



BECOMING AN OUTDOORS-WOMAN SPRING WORKSHOP, May 8-10, 2026 Echo Ranch Bible Camp, Juneau, Alaska

Becoming an Outdoors-Woman workshops provide fun, safe, hands-on learning of outdoor skills. Choose from 25 different classes. Workshop activities are balanced between hunting and shooting, fishing, and other outdoor activities. Workshops are designed primarily for women and are learning opportunities for anyone 18 years of age or older.

This program is for you if ...

- **You have never tried one of these activities but hope for an opportunity to learn.**
- **You are a beginner who wants to improve your skills.**
- **You know how to do some of these activities but would like to try your hand at new ones.**
- **You enjoy the camaraderie of like-minded individuals.**

WORKSHOP AGENDA

Friday May 8, 2026

9 AM — Meet in Western Auto parking lot
9:30-9:45 AM — Buses depart Western Auto
10:30 — Hike from Echo Cove to Camp
11:30 to Noon — Registration Check In – In Gym
12:45 — Welcome in front of Main Lodge
12:45 to 1:45 — Lunch
2:00 to 5:30 PM Session I
5:30 to 6 — Dutch Oven Social
6 to 7 — Dinner
7:15 to 8:15 — Bear Presentation
7-9:30 — Cabin Scavenger Hunt, Laser Tag,
Bonfire on Beach

Saturday May 9, 2026

7:45 to 8:45 — Breakfast
9:00 to 12:30 — Session II
12:45 to 1:45 — Lunch
2:00 to 5:30 — Session III
5:30 to 6 — Crab Catch Social
6 to 7 — Dinner
7 to 8:30 — Round Robin
8:45 to 9:30 — Bonfire on the Beach

Sunday May 10, 2026

7:45 to 8:45 — Breakfast
9 to 12:30 — Session IV
12:45 to 1:45 — Lunch, Slideshow & Farewell
2:15 to 3:15 — Group Photo on Beach & Hike Out
3:15 to 4 — Buses Back to Western Auto

WORKSHOP SPONSORS

Alaska Sponsors

Alaska Department of Fish & Game
Outdoor Heritage Foundation of Alaska
Alaska Wild Sheep Foundation
Bass Pro/Cabela's
Ducks Unlimited Alaska
SCI Alaska & Kenai Chapters

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Pheasants Forever & Quail Forever
Pope & Young Club
SCIF Sables
Trout Unlimited
UWSP College of Natural Resources
UWSP Foundation Inc.

WORKSHOP NOTES

REFUND POLICY: READ CAREFULLY! When you click "Submit Registration" you are agreeing to these terms.

- Cancellations made more than 30 days prior to the class shall receive a full refund minus a \$50 processing fee.
- Cancellations made 15 – 30 days prior to the class will be refunded 50% of the class fee.
- Cancellations made 14 days or less prior to a class will not be refunded.

Please let us know as soon as possible if your availability changes.

IMPORTANT — Registration & Payment Process: Our primary responsibility is to reach new people who want to learn outdoor skills. As a result, those who have not attended a BOW Workshop in Alaska will be given the first opportunity to register. Applications from newcomers received before April 7 will be processed in the order received. Applications from "experienced" participants (those who have attended **TWO** BOW Alaska workshops before) received prior to April 7 will be placed on the waiting list and held until April 8. On and after April 8, ALL remaining incoming applications will be processed in the order received. Upon submission of your registration form and payment online, you will receive an email indicating that your submission and payment have been received.

Workshop Fee: \$325. The fee includes instruction in all sessions, program materials, equipment, transportation, lodging and meals. **Please note, your credit card statement will show a charge from our partner organization, the Outdoor Heritage Foundation of Alaska (OHFA). Workshop fees are due within two weeks of receipt of the payment link.**

Scholarships: Partial scholarships are available. Email abby.mcallister@alaska.gov for more information. Submissions for scholarships are due upon registration.

Waitlist: A waitlist is generated once the workshop reaches capacity (80 participants) AND/OR if a registrant has attended a BOW Alaska workshop more than twice. If a seat opens, you will be contacted by ADF&G staff.

Confirmation of Classes: Once registration closes on April 10, we will finalize class selections and email you a confirmation letter with your schedule and reminders about what to bring and where to meet.

Special Class Fees: Some classes have an additional fee to help offset the extra charges incurred by BOW to provide these experiences. These fees are indicated in the workshop descriptions. If your class selection includes one of the classes, you will be provided with a link to pay that fee online to our partner organization (OHFA).

Bus Service and Overnight Parking: All BOW participants will meet the Echo Ranch/BOW bus at the Western Auto lot between **9 and 9:15 AM for a 9:45 AM departure. PLEASE BE ON TIME.** Western Auto is graciously providing participants with free parking in their parking lot for the duration of the three-day workshop. For those leaving vehicles in the parking lot, Western Auto is not responsible for parking security. Parking will be at your own risk. Please meet the bus and park in the spaces between the store and gas station. A BOW attendant will be in the parking lot to direct you. Bus service is to and from Western Auto and Echo Cove. Campers will hike between Echo Cove and camp, see hiking details below.

Hiking to and from Camp from Echo Cove: Be prepared for a beautiful hike into camp Friday morning and out Sunday afternoon. It's a 2.5 mile hike along the shore and through the woods. The trail is uneven, rocky in places, and can be muddy. **If you are physically/medically not able to hike, please make sure we know ahead of time.** Only those who cannot physically manage the walk are provided with alternative transportation to and from camp. Your gear will be transported to camp, you may want a small daypack with water, etc., for the hike, but you do not need to carry all your gear.

What to Bring: Be sure to bring your sleeping bag, a pillow if you want one, a towel, necessary toiletries, headlamp, and money/credit card to purchase several items that will be for sale as part of our silent auction. Please keep your bag(s) to a manageable weight and size for your own sake – you will need to carry your gear from the registration area to your cabin, up to 100 yards.

DRESS FOR THE WEATHER! Classes are outdoors and hands-on. Come prepared for a Southeast early-spring weekend – cold and rainy (or snowy) to moderately warm and sunny. For your safety and comfort, it is important to bring warm,

rainproof clothing, and waterproof footwear. **Dress in layers; long underwear, fleece clothing, hat, gloves, warm coat, and raingear are highly recommended** and especially if you will be in a skiff!

Equipment: All workshop equipment will be provided unless otherwise noted in the course descriptions. **PLEASE DO NOT BRING FIREARMS, AMMUNITION, KNIVES OR ARROWS.** Please see "What to Bring" for personal gear information.

Fishing Licenses: All fishing/crabbing classes **require a VALID ALASKA FISHING LICENSE.** Purchase your license ahead of camp and bring it with you. Licenses may be purchased on-line at: www.adfg.alaska.gov. Look on the right side of the upper box that says "Buy Licenses and Tags"; click there. We can sell licenses at camp, but it can be time-consuming and will take away from class fun! Please purchase in advance.

Laser Tag: One of our evening offerings is an exciting game of laser tag held on Echo Ranch's laser tag course. This activity is a recreational shooting sport where participants use infrared-emitting light guns to tag designated targets, typically other players by hitting sensors on their vests. There is a \$15 additional fee to participate. Indicate your interest upon registration.

Lodging: Rustic bunk houses with mattresses, woodstoves, and no electricity are provided. Centrally located bathrooms with flush toilets and showers are available in addition to outhouses in various locations. Please bring your own sleeping bag, pillow, towel, and headlamp. Please indicate any special needs.

Cabinmates: BOW staff make every attempt to accommodate "roommate requests." These cannot always be accommodated due to space constraints. Due to important safety requirements, please honor your cabin assignments. If changes need to be made, please contact the BOW coordinator. Unwed couples may not bunk together due to Echo Ranch Bible Camp policies.

Medical Conditions: If you have any medical conditions that may limit your ability to participate in these activities, or are pregnant, please consult your physician prior to registration.

Pets: Pets are not permitted at Echo Ranch Bible Camp.

Phone service: Cell phone service is not available at camp (service ends just past Eagle Beach). In case of an emergency only, contact Echo Ranch Bible Camp directly at 907-789-3777.

Smoking, Drinking & Vaping: Echo Ranch Bible Camp is a smoke/drug-free facility (no smoking or vaping in or near buildings, smoking or vaping is only allowed on the beach at waterline) and alcohol is prohibited.

Prayer prior to all meals: We are guests at Echo Ranch Bible camp and the camp policy is to pray before each meal. A brief prayer is led by a staff member. If you wish not to be present, you are welcome to wait outside the dining area until it is over.

Special Needs: If you have any special needs, including dietary requirements or special needs that require assistance or a sleeping cabin with electricity, please indicate this on the registration form. We will try to accommodate your needs. Echo Ranch does not have a gluten free kitchen. They will do their best to accommodate all food allergies, but in the case of severe allergies it may be best for participants to bring their own supplements from home.

Workshop Funding: The BOW program is made possible by the cooperative efforts of the Alaska Department of Fish & Game (ADF&G) and the Outdoor Heritage Foundation of Alaska (OHFA). The OHFA is a nonprofit organization dedicated to education in hunting and fishing and is supported by donations from like-minded individuals, companies, and organizations. All registration and donation funds are rolled back into the BOW program.

Donations: Auction items or monetary donations are welcome. Each year, we try to break even financially, so that we can continue the BOW program. We do this through a **Silent Auction and Raffle.** If you have any items, especially outdoor-related, that you would like to donate, please bring them to the workshop. These items may be new or lightly used. There will also be a raffle with fabulous prizes. Winners will be drawn and announced on Sunday. Bring your spare change, mad money, or credit card so you can go home with the bargain of the century in addition to supporting the program.



WORKSHOP CLASS DESCRIPTIONS, ALPHABETICAL

1. **ARCHERY** ~ Bow and arrow basics, shooting at an outdoor range using light compound bows. Safety and skill will be taught, and all materials supplied. Dress for the outdoors.
2. **BACKCOUNTRY BOTANICALS** ~ Explore the flavors, fragrances, and natural benefits of Alaska's wild plants through hands-on preparation and crafting. Participants will learn about responsible harvest and use seasonal plants to create simple foods, body-care items, and wellness remedies.
3. **CAMPING LIGHT** ~ Whether you're headed out on an alpine hunt, or doing a multi-day backpacking trip, this class will cover what knowledge you'll need and what gear will help you enjoy it! Class covers choosing a tent location, setting up a tent, water, food, bugs and safety with an emphasis on lightening your load. This class will help you make the most of your next wilderness adventure.
4. **CANNING** ~ Learn to can fish and meat using recyclable canning jars and a pressure canner. An excellent and delicious way to preserve your hunt or catch.
5. **CHAINSAW** ~ Learn about the gear and techniques needed to safely handle a chainsaw. A hands-on experience cutting up logs, and advice regarding purchasing a saw. Wear boots and dress for the outdoors.
6. **CRABBING** ~ Learn the basics of crabbing — where to set, how to set, bait, and how to handle and clean them. All materials (and PFD) supplied; wear boots and dress appropriately for the weather. Sport fishing license required and can be purchased online at www.adfg.alaska.gov.
7. **DEER FIELD DRESSING** ~ How to field dress a deer. A hands-on experience with a real deer, gutting, skinning and quartering the animal. All materials supplied but wear appropriate clothing you don't mind getting a little gore on (rain gear is good).
8. **DEER MEAT PROCESSING** ~ The next step beyond field dressing — learn the cuts of deer meat, assess the condition, then cut meat into steaks, roasts or prepare it to be ground, using a meat grinder to create burger, then wrap meat so it can be frozen and kept. All materials are supplied, but dress appropriately.
9. **DEER HUNTING SKILLS** ~ How do deer think, where do they live, what do they eat, what signs do they leave and how do you find them? How do you call a deer in? What does a deer hunter need to take in the field? Not an actual hunting trip, but an overview of deer hunting skills, regulations and gear. Will be outdoors, dress appropriately.
10. **DUTCH OVEN GOURMET** ~ Learn to cook using Dutch ovens. How to prepare coals for cooking, and use practical recipes for camping and boating tips. Recipes and samples will be shared.
11. **FIREARM SAFETY & HANDLING** ~ Guns demystified. How they work, how to be safe around guns, the basics of rifles and shotguns. **This is the required prerequisite for Shotgun & Rifle Markswoman.** If you have taken Hunter Education recently from ADF&G in Juneau, a copy of a hunter education certificate may be obtained from: arianne.asay@alaska.gov; (907) 267-2187.

12. **FISH FILLET & GOURMET** ~ Learn to clean, fillet, and cook your catch. Recipes and samples will be shared. Salmon and materials supplied.
13. **FLY FISHING** ~ Learn the basics of fly fishing – casting, selecting flies, knots and gear, and hopefully hooking, reeling in and landing fish (if they are biting). A hands-on class fishing in Cowee Creek or off the beach, wear waterproof boots and appropriate outdoor clothes, all materials supplied. Sport fishing license required and can be purchased online at www.adfg.alaska.gov.
14. **FLY TYING** ~ Creating a fly that will lure a fish is part science, part art. You will tie flies to entice your favorite sport fish! Our BOW instructors will get you started and you will go home with a pocket full of fishing potential.
15. **GPS & NAVIGATION** ~ Learn the basics of understanding Global Positioning Systems (GPS) and how they could be useful to you! Learn terminology and functions. Plus, get insights into the pros and cons of using GPS apps on your smartphone. Then, off to do some hiking to get practical hands-on experience finding a GPS treasure. Time is spent indoors and outdoors. Dress appropriately. Materials supplied, but bring your smart phone if you have an app that uses GPS.
16. **HORSEBACK RIDING** ~ Learn about gear and tack, riding techniques, and the basics of saddling, bridling and riding a horse safely with the Echo Ranch Wranglers and horses. (*\$35 additional Ranch fee*)
17. **KAYAKING** ~ Basics of kayaking safely, getting in and out, paddling and steering techniques, gear, tides and navigation. A hands-on experience in Berners Bay. All materials supplied, wear waterproof boots and dress for weather. (*\$25 additional fee*)
18. **PACK RAFTING** ~ Pack Rafts, with their unique and versatile design, are perfect for Alaska’s rugged wilderness travel. They are lightweight; only 5 1/2 pounds and are the size of a large compression sack. They can also be used for fishing or exploring lakes on the side of the road while car camping. Learn what you need to take on a weekend trip, and then hike about a mile and half along Cowee Creek. You’ll learn how to blow up the rafts, paddling skills, river safety and then paddle back to camp. Wear boots and dress for the outdoors. **Prerequisites:** Participants must be able to swim and be comfortable in moving water.
19. **RIFLE MARKSWOMAN** ~ The fundamentals of rifle shooting using .22 caliber rifles at an outdoor range. All materials supplied. **Prerequisites:** *Firearm safety or valid Hunter Education, NRA or 4H Firearm Safety Certificate. Physical Requirements: Ability to hold a rifle and withstand minimal recoil.*
20. **SALMON SMOKING, PICKLING & Gravlax** ~ You will fillet and cure salmon for smoking, pickling and making gravlax. Three delicious and wonderful ways to preserve salmon to enjoy year-round.
21. **SHOTGUN** ~ Shotgun basics and shooting trap (flying clay discs) at an outdoor range, using 20-gauge shotguns with light loads. All materials supplied. **Prerequisites:** *Firearm safety or valid Hunter Education, NRA or 4H Firearm Safety Certificate. Physical Requirement: Ability to hold a shotgun and withstand minimal recoil.*
22. **SMALL GAME HUNTING & FIELD DRESSING** ~ Learn the basics to becoming a successful grouse and ptarmigan hunter. Then, get comfortable dressing actual birds and learn how to preserve the best parts. We’ll also send you on your way with some recipes to get you started. Class will also cover how to dress hares. All materials supplied, but participants should come dressed appropriately.
23. **SPIN CAST FISHING** ~ How to catch fish using spin casting gear, the most popular method for catching trout and salmon from shore. Basics of casting, using lures and fishing gear, simple knots, and hopefully hooking, reeling in, and landing fish (if they are biting). A hands-on class fishing in Cowee Creek or off the beach, wear waterproof boots and appropriate clothes for the weather. All fishing gear will be supplied. Sport fishing license required and can be purchased online at www.adfg.alaska.gov.
24. **SURVIVAL** ~ Be comfortable and confident when venturing out in Southeast Alaska. Learn what to put in your survival kit and how to use it. Learn survival skills — how to make a shelter, fire, keep safe if lost, signal for help and how to keep the right attitude in a survival situation. Outdoors and hands-on.

25. **WILD EDIBLES** ~ Learn about wild edibles available this time of year and the importance of sustainable harvest. We'll do a loop walk around the camp to explore different plant habitats, from coastline to disturbed areas, from the forest edge to older woods. Participants will also learn about summer and fall plants. Wear boots, this is outdoors and hands-on.