

## **2014 Outdoor Women at Big Oaks**

### **Items Participants Need To Bring**

**Beekeeping** - Long sleeve shirts, long pants, and foot wear that covers the entire foot will be required. No history of allergies to bee stinks please.

**Canoeing/Kayaking** - Do not bring items that could be lost in the lake or could be damaged if become wet. Sunglasses and a hat to shield from sun is advised. It's recommended to put on sunscreen that is provided at Old Timbers Lodge before coming to lake.

**Fly Fishing** - A fun attitude and shoes that they don't mind getting muddy and possibly wet!

**Geology** - Good hiking shoes and clothing (rubber boots to walk along the stream if weather and water level allows). A magnifying glass if you have one. Rain gear if needed and walking stick if desired.

**Outdoor Beginner Yoga** - Clothes that stretch, and a yoga mat or beach towel.

**Outdoor Fitness** - Comfortable clothes and running shoes. Be sure to grab a water for yourself that is provided at Old Timbers Lodge before coming to class.

**Outdoor Photography** - A Camera, a sense of humor and a sense of wonder. That ought to do it!

**Self Defense** - Comfortable clothes and shoes.

**Wilderness Survival** - Hiking boots and comfortable clothes.

**Woods & Stream Discovery** - Hand Binoculars and hiking boots.

**All Other Classes** - Bring your smiling faces and the willingness to learn!

All participants should inform themselves of the weather predicted for event day and dress accordingly. It has proven best to dress in layers and remove them as the day heats up. Bring sunglasses and a hat if necessary. Sunscreen and bug spray will be available at Old Timbers Lodge.