

Delaware Becoming an Outdoors-Woman Program

2025 Event Information

Dates: Friday, Oct. 3
to Sunday, Oct. 5
Fee: \$210 +registration fees

Location: Lums Pond State Park
3355 Red Lion Rd
Bear, DE 19701

AGENDA

Date	Time	Activity
Friday, Oct. 3	Noon-2pm	Check-in / Set up tents or RV space <i>Snacks and drinks will be provided but lunch is on your own.</i>
	2:30pm – 3pm	Welcome/Introductions
	3:30pm – 5pm	Session I Instructional Courses
	5pm – 5:30pm	Free Time
	5:30pm—6:30pm	Dinner
	6:30pm—8pm	Free Time
	8pm - 10pm	Evening Campfire and Activities
Saturday, Oct. 4	6am—7am	Sunrise Yoga
	7am - 7:45am	Breakfast
	8am - 11:30am	Session II Instructional Courses
	12pm - 12:45pm	Lunch
	1pm - 4:30pm	Session III Instructional Courses
	4:30pm – 5:30pm	Free Time
	5:30pm - 6:30pm	Dinner
	6:30pm—8pm	Free Time
	8pm - 10pm	Evening Campfire and Activities
Sunday, Oct. 5	6am—7am	Sunrise Yoga
	7am - 7:45am	Breakfast
	8am - 9:30am	Session IV Instructional Courses
	9:30am - 10am	Closing Remarks
	10am - 11am	Cleanup & Check-out

**Free time is built into the schedule to allow time to explore the area, network with other participants, prepare for upcoming courses, or just relax!*



Lodging Options

1. Tent Camping: Space is available onsite for tent camping. Tents can be provided if you do not own one. You will be assigned a tent space upon your arrival.
2. There is a limited amount of RV/full hook-up sites available as well. These can accommodate RVs, or participants who may require electrical/water access for their sleeping arrangements.

Restrooms and shower facilities are available onsite for all camping. Water and electrical hook-ups will be provided in the event space itself for phone charging, etc.

Meals

Meals are included. Beverages will be provided but participants are encouraged to bring their own refillable water bottles. Participants are able to bring their own mess kits for meals to lower their environmental impact, however plates and utensils will be provided. Vegetarian options will be available. If you have any special dietary requirements, please indicate those on the online registration form. Please note not all dietary restrictions may be accommodated at this event.

Course Schedule

Each participant will have the option of choosing one course per session. Please refer to the online registration form to register for your course options. **Courses may be subject to change with notice*

Session I 10/3 3:30pm - 5pm
The Birds and the Bees: Intro to Pollinators
Entomology 101
Freshwater Fishing <i>*Fishing license required</i>
Food, Fire and Fun!
Kayaking Lums Pond
Mobile Nature Photography

Session II 10/4 8am - 11:30am
A Foraged Feast: Wild Eats in Delaware
Intro to Archery & Shooting
Forest Bathing
Intro to Fly Fishing <i>*Fishing License Required</i>
Intro to Rock Climbing
Kayak Fishing <i>*Fishing license required</i>





Mentored Deer Hunt Session II & III 10/4 <i>Intro to Hunting & Crossbow Shooting</i>
Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. <i>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by September 24, 2025) and purchase of a hunting license prior to the event.</i>







Session III 10/4 1pm - 4:30pm
Hiking & Backpacking Workshop
Intro to Rock Climbing
Intro to Waterfowling
Nature Journaling & Underwater Discovery (two 1.5-hr programs)










Session IV 10/5 8am - 9:30am
DIY Survival Bracelets
iHike: Exploring Nature with Technology
Paddleboarding Basics
Tree Identification Hike
Giving Back to Nature: Using Native Plants at Home










2025 Delaware BOW Course Descriptions

Activity Level Guide	
	Minimal (mostly sitting or standing)
	Mild (walking)
	Moderate (requires moderate coordination and/or movement)
	Strenuous (requires much coordination/concentration and/or movement)

Courses	Descriptions
A Foraged Feast: Wild Eats in Delaware 	Take a walk on the wild side with a forager to learn how to eat like the local wildlife! Learn how to identify some of Delaware's edible plants and how to harvest and prepare them sustainably.
The Birds and the Bees: Intro to Pollinators 	Want to support pollinators but not sure where to start? Join a private lands biologist to discuss how you can help pollinators in your field, backyard, or garden – no matter how big or small. Learn pollinator ecology, native planting basics, and make your own bee hotel!
DIY Survival Bracelets 	Have you ever found yourself in need of some lightweight survival tools for a backpacking trip or in a situation where you could use a multifaceted tool? Whatever the need, this fun DIY session helps you prepare for your next adventure. Join us as we make and learn about paracord survival bracelets and their many uses. Materials will be provided.
Entomology 101 	Join DNREC tick biologist Ashley Kennedy for a guided bug walk, learning how to collect and identify insects, ticks, and other arthropods. Learn about the important roles insects play in the ecosystem and the various conservation issues affecting them. Explore specimens from Ashley's collection and feel free to "Ask the Expert" anything about entomology!
Food, Fire, and Fun! 	Participants will be able to have fun and cook delicious food, all while learning about safety over an open wood-base fire! You'll be able to impress your friends and family with your outdoor cooking skills. Plus, you get to enjoy all the great food you'll make! Safety concerns: cooking on wood grill, using sharp knives, food allergies.
Forest Bathing 	The practice of forest bathing encourages you to slow down, quiet your mind and connect with nature. Awaken your senses and deepen your relationship with the natural world through sensory explorations that combine curiosity, connection and community. You will take a gentle stroll, taking time to be present, wander slowly and notice the unique gifts that nature is offering. Based on the Japanese practice of Shinrin Yoku, Forest Bathing has many proven health benefits and can promote an overall feeling of well-being.

Courses	Descriptions
Freshwater Fishing 	<p>Lums Pond is home to many freshwater fish species! Join staff from the Aquatic Resources Education Center (AREC) to learn about the sport of fishing. Equipment will be provided as we go through the basics you'll need to know for fishing in ponds around the state.</p> <p><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p>
Giving Back to Nature: Using Native Plants 	<p>Learn the benefits of using native plants in the home landscape! The session will cover some examples of powerhouse native plants which provide a variety of ecosystem services, no matter how small the landscape.</p>
Hiking & Backpacking Workshop 	<p>Is hiking really just walking? In this program you will learn what day hiking and backpacking is all about including: the 10 essentials, 7 principles of Leave No Trace, and how to plan and prepare for a day or overnight hiking trip. Participants should bring a water bottle and wear sturdy walking shoes for a 2.5-mile hike on uneven terrain in the park.</p>
iHike 	<p>Have you ever been curious about what is around you on a hike, with no way to figure it out? Thanks to evolving technology, there are now many apps that can help us identify plants and wildlife, even without Wi-Fi! Learn about some of these apps and practice using them to identify the organisms we see and hear as we take a short walk together.</p>
Introduction to Archery and Shooting 	<p>In this dual course, participants will first learn all about bows and arrows such as traditional equipment, form, method of release and accuracy while you practice target shooting. In the second part of the course, participants will learn the basics of firearm handling and shooting and will have an opportunity to shoot shotguns under the guidance of trained instructors. All equipment will be provided.</p>
Introduction to Fly Fishing 	<p>Learn about the equipment needed for fly fishing, practice casting a fly fishing rod and try your hand at fly fishing in Lums Pond. This course also includes a demonstration on fly tying.</p> <p><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p>
Introduction to Rock Climbing 	<p>Discover the basics of outdoor top rope rock climbing at Alapocas Run State Park! The program will include an introduction of equipment, top rope climbing and rock safety. In addition park staff will instruct, guide and belay all participants. Helmets, harnesses and ropes will be provided.</p>
Introduction to Waterfowling 	<p>This course introduces basic waterfowling concepts and skills with the goal of developing students into entry level waterfowl hunters. The course will include a demonstration with a trained hunting dog.</p>
Kayak Fishing 	<p>Join staff from the Aquatic Resources Education Center (AREC) for fishing instruction... on a kayak! Participants will learn basics about fishing while paddling and try out their skills on Lums Pond. Must be able to swim and have kayaking experience. All kayakers at Lums Pond State Park must adhere to the following criteria: https://americancanoe.org/eec/</p> <p><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p>

Courses	Descriptions
Kayaking Lums Pond 	Paddle the largest freshwater pond in Delaware while we learn about the park's rich history and try to spot some wildlife. This guided kayak program blends learning about nature and history with a relaxing afternoon on the water. All kayakers at Lums Pond State Park must adhere to the following criteria: https://americancanoe.org/eec/
Mentored Deer Hunt Parts 1 & 2: Intro to Hunting & Crossbow Shooting 	<p>Part 1: Learn how to safely operate and shoot a crossbow and participate in a brief course in hunting to prepare for an afternoon managed deer hunt.</p> <p>Part 2: Participate in a mentored, managed deer hunt. Participants will be partnered with a mentor who will guide them during a managed hunt for white-tailed deer.</p> <p>NOTES:</p> <ul style="list-style-type: none"> • Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. • The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Sep. 24, 2025) and purchase of a hunting license prior to the event. Contact the Hunter Education office with any questions: 302-735-3600. • Dress for the weather; boots and camouflage clothing should be worn. • If you are successful in harvesting a deer and wish to keep it, the BOW program will provide transportation to a local butcher. If you wish to take your deer to a butcher of your choosing you will be responsible for transporting your deer. If you harvest a deer and do not wish to keep it, BOW will donate it to the Sportsmen Against Hunger program.
Mobile Nature Photography 	Turn your phone into a powerful camera and capture the stunning beauty of Lums Pond! Learn easy Mobile Photography tips to photograph and edit breathtaking landscapes, wildlife, and hidden nature gems during a relaxed walk through the park.
Nature Journaling 	Nature journaling is the practice of taking a notebook and simple art supplies with you into nature and using words, sketches and numbers to record what you notice, observe, wonder about, and feel.
Paddleboarding Basics 	Get out on the water and learn about paddleboarding from a certified instructor. This program will cover all the basics, from what equipment is needed, how to stand, paddle, and orient yourself on the water all while you enjoy a scenic morning on Lums Pond. All equipment will be provided, no experience required, but participants must be able to swim.
Tree I.D. Hike 	Have you ever wanted to learn how to identify trees? This hands-on session will teach you how to use a common tool used for identifying unknown organisms: A Dichotomous Key. By answering a series of questions about your tree, the key is designed to guide you to its name. All participants will receive a tree key and "Delaware Tree" book to take home.
Underwater Discovery 	Ever wish you were a fish? Life under the water is surprisingly busy from big fish swimming around to microscopic plankton floating with the current. In this program, we'll use dipnets to investigate some of the things that live in Lums Pond. We'll also test some water samples and discuss how water quality plays a role in aquatic ecosystem health and the species found there. *Participants should wear shoes and clothes that can get muddy and wet