

Delaware Becoming an Outdoors-Woman Program

2026 Event Information

Dates: Friday, Oct. 2
to Sunday, Oct. 4
Fee: \$200 + registration fees

Location: Camp Barnes
Address: 37171 Camp Barnes Road
Frankford, DE 19945

AGENDA

Date	Time	Activity
Friday, Oct. 2	Noon - 2pm	Check-in / Set up tents or dormitory 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. 3	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. 4	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. Cabin (dormitory): Dormitories are available with twin size beds (participants must bring their own bed linens and pillows). Each dormitory sleeps 8, and we expect each cabin to be almost full during the event. Cabins have electrical outlets available.
2. Tent Camping: Space is available onsite for tent camping in grass field. Tents can be provided if you do not own one. You will be assigned a tent space upon your arrival. There is no electric or water hook-up for the tent sites and they are not drive-in.

Restrooms and shower facilities are available onsite for both dormitories and tent camping.

Meals

Meals are included. Beverages will be provided but participants are encouraged to bring their own refillable water bottles. Participants can 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*



Course Schedule

Session I — Fri, Oct. 2nd (3:30pm - 5pm)
Home Landscapes with Native Plants
Intro to Archery
Intro to Shotgun Shooting
Ready or Knot
Seining
Tree ID Hike

Session II & III — Sat, Oct. 3rd (All Day)
Mentored Deer Hunt <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 and purchase of a hunting license by September 24.</i>

Session IV — Sun, Oct. 4th (8am – 9:30am)
Food, Fire, Fun: Breakfast Edition
Identifying and Managing Invasive Species
Intro to Waterfowling
Paddleboarding Basics
Sunday Morning Scenery Kayak
The Nature Within: Building Confidence Outdoors

Session II — Sat, Oct. 3rd (8am – 11:30am)
Amazing Geocache Race
Crabbing <i>*Fishing License Required</i>
Forest Bathing
Inland Bays Fishing Trip <i>*Fishing License Required</i>
Intro to Archery and Shooting
Intro to Birding
Ocean Fishing Excursion

Session III — Sat, Oct. 3rd (1pm – 4:30pm)
Forest Bathing
Hiking & Backpacking Workshop
Inspired by Nature
Intro to Surf Fishing <i>*Fishing License Required</i>
Kayak Fishing <i>*Fishing License Required</i>
Ocean Fishing Excursion



2026 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)

Course Title	Course Description
Amazing Geocache Race	Learn about the popular outdoor activity of geocaching that combines the mystery of a treasure hunt with high-tech GPS satellite navigation. Easy to learn, geocaching is an activity that will take you to places rich in natural beauty, unique habitats, and interesting history. This course will provide you with the basics needed to find and upload geocache data to your GPS, read and follow coordinates to hidden caches, and log your finds. You will utilize those skills to navigate to the end of an absolutely amazing adventure!
<i>Session II</i>	
	
Crabbing	Join staff from the Aquatic Resources Education Center (AREC) to learn about the life cycle of the Atlantic blue crab, different crabbing techniques, and current Delaware rules and regulations. Participants will try their hand at catching these tasty crustaceans, then learn how to properly cook, pick, and enjoy all their hard work! <i>*To participate in this course, you must purchase a Delaware fishing license prior to attending.</i>
<i>Session II</i>	
	
Food, Fire, Fun: Breakfast Edition	After a night under the stars, nothing beats a fresh cup of coffee and a hearty breakfast. Participants will try their hand as campfire chefs making both savory and sweet recipes over a campfire. We'll cover techniques as simple as boiling water for your morning tea to breaking out your cast iron skillet to fry up something a bit more advanced. Please be aware that we are NOT able to accommodate food allergies or dietary restrictions.
<i>Session IV</i>	
	
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.
<i>Session II, III</i>	
	

Course Title	Course Description
Hiking & Backpacking Workshop	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 short hike on uneven terrain in the area.
<i>Session III</i>	
	
Home Landscapes with Native Plants	Learn how landscaping with native plants adds ecosystem services in the community. With ever changing land uses that decrease habitat for pollinators and beneficial predatory insects, the home landscape can provide some help to mitigate this issue. We will discuss specific plants, bloom times, flower shapes, and more. We will also install a mini-meadow that is easily replicated at home. Attendees will also receive packets of native meadow seeds!
<i>Session I</i>	
	
Identifying and Managing Invasive Species	Learn about common invasive species in the Northeast, how to identify them, what issues they may cause, and how to manage them in our natural spaces and at home. Dress for the weather and plan to wear comfortable walking or hiking shoes for an interactive plant ID hike around Camp Barnes!
<i>Session IV</i>	
	
Inland Bays Fishing Trip	Join a DNREC Fisheries biologist to learn the basics of saltwater fishing and experience some time fishing by boat on the inland bays. <i>*To participate in this course, you must purchase a Delaware fishing license prior to attending. **This course takes place on the water. Participants must know how to swim.</i>
<i>Session II</i>	
	
Inspired by Nature	Nature has always been an inspiration for art. Join DNERR in exploring that connection during our creative hands-on program. Participants will slow down and take a closer look at the environment through nature journaling, using their observational skills, words, and sketches to capture their outdoor discoveries. After nature journaling, we will collect natural materials like leaves, grasses, flowers, etc., to create unique cyanotype prints as well as learn about the scientific process behind the art.
<i>Session III</i>	
	

Course Title	Course Description
Intro to Archery	Learn about traditional bows and arrows as well as the equipment that goes along with them. Form, method of release, and accuracy will be the focus while you practice target shooting. All equipment will be provided.
<i>Session I</i>	
	
Intro to Archery and Shooting	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.
<i>Session II</i>	
	
Intro to Birding	Learn to identify birds through behavior, field marks, and habitat while exploring different sections of Assawoman Wildlife Area. Binoculars will be provided but participants are encouraged to bring their own. Water and sturdy walking shoes are also recommended as the program will entail a 1+ mile walk around the area.
<i>Session II</i>	
	
Intro to Shotgun Shooting	In this entry-level 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.
<i>Session I</i>	
	
Intro to Surf Fishing	Have you always wanted to try surf fishing but weren't sure how to get started? If so, this program is for you! Everything from fish identification to proper casting techniques will be covered in this three-hour program. Rods, reels, and bait are provided. <i>*To participate in this course, you must purchase a Delaware fishing license prior to attending.</i>
<i>Session III</i>	
	
Intro to Waterfowling	This course introduces basic waterfowling concepts and skills with the goal of developing participants into entry level waterfowl hunters. The course will include a demonstration with a trained hunting dog.
<i>Session IV</i>	
	

Course Title	Course Description
Kayak Fishing	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 in the Bay. Must be able to swim and have some kayaking experience. <i>*To participate in this course, you must purchase a Delaware fishing license prior to attending.</i>
<i>Session III</i>	
	
Mentored Deer Hunt: Intro to Hunting & Crossbow Shooting	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. 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. NOTES: • Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. • The Mentored Deer Hunt courses require hunter education certification (by Sep. 24, 2026) 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.
<i>This two-part course will be held during Sessions II & III</i>	
	
The Nature Within: Building Confidence Outdoors	Discover six field skills every outdoorswoman can carry, no extra gear required. Blending the science of nervous system regulation with the restorative power of nature, this experiential workshop explores practical tools for building calm, confidence, and awareness in the outdoors.
<i>Session IV</i>	
	

Course Title	Course Description
Ocean Fishing Excursion	Hop on board the <i>Sea Dog</i> with local female-owned and operated Sea Dog Charters for an inshore ocean fishing trip. Participants will learn all the basics of fishing from a boat off the coast, etiquette on the water, and more during this 3.5-hr. voyage out of the Indian River Inlet. No experience is required, but participants should be prepared for open water conditions. Trip route and fishing locations may be subject to change depending on weather.
<i>Session II, III</i>	
	
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 Miller's Creek. All equipment will be provided, no experience required, but participants must be able to swim.
<i>Session IV</i>	
	
Ready or Knot	Need to suspend your gear out of reach of curious critters looking for an easy snack? How do you attach two ropes of different thicknesses or materials? Which knots are best for a quick release? Learn all this and more from this introduction to knot-tying course designed for beginners. Participants will learn six essential bends, hitches, and knots to get them ready to tackle their next outdoor adventure. They'll also go home with their very own practice materials and mini-instruction guide.
<i>Session I</i>	
	
Seining	Wonder what's lurking just below the water's surface? Join the Aquatic Resources Education Center (AREC) as they take out a large sein net to catch and then identify critters right on the beach. Participants should wear closed-toed shoes that they're okay with getting wet to join in the fun and try netting themselves!
<i>Session I</i>	
	
Sunday Morning Scenery Kayak	Enjoy a calm morning paddle along the scenic Miller's Creek, a tributary of the Little Assawoman Bay. During this guided paddle, you'll have time to view wildlife, enjoy the natural surroundings, and find peace along this morning ride. All participants must be able to swim, and previous kayaking experience is recommended.
<i>Session IV</i>	
	
Tree ID 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 to take home.
<i>Session I</i>	
	