

## Girl Scout Trail Adventure Badge

<b>One Way to Earn the Trail Adventure Badge as a Multi-Level Troop</b>	What Daisies Do (Daisy Trail Adventure Badge)	What Brownies Do (Brownie Trail Adventure Badge)	What Juniors Do (Junior Trail Adventure Badge)	What Cadettes Do (Cadette Trail Adventure Badge)	What Seniors Do (Senior Trail Adventure Badge)	What Ambassadors Do (Ambassador Trail Adventure Badge)
Go on a hike! Choose from the list below: <ul style="list-style-type: none"> <li>● Night hike: Watch the stars, hear the sounds of the night, explore night creatures.</li> <li>● Woods hike: Hike in a forest or woodsy area.</li> <li>● Beach hike: Hike on a trail along the ocean or on the sand.</li> <li>● Urban hike: Hike around the city or your community.</li> <li>● Snow hike: Hike in snow.</li> <li>● Rain hike: Hike after it rains. How does it change the hike?</li> <li>● Senses hike: Hike with a buddy with one person blindfolded while the other leads. What do you see, hear, and smell?</li> <li>● Photo hike: Take photos along your hike to tell a story.</li> <li>● Color hike: Bring color chips (paint chips) on your hike and identify matching colors in nature.</li> </ul>	Choose your outdoor adventure	Choose your outdoor adventure	Choose your outdoor adventure	Choose your outdoor adventure	Choose your outdoor adventure	Choose your outdoor adventure
<ul style="list-style-type: none"> <li>● Pick a place. Where do you want to go trail running or hiking? A local park? A nature preserve? A new place you'd like to visit? How will you get there?</li> <li>● Pick a day and time. Find a day that will work for your adventure. How long do you think you'll need to be there? What will you do if it rains, snows, is really hot, or really cold? Will you still go or will you pick a back-up day?</li> <li>● Plan some activities to do along the trail. If you decided on hiking, decide what three types of hikes you would like to do for your outdoor adventure. See Adventure Options on page TK for some</li> </ul>	Prepare for your adventure	Plan and prepare	Plan and prepare	Plan and prepare	Plan and prepare	Plan and Prepare

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<p>ideas, but feel free to come up with your own! If you'll be trail running, write down some games you can play by yourself or with a partner while running. For example, you could call out items along the trail that start with each letter of the alphabet, or count the number of living things—like birds, bugs, or squirrels—you see or hear.</p> <ul style="list-style-type: none"> <li>• Come up with a budget. Make a list of all the expenses for your outdoor adventure. What will you need for food, travel, and gear? How will you pay for it? You and your troop may want to use Girl Scout Cookie earnings</li> </ul>						
<p>Use this list to help make a checklist of things you might need for your outdoor Adventure. And add things, too! For example, you might need a backpack for your hike.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Proper clothing and footwear</li> <li><input type="checkbox"/> Sun protection</li> <li><input type="checkbox"/> Water</li> <li><input type="checkbox"/> Food</li> <li><input type="checkbox"/> First-aid kit</li> <li><input type="checkbox"/> Form of shelter</li> <li><input type="checkbox"/> Light source</li> <li><input type="checkbox"/> Repair kit</li> </ul>	<p>Go on your adventure</p>	<p>Gather your gear</p>	<p>Gather your gear</p>	<p>Gather your gear</p>	<p>Gather your gear</p>	<p>Gather your gear</p>
<p>Come with a training plan to prepare and train for your adventure. Get a good night's sleep before your adventure.</p> <ul style="list-style-type: none"> <li>• Eat a healthy meal before you go.</li> <li>• Find local places where you can go on practice runs or hikes.</li> <li>• Before you run or hike, warm up your muscles with some light exercises. You might try jumping jacks, jogging in place, arm circles, and raising your knees up high.</li> <li>• Practice using good form for trail running and hiking. Keep your eyes on the trail ahead of you, hold your body tall (try not to</li> </ul>		<p>Train your adventure</p>	<p>Set a goal and train for your adventure</p>	<p>Set a goal and train for your adventure</p>	<p>Set a goal and train for your adventure</p>	<p>Set a goal and train for your adventure</p>

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<p>slouch), swing your arms up and down, keep your feet under (not in front of) your body, and use a shorter stride.</p> <ul style="list-style-type: none"> <li>● Do a talk test: If you can't say more than a few words at a time, you're probably running or hiking too hard. Slow down until you catch your breath. Remember, your adventure should be fun!</li> <li>● After you run or hike, be sure to stretch out the muscles in your lower body.</li> <li>● Pick a positive saying for your outdoor adventure. It could be something like "I can do it," "I've got this," or "I am strong." Repeat this out loud or silently to yourself as you are training and on your adventure.</li> </ul>						
<p>Make your adventure an experience you'll remember forever—add fun games, take photos, or keep a journal!</p>						