

BECOMING AN OUTDOORS WOMAN

TIPS

3 TIPS FOR THE OUTDOORS

- Stay hydrated.
- Use the buddy system.
- Pack a first aid kit.

FOLLOW OUR SOCIAL MEDIA



NEED TO KNOW

Beyond BOW's Introduction to Backpacking at Cranberry Wilderness will be held Friday, June 23rd to Sunday, to June 25th, 2023. The Cranberry Wilderness is a part of the Monongahela National Forest and is highly regarded for its unique ecology. The high elevation (about 3,400 ft) of this location creates an environment similar to Canadian wetlands. Many of the plants and animals found in this area are at their southernmost locations. In addition to hiking and wildlife viewing, we will be offering a fly-fishing experience.

How to register:

Do NOT send any money until you receive a registration acceptance letter confirming your spot on the trip. Once you receive the confirmation, you will have 5 days to turn in your money. The first 10 participants to completely fill out and submit all the required paperwork will be guaranteed a spot on the trip. In the event of a tie, a random drawing will be conducted.

Registration is attached. Participants will have five days to submit registration fee and proof of fishing license with trout stamp purchase to secure their spot.

BEYOND BOW INTRODCUTION TO BACKPACKING AT

Cranberry

June 23-25, 2023





Beyond BOW Weekend
Cranberry Wilderness – Introduction to Backpacking
June 23 – June 25, 2023

Welcome!

About The Trip

Thank you for your interest in our Beyond BOW Weekend! We are so excited to be hosting this fun and educational journey! Beyond BOW's Introduction to Backpacking at Cranberry Wilderness will be held Friday, June 23rd to Sunday, June 25th, 2023. The Cranberry Wilderness is a part of the Monongahela National Forest and is highly regarded for its unique ecology. The high elevation (about 3,400 ft) of this location creates an environment similar to Canadian wetlands. Many of the plants and animals found in this area are at their southernmost locations. In addition to hiking and wildlife viewing, we will be offering a fly-fishing experience. Participation in this event is limited to the first ten completed registrations. Once registration is received, a confirmation email securing your spot with a detailed itinerary will be attached. At that time, you will have five days to submit the registration fee along with a copy of your fishing license and trout stamp.

Registration Fee

A \$75.00 registration fee will be required by cash or check made out to "WVDNR" within five days of receiving your registration confirmation letter. As a part of the registration fee, participants will be provided with all meals except lunch on Friday and Sunday during travel time. Participants have the choice to travel with DNR Staff or drive themselves.

Location and Travel

If participants would like to drive themselves, they may meet the group at South Fork Trailhead at Cranberry Wilderness at 1:30pm on Friday June 23, 2023 (map attached below). Participants can ride in DNR Staff provided transportation, by meeting at the WVDNR's South Charleston Headquarters Office at 9:30 a.m. on Friday, June 23rd, 2023. Participants may also drive themselves but follow WVDNR provided transportation and those participants must also arrive at the WVDNR's South Charleston Headquarters Office at 9:30 a.m. Participants **must** verify who they are riding with and if they are meeting in Charleston on their registration application.

License

Each participant **must** purchase a fishing license with the additional Trout Stamp prior to being confirmed. A copy of your license must be sent to Ashley Anderson at ashley.n.anderson@wv.gov along with your registration fee.

Cell Signal and Electricity

Cranberry Wilderness is a remote location with little, but mostly no, cell coverage. There will be no electricity, which means there will not be any charging outlets available. If you must charge devices, you will need to bring backup batteries or other methods.

Weather

Our remote location in high elevation also means that the weather could potentially be sunny and 90-degrees, or it could be chilly and rainy. If you sign up for the group chat, we will be keeping people updated on the forecast for that weekend so everyone can pack accordingly.

Registration

Participants will be required to participate in a pre- and post-survey to be eligible for future BOW activities. Space is limited to the first 10 participants to submit completed registration forms. To participate, participants must be at least 18 years of age. No experience necessary. A confirmation letter with directions and itinerary will be sent when registration is submitted securing your spot. A checklist of equipment will be provided in the confirmation with the option to borrow some equipment from WVDNR.

I look forward to meeting you all!

Sincerely,

Ashley Anderson

WV Division of Natural Resources
Wildlife Resources Section
324 4th Ave. Room 308
South Charleston, WV 25303
(304) 352-5114

Registration Deadline: June 19th, 2023 at 5:00 p.m.



**Beyond BOW Weekend
Cranberry Wilderness – Introduction to Backpacking
June 23 – June 25, 2023**

Name: _____ Age: _____

Address: _____

Cell Phone: _____ Email: _____

Are you willing to participate in a group text to stay up to date on information regarding the trip?

Name: _____ Age: _____

You must provide a copy of your fishing license and trout stamp receipt within five days of registration.

I will be paying by: _____ Check (\$75.00 made payable to WVDNR)

_____ Cash

Please list any medical conditions, medicines, or dietary restrictions if applicable:

_____.

Shirt size (S, M, L, XL, 2X, 3X, 4X): _____ Shoe Size: _____

Please indicate your plans of transportation:

- _____ Riding in provided transportation from South Charleston (meeting at 9:30 a.m.)
_____ Driving self from Charleston meeting at South Charleston (meeting at 9:30 a.m.)
_____ Driving self from homebase to South Fork Trail Head (meeting at 1:30pm)

Emergency Contact:

Name: _____

Address: _____

Cell Phone: _____ Email: _____

Signature: _____ Date: ____/____/____

Individual Items

Student Name:		
Items that each person needs		Equipment
I have it	I need it	
		Backpacking – style backpack
		Waterproof backpack cover (heavy duty garbage bag can be used as substitute)
		Sleeping bag (for 15-30 degree temperatures)
		Ground pad (goes under the sleeping bag)
		Warm non-cotton clothes (bring several changes of non-cotton clothes, base layers, outer layers, hat, gloves, extra wool socks, etc.)
		Rain gear
		Hiking boots (ankle support is GOOD)
		Canteen or water bottle
		Eating utensils - silverware, bowls, mugs, etc. (mess kits are great)
		Flashlight or headlamp and extra batteries
		Toilet paper, bio-wipes and toiletries – tooth brush and paste, deodorant, etc. (don't sleep with anything the has a scent inside your tent, including toothpaste and deodorant – pack them away with the food or in your backpack)
		Locking pocket knife
		Compass and trail descriptions
		Cell phone (turn it off to save the battery in case of emergency)
		Any personal medications that you may require (Asthma inhalers, allergies, etc.)

WVDNR Equipment Loan Agreement and Becoming and Outdoors Woman Risk Acknowledgement Form

IMPORTANT: THIS IS A LEGAL DOCUMENT

PLEASE READ THIS DOCUMENT CAREFULLY BEFORE SIGNING BELOW. THIS AGREEMENT AND RELEASE INCLUDES A RELEASE OF CLAIMS. A TRUE AND ACCURATE COPY OF THIS RELEASE CAN BE USED AS IF IT WERE AN ORIGINAL.

The West Virginia Division of Natural Resources Wildlife Resources Section is happy to loan camping equipment to its participants for Becoming an Outdoors Woman (BOW) Workshops and Beyond BOW activities. However, a clear understanding of roles and responsibilities is necessary in order for WVDNR to provide such loans. There are inherent risks associated with all adventurous outdoor recreational activities, and you should be aware of these risks before borrowing WVDNR equipment and venturing into the outdoors. You, the borrower, are responsible for thoroughly inspecting all equipment to ensure its adequate condition and functionality prior to using said equipment in the field. You, the borrower, are also responsible for drying and cleaning equipment before returning it, and notifying the BOW State Coordinator if any equipment becomes damaged while in your possession.

You should further be aware that BOW Workshops and Beyond BOW activities associated with WVDNR are **not** led by licensed outdoor guides. You are part of a group but are not under continual supervision. Therefore, you are responsible for your own behavior and safety. By signing this form and the attached "Acknowledgment of Risk for Outdoor Pursuits", you agree to assume responsibility for any personal medical or search and rescue expenses that may result from your participation in your trip. By signing this form, you further agree to assume and accept full responsibility for the inherent risks identified herein and those inherent risks not specifically identified, including transportation to and from the activity. You agree that your participation in any BOW trip is purely voluntary, no one is forcing you to participate, and you elect to participate with full knowledge of the inherent risks. By participating in the BOW Workshops and/or Beyond BOW activities, you are agreeing to voluntarily release, discharge, indemnify, and hold harmless the State of West Virginia, the West Virginia Department of Commerce, the West Virginia Division of Natural Resources, and BOW, and all of their officers, employees, agents, guides, volunteers, sponsors, associated students and assigns from any and all manner of causes of action, claims, damages, losses, costs, attorneys' fees and expenses – except for if one of the above entities or persons engages in gross negligence or willful misconduct – whether for personal injury, property damage, or otherwise, available or which may be available at law or in equity, arising from, or in any way related to your participation herein.

Participant Name (Print): _____ Participant Signature: _____

Date: _____ Date(s) of Trip: _____ Trip Location: _____

Trip Activities: _____

Be safe, be smart, stay calm, plan ahead and prepare, leave a detailed trip itinerary behind with a responsible person, and have fun!

ACKNOWLEDGEMENT OF RISK FOR OUTDOOR PURSUITS

On any outdoor adventure, the risks you may encounter include, but are not limited to, the following:

1. Accidents can occur while hiking: trails are often steep, rocky, and/or slippery; some hikes involve crossing streams, where footing can be awkward or hazardous; and participants can slip or fall during a hike, resulting in injury or death. Travel by foot is over rugged, unpredictable trail and off-trail terrain, including boulder fields, downed timber, river crossings, high mountain passes, snow and ice, steep slopes, and slippery rocks. Attendant risks include collision, falling, drowning and others usually associated with such travel, as well as environmental risks.
2. Environmental risks include rapidly moving, deep or cold water, insects, snakes, and predators, including large animals, poisonous plants; falling and rolling rock, lightning, avalanches, flash floods, and unpredictable forces of nature, including weather that may change to extreme conditions without notice.
3. You may experience extremely cold conditions, which can lead to injury from frostbite or death from hypothermia.
4. You may experience extremely hot conditions, which can lead to heat stroke or heat exhaustion, which can lead to serious illness or death.
5. Hikers may become lost, especially in low-visibility weather conditions, which may lead to prolonged exposure to heat or cold, lack of food or water, and other hazardous environmental conditions.
6. Meals are prepared over gas stoves and sometimes open fires. Water often requires purification before use. Attendant hazards may include: burns, cuts, and flu-like illness.
7. Decisions are made by the participants in a wilderness setting, based on a variety of perceptions and evaluations which by their nature are imprecise and subject to errors in judgment. Participants may have free and unsupervised time. Throughout the trip, participants are responsible for their own safety and asked to look out for the safety of other members of their group.
8. It is also possible that some participants would suffer mental anguish or trauma from the experience or their injuries.

I, the undersigned, have read and understand the above Acknowledgment of Risk for Outdoor Pursuits. I understand that this Outdoor Pursuit includes wilderness, wildlife, and the great outdoors, and is not a controlled environment. I further understand that it is impossible to foresee every potential danger, hazard, condition, situation, or risk associated herewith. Nonetheless, I knowingly, intelligently, and freely decide to participate in this Outdoor Pursuit, and I do so at my own risk.

Participant Name (print): _____

Signature: _____

Date: _____



**Beyond BOW Weekend
Cranberry Wilderness – Introduction to Backpacking
June 23 – June 25, 2023**

Please indicate by circling one of the following:

Have you ever purchased a hunting or fishing license prior to registration to Beyond BOW Introduction to Backpacking?

Yes

No

How would you rate your experience level in each of the following:

Backpacking:

1 2 3 4 5

Wildlife Viewing:

1 2 3 4 5

Fly Fishing:

1 2 3 4 5

Please answer the following questions in the space provided.

What do you hope to gain from this trip?

How did you hear about this Beyond BOW Weekend?

What are you most nervous about for this trip?

What materials/information would help you feel prepared for this trip?

Submit Registration To:

Ashley Anderson at WDNR Wildlife Resources, 324 4th Ave., South Charleston, WV 25303 or at ashley.n.anderson@wv.gov. Please feel free to contact me with any additional questions or concerns.



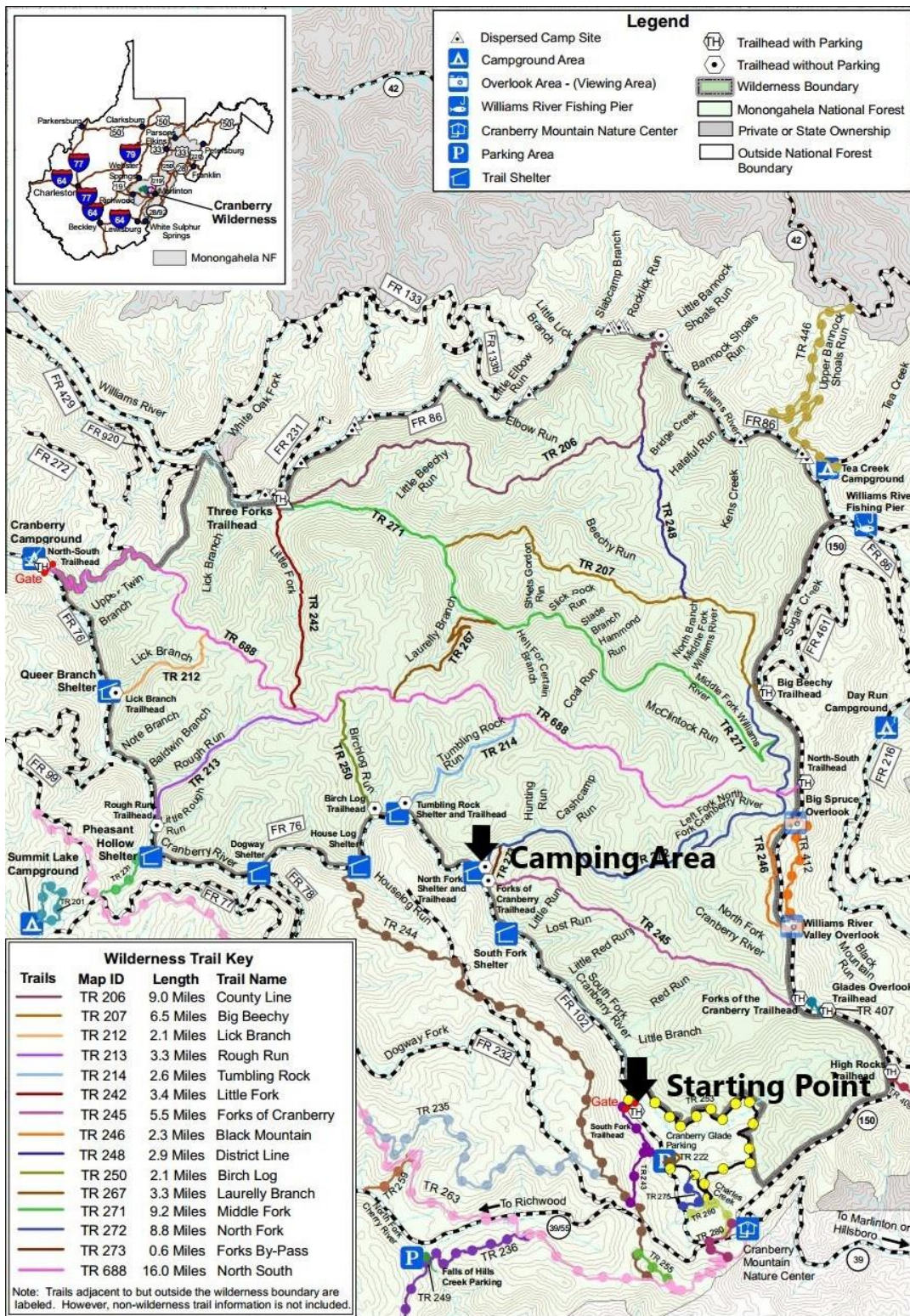
Beyond BOW Weekend
Cranberry Wilderness – Introduction to Backpacking
June 23 – June 25, 2023

Itinerary

Friday	
9:30 a.m.	Meet at WVDNR South Charleston
10:00 a.m.	Departure for Cranberry Wilderness
1:30 p.m.	Arrive at South Fork Trailhead at Cranberry Wilderness (Map Attached)
2:00 p.m.	Begin Hike to North Fork Shelter and Trailhead (begins catch and release section of river) Duration: 4 miles
6:30 p.m.	Arrive at Shelter -Campsite 101 and Bear Safety Class-
7:30 p.m.	Dinner -Fire Starting Class-
9:00 p.m.	S'mores
10:00 p.m.	Lights Out -Star Gazing and iPhone Nighttime Photography-
Saturday	
7:30 a.m.	Wake-up
8:00 a.m.	Breakfast
8:30 a.m.	Group 1 Depart for Nature Hike and Bird ID
8:30 a.m.	Group 2 Depart for Fly Fishing
12:00 p.m.	Lunch at Shelter
12:30 p.m.	Group 1 Depart for Fly Fishing
12:30 p.m.	Group 2 Depart for Nature Hike and Wildlife ID
6:00 p.m.	Dinner
7:00 p.m.	Evening Activity
10:00 p.m.	Lights Out
Sunday	
7:00 a.m.	Wake-up
7:30 a.m.	Breakfast
8:00 a.m.	Hike Back to Parking Lot
1:00 p.m.	Arrive at Parking Lot
1:30 p.m.	Depart
2:00pm	Lunch at Hole in the Wall in Richwood, WV
3:00 p.m.	Arrive at South Charleston DNR

Parking Lot Location: South Fork Trail Head 38.208438, -80.282225

Shelter Location: North Fork Shelter 38.2583756, -80.3243585***If needed, equipment may be borrowed from WVDNR. Make sure to pack everything that you may need with you. We recommend bringing extra cash in case you wish to shop.***



MNF GIS Staff
UTM, Zone 17, NAD 83
August 25, 2010

Cranberry Wilderness Monongahela National Forest

Original data were compiled from multiple source data and may not meet the U.S. National Map Accuracy Standard of the Office of Management and Budget. This map has no warranties as to its contents or accuracy.



Contour Interval = 100 feet