

# NH Becoming An Outdoors-Woman FALL 2022 WEEKEND

SEPTEMBER 9-11, 2022 • GENEVA POINT  
REGISTRATION OPENS JUNE 15, 2022

## FRIDAY, SEPTEMBER 9 SESSION 1 1:30 p.m.-4:30 p.m.

**BASIC MAP & COMPASS:** Learn how to use a compass in the field, use and read a topographic map, and use the map and compass together. By combining these two abilities, everyone will develop the skills needed to blaze their own trails. *Hiking shoes or sturdy sneakers required.* E M

**INTRODUCTION TO FIREARMS & FIREARM SAFETY:** Get an introduction to the basic types of firearms, bullets and trajectories, firearm safety, the how-to's of selecting firearms, and their handling. Does not include actual shooting. E

**INTRODUCTION TO RIFLE:** Learn gun handling, safety, how to shoot a rifle, and how a rifle differs from other firearms. Live-firing opportunities; all firearms will be provided. E

**BASIC CAMPING SKILLS:** Learn the basic camping skills needed for a typical family vacation: what equipment to bring, how to plan a trip, and how to pack. You'll have the opportunity to set up a campsite, including a tarp and several different styles of tents. Note: outdoor cooking is covered in course. E

**INTRODUCTION TO ARCHERY:** Participants will learn archery techniques for target shooting and hunting, safety, the history of archery, how the equipment has changed over time, and the different kinds of bows on the market today. The range will be set up with many opportunities to shoot a Genesis compound bow and a recurve bow. M

**FIELD DRESSING BIG GAME:** Proper care of game in the field is a very important part of hunting ethics. This is often a difficult thing to learn on your own. This class will review the procedure for field dressing a white-tailed deer. Be prepared for a hands-on opportunity. E M

**INTRODUCTION TO KAYAKING:** Learn basic kayaking skills and practice on the water. Topics include safety and equipment needed. All equipment will be provided. *Dress to get wet.* E M

**BASIC FISHING:** Gain the skills and learn about the equipment necessary to begin freshwater fishing. In this class you will learn about various species of fish in N.H., how to select equipment, knot tying, and how to cast. Then you will use your new skills as you spend the second half of class fishing on the water, learning how to target, and land fish. E

**INTRODUCTION TO HIKING:** Learn what is needed to safely hike in the woods and trails: equipment basics, proper clothing, where to go, how to plan, trail etiquette, and safety. Be prepared to go on an up-to 3.5 mile hike with approx. 1000 ft. elevation gain. Hiking boots required. S

**WILDERNESS FIRST AID:** If you're out in the back country, wilderness first aid skills are very important. Join expert staff from Fish and Game's Law Enforcement Division and learn how to prepare for dealing with emergency situations when help is not close by. E

## SATURDAY, SEPTEMBER 10 SESSION 2 8:30 a.m.-11:30 a.m.

**BASIC MAP & COMPASS:** Learn how to use a compass in the field, use and read a topographic map, and use the map and compass together. By combining these two abilities, everyone will develop the skills needed to blaze their own trails. Hiking shoes or sturdy sneakers required. E M

**INTRODUCTION TO SHOTGUN:** Participants will be taught safety in handling a shotgun, gauge differences, dominant eye, range shooting vs. hunting, and steel vs. lead shot. Includes hands-on stationary pattern and trap shooting opportunities. E M

**INTRODUCTION TO REVOLVER:** Learn about the different kinds of handguns used for recreational target shooting and hunting. This class will alleviate some of your concerns about handguns by demonstrating proper handling and shooting techniques. If you have always wanted to better understand this firearm, come see for yourself in this non-competitive environment. Live-firing opportunities. E

**WILDERNESS BACKPACKING:** Learn what equipment you will need to be comfortable while backpacking on an overnight trip – backpacks, tents, portable stoves, etc. – and how much to carry. Learn how to plan a route for your ability, choose a campsite, back-country safety, and regulations. E

**INTRODUCTION TO KAYAKING:** Learn basic kayaking skills and practice on the water. Topics include safety and equipment needed. All equipment will be provided. *Dress to get wet.* M S

**OUTDOOR SKILLS & SURVIVAL:** Participants will learn how to plan and what to bring for outdoor trips. Learn what to do if you are lost at night; how to: handle injuries, build a fire, find basic shelter, signal for help, recognize signs of and prevent hypothermia; plus basic search and rescue techniques. E M

**INTRODUCTION TO ARCHERY:** Participants will learn archery techniques for target shooting and hunting, safety, the history of archery, how the equipment has changed over time, and the different kinds of bows on the market today. The range will be set up with many opportunities. M

**FLY-FISHING FROM A-Z:** This is an all-day class and will run during Sessions 2 and 3. Participants will learn equipment basics, how to balance their gear, casting techniques, and knot tying. Also covered will be aquatic ecology, insect stages and popular fly patterns. There will be no actual fishing in this class – for an on-the-water fly-fishing class. E M

**INTRODUCTION TO KAYAK FISHING: PART 1** - you will learn how to rig your kayak for fishing, what tackle and equipment are needed, as well as fish habits and habitats. There will be no actual kayaking or fishing during this session. E M

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**BEAUTIFUL BUGS:** Are you curious about insects? Did the fly-fishing introduction get you interested in aquatic insects and other fish food? Do you want to know more about what your backyard birds eat all summer? Explore the lake and forest to capture and observe insects. Learn basic identification and the natural history of dragonflies, caddisflies, mayflies, hellgrammites, ground beetles, and more. E M

**INTRODUCTION TO TURKEY HUNTING:** Have you ever wanted to turkey hunt? Come learn the specifics of hunting for turkey, their ecology, techniques for successfully locating and setting up for a turkey hunt, how to read wildlife sign, and what to do after your harvest. E

**RATING SYSTEM:** Courses are marked according to the physical energy needed to complete the class. Classes marked easy require little physical exertion, moderate will need some physical ability, and strenuous will require a lot of physical exertion. Please sign up for courses appropriate for your ability. **E = Easy M = Moderate S = Strenuous**

## SATURDAY, SEPTEMBER 10

### SESSION 3 • 1:30 p.m.–4:30 p.m.

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**NATURE PHOTOGRAPHY:** Beginner and intermediate photographers – learn the skills you need to take better outdoor photos. We'll cover equipment, composition, exposure, lens selection, etc. Bring your camera – you should have a good understanding of your camera's controls. We'll be in the classroom briefly, then "in the field" to take pictures and have some fun! E M

**OUTDOOR COOKING:** Cooking outdoors over an open fire is challenging and fun – you'll learn to build a fire, cook directly over the hot coals using a Dutch oven and reflector oven. You will also be able to try several different stoves. Recipes will be shared and everyone will get a chance to prepare and sample a variety of dishes – even desserts! This is a hands-on course. E

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**INTRODUCTION TO KAYAK FISHING: PART 2** - You will use the skills learned as you spend the morning fishing on the water – targeting, playing, and landing fish. All equipment provided. For those with some kayaking and fishing experience. Dress to get wet! M S

**EXPLORING WILDLIFE HABITATS:** Trek through local woodlands with a wildlife habitat biologist. Learn to interpret the landscape and identify a variety of habitats. Along the way, look for wildlife sign and clues about past uses of land that helped to create the habitat we see today. Dress for a walk in the woods - hiking shoes or sturdy sneakers required. E M

**FISHING WITH ARTIFICIAL LURES:** Learn how to choose and use lures to entice big fish found in New Hampshire freshwater lakes and ponds. Craft your own lure, and learn to fish the lures from the shore of Lake Winnepesaukee. Be prepared to wade in the water. E M

**INTRODUCTION TO DEER HUNTING:** Are you interested in deer hunting but not sure where to start? Get an overview of stand hunting vs. ground stalking, learn how to read deer sign and understand their habits and movements, learn how and when to track your deer and how to get it out of the woods. This class will also cover general types of firearms/bows, practical clothing, and hunting rules. E M

## SUNDAY, SEPTEMBER 11

### SESSION 4 • 9:30 a.m.–12:30 p.m.

**INTRODUCTION TO HIKING:** Learn what is needed to safely hike in the woods and trails: equipment basics, proper clothing, where to go, how to plan, trail etiquette, and safety. Be prepared to go on an up-to 3.5 mile hike with approx. 1000 ft. elevation gain. Hiking boots required. S

**FIELD DRESSING/CARE OF FISH AND SMALL GAME:** Learn the basics of field dressing, and properly caring for and cooking small game and fish. Demonstrations and hands-on care for fish, small mammals, and upland birds. You'll tackle some easy recipes and actually clean and cook some fish and game. E M

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**INTRODUCTION TO BOWHUNTING:** The challenge and experience of bowhunting is the fastest-growing hunting activity in New Hampshire. Learn about reading wildlife sign, plus various hunting techniques, such as tree stands or stalking. Hands-on activities will include following a mock blood-trail and use of scents. You'll also learn about the ethics of bowhunting and the equipment you will need. E M

**WILDLIFE VIEWING** - This class will go through different types of wildlife viewing tools and how to safely and ethically view wildlife! From game cameras, to binoculars and window watching come learn what wildlife is around and how to set up to see them. E

**INTRODUCTION TO FLY-TYING:** Learn why a particular fly is used, the basic equipment and materials necessary to tie flies, common patterns and what they imitate, insect anatomy, and how to tie several patterns. All equipment and materials will be provided. E

**INTRODUCTION TO MUZZLELOADER:** Learn about the traditions, seasons, and challenges of muzzleloading firearms. This type of firearm is sparking much interest in the hunting community. Learn the difference between flintlock, caplock and the new modern inline. Some attention will be given to the types of ignition, powder and projectiles. Participants will load, fire, and clean the firearm. M

**SNORKELING** - Learn the basics of snorkeling, how to use a mask and snorkel, swimming and breathing techniques, and explore a whole different piece of the lake ecosystem in this class. Participants should be comfortable going under the water and swimming. M S

**ECO TOURING ON THE LAKE:** Spend some time on the Lake learning the ecology of the lake and the fish and wildlife habitat it provides. Discover how a watershed works, learn about the effect of seasons on a lake, search for birds, bugs, and other wildlife, slowly explore a local bay and a tributary stream, and learn techniques for observing wildlife. Some kayaking experience recommended. Dress to get wet. M

**CANOEOING** - First time canoeing or want to brush up on skills? This class will be a lot of fun on the water! We will cover basic boating safety, properly fitting a PFD, different paddling strokes, how to steer and canoeing dynamics. Dress to get wet. M S

**FURBEARERS FOREVER:** If you're interested in knowing more about New Hampshire's furbearers, this class will help you understand these elusive animals. You will learn how to identify pelts, tracks, and sign, as well as proper harvesting methods, including trapping – an often misunderstood activity. Furbearers are a natural renewable resource and overpopulation can lead to a variety of problems, from property damage to negative impacts on human and furbearer health. Best management practices for trapping will be demonstrated. E