is just fine! If the skin is attached, please hand wash them with a mild detergent (i.e. Dawn dish soap) and dry them with a hair dryer. If they are loose feathers, washing and drying them in a fine mesh produce bag works great!

## FOREST THERAPY

### *Low - Outdoor*

Immerse yourself in nature and experience the benefits of being fully present in the medicine of the forest. This gentle three-hour forest therapy walk offers a rich experience in nature that can improve mood and provide relaxation. Shinrin-yoku or forest therapy offers researched-based health benefits such as lowered blood pressure, decreased anxiety, and improved cognitive functioning. This event will be led in partnership with Forest Spirit, by a certified guide with the Association of Nature & Forest Therapy.

## FORAGED FLAVORS

### *Moderate - Outdoor*

There is an entire grocery store of delicious, local, wild foods just waiting outside your backdoor! This hands-on class focuses on how to identify key features of wild edible plants, knowing when and what to sustainably harvest and how to prepare wild foods. Flowers, greens, roots, and shoots are just a few of the things that will be on the menu! Come ready to help dig, cut, cook, and most importantly – eat!



## GOUACHE PAINTING

### *Low - Indoor/Outdoor*

Join Naturalist Amber Carpenter for a relaxing and simple step-by-step gouache painting session that's perfect for beginners and budding artists alike. With clear instructions, helpful tips, and creative encouragement, you'll paint a beautiful nature-inspired scene – and leave with a work of art you'll be proud to take home. All materials are provided – just bring your imagination!



# CLASS DESCRIPTIONS

## HIKE LAKE AHQUABI

### *Low - Outdoor*

Join for a guided hike through nearby Lake Ahaquabi State Park. Stopping at historically, geologically and culturally significant spots along the way. Embrace the sights, sounds and stories as you immerse yourself in the past, present and future of this hidden gem. Dress in layers and bring your hiking boots & water bottle, as we'll be exploring rain or shine!

## INTRO TO FLY TYING

### *Low - Indoor/Outdoor*

In this session you will learn about macroinvertebrates as they are seen through the eyes of fish. Once we've introduced those concepts, you will make your own fly to use fly-fishing. No prior experience is required for this course but if you have your own fly-tying kit and you would like to bring it along to learn your tools more specifically feel free.

## HIT THE BULLSEYE

### *Low - Indoor/Outdoor*

This session gives participants a comprehensive overview of the sport of archery. It is intended for students who have no archery experience to start building a good foundation for shooting. You will be taught how to safely use basic archery equipment while utilizing the "Eleven Steps to Archery Success." This is a fun, hands-on experience with all equipment provided. We will be outdoors, so dress in layers!

## INTRODUCTION TO SHOOTING SPORTS

### *Low to Moderate - Outdoor*

Ready to try your hand at some seriously cool skills? Join Naturalist Amber Carpenter in this fun, hands-on session exploring beginner-friendly tools inspired by both primitive and modern hunting. We'll learn and practice with slingshots, tomahawks, atlatls, and archery, then wrap up the session discovering the basics of modern air rifles. This session is all about building confidence, having fun, and learning about safety and respect in a supportive, encouraging environment. All equipment will be provided. We will be outdoors, so dress in layers and wear closed-toe shoes!

## INTRODUCTION TO FLY FISHING

### *Low to Moderate - Indoor/Outdoor*

In this session you will learn a little about the history of fly fishing, how to assemble a fly rod and line, and basic casting technique. This course is designed for the beginner and no prior experience is needed. However, if you have a fly rod please feel free to bring it along and we will help you get it all ready for the upcoming season.

## KAYAK FISHING

### *Moderate to Strenuous - Outdoor*

Take your kayaking and fishing skills to the next level. We will kayak a short stretch of river, stopping at sandbars along the way to do some fishing for bass. We will review what to watch out for on the river, demonstrate bass fishing techniques, and how to fish a river.

**An Iowa fishing license is required.**



# CLASS DESCRIPTIONS

## LAKE AHAQUABI PADDLE

### *Moderate to Strenuous - Outdoor*

Learn the basics of water safety, equipment, how to enter and exit the kayak, paddle strokes and other maneuvers. Once we're ready, we'll head to Lake Ahaquabi to practice our kayaking skills on the water! Please dress for the weather! Wind and water repellent is the name of the game. Snow hats and gloves have been worn in the past. Kayaks, paddles, and life jackets will be provided. Feel free to bring your own life jacket!

## SURVIVAL STICKS

### *Low - Indoor/Outdoor*

Put your unique signature on a hiking stick with embellishments, pyrography and carving. Learn and experiment with the multitude of ways it could become one of your favorite outdoor adventure survival tools! (Emergency fishing pole, replacement tent pole, basic compass, and so much more!)

## WILD GAME PROCESSING

### *Low - Outdoor*

Iowa's wild game and fish are some of the healthiest and most nutritious meat for the table. Learn to make the most of your harvest with proper preparation and tasty recipes. Participants will learn how to process game like geese, ducks and pheasants. You'll learn how to identify different parts of the animal and preserve your meat. Then you'll experience different cooking and preparation methods, so bring a hungry appetite and a willingness to learn!

## LANDSCAPING FOR WILDLIFE

### *Low - Indoors*

Have you ever left your phone in the vehicle and just went for a walk to forget your troubles? Habitat and wildlife bring joy and relaxation to Iowans in a number of ways: bird watching, hunting, fishing, hiking, wildlife-viewing and so many more. Our wildlife comes in all shapes and sizes and so do their habitats! This session will cover the basic needs of Iowa's wildlife and how you can provide these in your backyard or on your property.

## SKULL CLEANING

### *Moderate to Strenuous - Outdoor*

Get ready to dive headfirst into the fascinating world of skulls! In this hands-on make-and -take program, participants will get down to the bare bones as they learn the step-by-step process of how skulls are properly cleaned and prepared. Warren County Conservation Board naturalists will guide you through the skull-fully detailed techniques used to safely remove tissue, protect delicate bone structures, and prepare specimens.

## WILD MUSHROOM FORAY

### *Low/Moderate - Indoor/Outdoor*

Sarah DeLong-Duhon, president of the Prairie States Mushroom Club, will walk you through the truths and myths about fungus, as well as how to identify them, appreciate them, and love them - because they're great! Then exploring we go! Dress in layers and wear boots that can get muddy as we hike in the woods, working on finding and identifying mushrooms.

## NATURE PHOTOGRAPHY

### *Low - Indoor/Outdoor*

We will aspire to take wonderfully composed, in-focus images, including beautiful macro images (close-ups of flowers, small critters, bugs, mushrooms, etc.) by the end of the class. Participants should bring a charged smartphone, digital point-and-shoot, or digital SLR camera and the user manual. We will go outside and practice our new skills, as well as discuss some of the "technical" aspects of photography.

## SWEETLY NATURAL: WILD JELLIES, SYRUPS, TEAS & MORE!

### *Low - Indoor/Outdoor*

Venture out on a brief foraging exploration in local meadows and woodlands. Gather wildflowers, fruits and leaves from sustainable populations, and transform them into beautiful syrups, jellies, teas and fritters. Discover simple ways to preserve the vibrant colors and luscious tastes and fragrances of Springtime! Celebrate with a decadent wild tea party!

## WAIT, WHERE AM I?

### *Low to Moderate - indoor/Outdoor*

Leave your smartphone navigation app at home and learn to use a map and compass! This class will teach you basic navigation skills that will help you build confidence to venture into the great outdoors on your own. You will have the opportunity to use your new skills when we get outside and navigate your way through an orienteering course! Please come to class prepared to spend some time outside, rain or shine! Some of the print on the maps is small, so don't forget your reading glasses if you need them. Comfortable shoes/boots and a water bottle are also recommended.

# CLASS DESCRIPTIONS



The goal of the Becoming an Outdoors-Woman (BOW) scholarship program is to broaden participation in the 2026 weekend workshop to women 18 years old 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 diversity in outdoors education across the state through their community affiliations, region, and/or profession.

- 1 Scholarships cover **\$160**, which is half of the full registration fee. Scholarships will not be awarded for applications scored below 30 points (*see Scholarship Scoring rubric on next page*).
- 2 **Applications must be received electronically by March 27, 2026.** Scholarship applicants need to register online, pay their \$160 registration fee, complete their [medical form](#) and complete [scholarship application](#).
- 3 Scholarship recipients will be expected to write an article about your BOW experience, which may be published in DNR newsletters and in BOW promotional materials.
- 4 ***BOW scholarship winners will be notified by March 31, 2026.***

**Any questions or concerns, please contact:**  
 Rachel Alliss, 515-729-6037  
[rachel.alliss@dnr.iowa.gov](mailto:rachel.alliss@dnr.iowa.gov)

**No paper scholarships will be accepted - applications must be completed online.**

## Questions that will be asked on the scholarship application:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Are you a first-time attendee? Yes \_\_\_\_\_ No \_\_\_\_\_

Mailing Address \_\_\_\_\_

City /State/Zip \_\_\_\_\_

Cell phone: \_\_\_\_\_

Email: \_\_\_\_\_

1. Explain why you are seeking scholarship assistance.
2. Briefly describe your interests and participation in outdoors recreation.
3. How will you use the knowledge you expect to gain at this conference in your real world setting?
4. How will your participation in the conference help promote BOW’s goal of developing hunting, fishing, boating and other outdoor recreation skills in women?

# SCHOLARSHIP DETAILS



## Guidelines used by Scholarship Judging Committee:

Applicant Name: \_\_\_\_\_ Date \_\_\_\_\_

BOW SCHOLARSHIP Application Review:	Maximum # Points	Judge 1 score	Judge 2 score	Judge 3 score	Average Score
First time BOW attendee?	15				
<b>NARRATIVE:</b> (30 pts max)					
Financial Need:	10				
Interests/responsibilities:	5				
Real World application:	15				
<b>DIVERSITY:</b> (20 pts max)					
Community affiliations:	5				
Culture:	5				
Region (country, state):	5				
Profession:	5				
<b>OTHER CONSIDERATIONS:</b> (extra credit)	5				
<b>TOTAL:</b>	<b>70 max pts</b>				

# REGISTRATION FORM

## ONLINE REGISTRATION

**ALL REGISTRATIONS WILL BE DONE ONLINE.**

This registration page is designed to assist you with online registration.

<https://bit.ly/2026BOW>

**Questions?** Call: 515-729-6037 or Email: [rachel.alliss@dnr.iowa.gov](mailto:rachel.alliss@dnr.iowa.gov)

## WORKSHOP FEES

### FEE INCLUDES:

- Instruction for all sessions
- Program materials
- Use of demonstration equipment
- Meals & lodging options (Communal bathrooms & bedrooms)

**NOTE: After April 10, 2026, registration will not include lodging.**

## REGISTRATION RATES

### Rates **BEFORE** April 10, 2026:

- \$320 Shared On-Site Lodging
- \$160 Scholarship Applicant
- \$275 No On-Site Lodging

### Rate **AFTER** April 14, 2025:

- \$340 LATE Registration with No On-Site Lodging

**Roommate(s):** List the individual(s) you would like to room with. If you list no names, please note early bird or night owl and we will pair you up with another participant.

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## PLEASE READ!

Upon receipt of your registration and payment, you will be sent a confirmation email securing your spot at the event. Please complete your medical history questionnaire online.

### CANCELLATION DEADLINE: **April 10, 2026**

Before **April 10, 2026**, you will receive a refund, minus a \$25 processing fee. After **April 10, 2026**, refunds will not be available. You may send a substitute.

### SCHOLARSHIPS:

Limited funds are available for scholarships to first-time participants. Scholarship applicants pay \$150 at the time of registration, complete [medical form](#) and submit the [scholarship form](#).

- Scholarship applications must be received by **11:59 pm on March 27, 2026**
- Awards will be notified by **March 31, 2026**

### PARTICIPANT INFORMATION:

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Tshirt Size:  S  M  L  XL  2XL  3XL

Have you attended BOW before? \_\_\_\_\_

**Dietary restrictions or other special needs, please email:** [rachel.alliss@dnr.iowa.gov](mailto:rachel.alliss@dnr.iowa.gov)

**CHOOSE ONE OPTION PER SESSION** (starred \*, double starred \*\* and caret ^ offerings have multiple session requirements):

#### SESSION 1

- Beyond the Basics: The Superfecta!\*
- Mentored Turkey Hunt\*\*
- Basic Birding
- Bee Resourceful
- Cooking Over the Campfire
- Gouache Painting
- Hit the Bullseye
- Skull Cleaning
- Wild Mushroom Foray

#### SESSION 2

- Beyond the Basics: The Superfecta!\*
- Mentored Turkey Hunt\*\*
- Forest Therapy
- Hiking Lake Ahquabi
- Intro to Shooting Sports
- Nature Photography
- Sweetly Natural
- Wild Game Processing
- Wild Mushroom Foray

#### SESSION 3

- Beyond the Basics: The Superfecta!\*
- Mentored Turkey Hunt\*\*
- Colors of Nature
- Dutch Oven Cooking
- Fly Fishing
- Foraged Flavors
- Forest Therapy
- Lake Ahaquabi Padle
- Landscaping for Wildlife

#### SESSION 4

- Beyond the Basics: The Superfecta!\*
- Mentored Turkey Hunt\*\*
- Basic Spincast Fishing
- Field to Frame: Feather Art
- Fly Tying
- Kayak Fishing
- Survival Sticks
- Wait, Where am I?
- Wild Mushroom Foray

# MEDICAL FORM

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Yes  No Are you allergic to any medication (aspirin, penicillin, etc.)? List: \_\_\_\_\_

Yes  No Do you take any medication? List with reason: \_\_\_\_\_

Yes  No Have you ever been told by a doctor that you have epilepsy? When? \_\_\_\_\_

Yes  No Have you had recent surgical operations, accidents or injuries? When/What? \_\_\_\_\_

Yes  No Have you been "knocked out" unconscious, had a concussion or head injury? When? \_\_\_\_\_

Yes  No Are you pregnant?

Do you wear:  Glasses or  Contact Lenses?

Date of last tetanus immunization: \_\_\_\_\_

Please check any of the following medical conditions you have had within the last 5 years:

- Asthma
- Heart Disease
- Diabetes
- High Blood Pressure
- Fainting Spells
- Seizures
- Hay fever or allergies  
(especially to bees, ants, etc.)

Do you have any medical training?

Doctor  Nurse  Emergency Medical Technician  Other: \_\_\_\_\_

Name and phone number(s) of person to contact in case of emergency: \_\_\_\_\_

Is there anything else about your health you would like us to know in case of an emergency?

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# WHAT TO BRING



## NECESSITIES

- **SHOES:** Sturdy shoes that can get dirty are important.
- **WEATHER APPROPRIATE:** Rain gear and cold-weather clothing are necessities, as classes will be held regardless of weather. This is Iowa and it's hard to predict what we will have for temperatures.
- **FREE TIME ITEMS:** You will have free time to relax and explore Wesley Woods Camp & Retreat Center grounds. Bring your camera, a flashlight/head lamp and a sense of adventure. You never know what you'll find! There are hiking trails on property to explore. Lake Ahquabi State Park, Bank Swallow Bend, Lundy Acres, Otter Creek, Woodland Mounds State Preserve, and other Warren County Conservation Board gems are minutes away.
- **SKINCARE:** Sunscreen and bug spray – it's that time of year.
- **AN OPEN MIND:** Bring a creative spirit and a willingness to learn and try new things. It will be an awesome weekend!

## SESSION EQUIPMENT

- **DO NOT BRING ANY FIREARMS WITH YOU.** We will supply all firearms and ammunition for the Introduction to Shooting Sports and Beyond the Basics: The Superfecta! sessions.
- **IOWA FISHING AND/OR HUNTING LICENSE** Please purchase a fishing or hunting license **BEFORE** coming to the workshop. Besides annual fishing licenses, there are 1-day, 3-day and 7-day options available. Licenses can be purchased online at <https://GoOutdoorsIowa.com> or at retailers. If you have any issues, please let us know. A valid Iowa license is required for these classes:
  - \* Mentored Turkey Hunt (**4th Season Turkey Tag, Hunting License & Habitat Stamp**)
  - \* Basic Spincast Fishing
  - \* Fly Fishing
  - \* Beyond the Basics: The Superfecta!

## SILENT AUCTION

- **FRIENDS OF BOW** will sponsor a Silent Auction on Saturday (*details on next page*). We're asking each participant to bring something to donate to the auction. All proceeds will go to support the BOW program. Please pay with cash, check, or credit card for any purchases.

## BOWTIQUE

- **FRIENDS OF BOW** will sponsor the BOWtique where you can find all your BOW inspired apparel and gear. All proceeds will go to support the BOW program and BOW scholarships. Please pay with cash, check, or credit card for any purchases. BOWtique times will be posted at the event.

# SILENT AUCTION

At each of our workshops, **FRIENDS OF BOW** holds a silent (*and sometimes not-so-silent*) auction to help us cover workshop costs and attendance scholarships. It's a lot of fun and we get to send participants home with some wonderful things. We are asking each participant to donate something to the auction. It doesn't have to be anything big – but we won't complain if it is! It doesn't even have to be anything new. Just bring something, if you can.

**Below are some general guidelines and ideas, but don't let these stifle your creativity!**

**OUTDOOR THEME:** but doesn't have to be outdoor equipment. For example, it could be a really cool rock, a lamp made of natural materials, an art print or a pair of hummingbird earrings. Of course, you're always welcome to bring a tent or a kayak. (*We try to be optimistic!*)

**NEW OR USED:** as long as it is in good condition. For example, if you have a piece of outdoor equipment you're no longer planning to use — bring it!

**HOMEMADE ITEMS:** knit gloves, crochet hat, crafts, paintings or other artwork, jams/jellies or dehydrated food are always welcome.

If you have an item to donate, please bring it to the registration area when you check in Friday.

All proceeds from the auction go to pay for equipment costs, scholarships, food and lodging for volunteer instructors, and a host of other expenses. Many thanks in advance for your generosity!

- Nature crafts*
- Favorite local honey/wine*
- Books of all kinds*
- Coffee beans or tea and mug*
- Homemade hiking stick*
- Crochet or knit project*
- Outdoor themed basket*
- Homemade anything!*

