

# WHAT TO BRING LIST

## BECOMING AN OUTDOORS-WOMAN

### PONCA STATE PARK

Use this as a check-off list for items you will need to bring to the workshop

#### Personal Items

	Shampoo and Soap		Feminine Items
	Tooth Brush & Paste		Medications (Allergy, Prescription)
	Bug Spray		<u>POISON IVY</u> if you are susceptible, bring along treatment

#### Clothing and Shoes

	STURDY SHOES or hiking boots are better, <u>NO</u> sandals. Many of the courses involve hiking; be sure to have supportive footwear or day hikers.		
	Be prepared to dress in layers (October can be extreme weather conditions). <b>(Check the weather for Ponca, NE)</b> . Layering your clothes will keep you warmer than one heavy outer garment and also allows you to adjust for varying temperatures.		
	Gloves, Hat, Light and Heavy Coat		Rain Gear
	Jeans		Sunglasses

#### Suggested Gear and Items

	Flashlight (great at night without disturbing your cabin)		Camera
	Field Guides		Binoculars
	Cash for pop machine		
	Spending money for official Becoming an Outdoors Woman merchandise and souvenirs. There will be a silent auction you can participate in. On Friday we are having a wine tasting and you can purchase bottles. The Park also has a gift shop. ** We plan to take credit card through paypal.		
	<b>FOR SAFETY</b> and as a courtesy to instructors, NO headphones, radios, etc will be allowed during class time.		
	Ear Plugs - If you find it difficult to sleep with strange noises around you or snoring.		
	Protective Eyewear (sunglasses are fine) for all fishing courses. (safety while casting)		

**FOOD NEEDS:** If you have any special food needs please bring some in a cooler to snack on between meals. There will be salads, etc... at all meals. Vegetarians may want to pack some of your own food.

**SILENT AUCTION:** If you would like to donate items for our silent auction please feel free! We have many talented people that do crafts, make homemade items, jewelry, art, or bring outdoor equipment, clothing etc... or whatever you feel like donating. All proceeds go back to the BOW workshop.

**Gear for Specific Activities:** Materials and gear will be provided for all activities.

BOWFISHING			
	Dress to walk along the shoreline		Equipment (if you have it)
	Water Repelling pants (no cotton)		A 2016 fishing permit is required and may be purchased at the park
	Muck boot or hip boots (if you have them)		

<b>ON POND FISHING &amp; FLY FISHING</b>			
	Dress to walk along shoreline and fish		Water Repelling pants (no cotton)
	Muck boot, hip boots or waders (if you have them)		Fishing gear (if you have it)
	Float tube if you wish		
You are required by law to have a current (2016) Nebraska Fishing Permit <b><u>Purchase your permit in advance of class. You may purchase them at the park office.</u></b>			

<b>CANOEING &amp; KAYAKING:</b> <b>This is a wet sport. Expect to get your feet &amp; possibly your pants wet.</b>			
	Quick dry lightweight clothing – pants, shorts, shirts and jacket. (wear polypropylene, polyester or nylon material). No jeans. Avoid cotton.		Water shoes are recommended. No flip flops. Old tennis shoes or boots will do.
	Have extra clothing & shoes just in case you need dry ones at camp		Sunscreen
	Water bottle		Hat and/or sunglasses
Blistering may occur especially in kayaking so you may want to bring some inexpensive light weight gloves.			

<b>INTRO TO FIREARMS, RIFLE MARKSMANSHIP, MUZZLELOADING, BEGINNING AND INTERMEDIATE SHOTGUNNING</b>			
Hearing protection provided. <b>DO NOT bring any firearms with you, they will be provided by the instructor.</b>			

<b>ARCHERY</b>			
Equipment will be provided; however you are encouraged to bring your own if you wish.			

<b>PHOTOGRAPHY</b>			
	Equipment if you wish		
You will go on a short hike so dress for weather conditions.			

<b>TURKEY HUNTING</b>			
	Bring along your favorite turkey calls, turkey camo clothing, boots if you have them.		

<b>HORSE SENSE</b>			
	You must wear closed toe shoes. Boots would be preferable		
	You need to wear long pants		

Make your list, check it twice, get your stuff rounded up and prepare yourself for a great outdoor experience!! BOW empowering women!