MONTANA BOW

BECOMING AN OUTDOORS-WOMAN

SNOWSHOEING 101

February 23, 2019 10am-Noon
Milltown State Park, Missoula

Becoming an Outdoors-Woman (BOW) is an educational program offering hands-on workshops for adult women. We encourage a supportive environment conducive to learning, making friends, and having fun. BOW is sponsored by Montana Fish, Wildlife & Parks.

We are excited to partner with **REI** and **Milltown State Park** for this program!

If you can walk . . .
you can snowshoe!

At this beginner snowshoe class you will learn about the different types of snowshoes and their benefits. The class will take a stroll through Milltown State Park, learning about the history of the area. You will learn how to travel up-hill and down-hill on snowshoes.

Cost is $5 and registration is limited.

What should I bring?

- Bring snowshoes if you have them. If you don't have snowshoes, REI will be providing snowshoes for your use.
- Wear warm winter clothes and dress in layers. Don't forget your hat and gloves.
- Footwear should be sturdy snow boots or insulated hiking or hunting boots. Bring what you have, we'll make it work for this class.
- Some people find it helpful to use ski or hiking poles while snowshoeing – bring them if you have them. If not, REI will have poles you can borrow.

REI co-op

MONTANA STATE PARKS

Registration Form - Snowshoe Workshop - February 23, 2019

Upon receipt of your registration form, we will contact you to confirm your attendance.

Name _____Year of Birth_____ (must be 18 to attend)

Cell Phone_____ Other Phone_____

Address_____

City _____State_____ Zip_____

Email Address_____ We correspond mostly by email!

Emergency Contact: _____

Relationship:_____ Phone: _____

I need to borrow a pair of snowshoes. ☐ **Yes**

☐ **No, I'm bringing my own.**

My $5 is enclosed: ☐ **Yes**

Make checks payable to: Montana FWP

Mail registration form and check to :
FWP
Attn: Sara Smith
1420 E. 6th Ave
Helena, MT 59601

Sorry, no refunds if you cannot attend.

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

_____

Signature Date