



Virginia Outdoor Women

# DWR Virginia Outdoor Women (VOW) Program CURRICULUM TRACKER

FOCAL AREA	TOTAL COURSES	START DATE	END DATE
OUTDOOR SKILLS	4	_____.	_____.

To complete the DWR Virginia Outdoor Women (VOW) Program **Individual Mastery Outdoor Skills Certification**, a participant must complete all the courses listed on this curriculum tracker.

FULL NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHYSICAL ADDRESS (for mailing certificate): \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

COURSES	DESCRIPTION	COURSE DATE	COURSE LOCATION
LADIES NIGHT @ THE FORAGING SPOT	EDIBLE PLANTS, MEDICINAL PLANTS, ETC.		
LADIES NIGHT @ THE CAMP	DUTCH OVEN COOKING, BASICS OF CAMPING, TENTS, ETC.		
LADIES NIGHT @ THE TRAIL	WILDLIFE VIEWING, NAVIGATION, HIKING, ETC.		
LADIES NIGHT @ THE BACKCOUNTRY	SURVIVAL, KNOTS, FIRE STARTING, FIRST AID, ETC.		

**SUBMISSION INSTRUCTIONS:** To receive this certification and corresponding certificate, please SCAN & SAVE a copy of this document as a PDF and email it to [VOW@dwr.virginia.gov](mailto:VOW@dwr.virginia.gov). Please allow 30 days for processing and/or mailing of certificate.

If you have questions about certifications and/or courses, please email [VOW@dwr.virginia.gov](mailto:VOW@dwr.virginia.gov). Please allow 72 hours for response.