

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		POISON IVY if you are susceptible, bring along treatment
	Sunscreen		

Clothing and Shoes

	STURDY SHOES or hiking boots are better, NO sandals. Many of the courses involve hiking; be sure to have supportive footwear or day hikers.		
	Be prepared to dress in layers (October can bring extreme weather conditions. Check the weather for Ponca, NE). 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/headlamp		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. The Park also has a gift shop. ** We plan to take credit cards through PayPal.		
	FOR SAFETY 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.		

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. All cabins have kitchens with microwaves, ovens, refrigerators, and coffee pots.

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.

CHECK TO SEE IF YOUR CLASS IS INSIDE OR OUTSIDE SO YOU CAN DRESS FOR ALL TYPES OF WEATHER.

Equipment 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 2019 fishing permit is required and may be purchased at the park
	Muck boot or hip boots (if you have them)		

INTRO TO FISHING, ADVANCED FISHING TACTICS & FLY FISHING			
	Dress to walk along shoreline to fish		Water Repelling pants (no cotton)
	Bring muck boots, hip boots or waders (if you have them)		Fishing gear (if you have it)
	Float tube if you wish		Eye protection (sunglasses, prescription glasses or safety glasses)
You are required by law to have a current (2019) Nebraska Fishing Permit <u>Purchase your permit in advance of class. You may purchase them at the park office.</u>			

KAYAKING: This is a wet sport. Expect to get your feet & possibly your pants wet.			
	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.			
Dry bag to keep gear dry in the kayak during the river trip (if you have one) or we sell them.			

RIFLE MARKSMANSHIP, MUZZLELOADING, BEGINNING SHOTGUNNING, SPORTING CLAY SHOOTING, HUNTING WITH HANDGUNS, AND PELLET GUN			
Hearing and eye protection provided. You may use prescription glasses or sunglasses. DO NOT bring any firearms with you, they will be provided by the instructor.			

ARCHERY AND BOWHUNTING BASICS			
Equipment will be provided; however you are encouraged to bring your own if you wish.			

PHOTOGRAPHY			
	Bring your own equipment if you wish		
	You will go on a short hike so dress for weather conditions.		

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

INTRODUCTION TO BIKING			
	Wear non-baggy pants that won't get caught in the bike chain		
	Layer clothing		

Prepare yourself for a great outdoor experience - BOW empowering women!