



# High Adventure Badge

## TOOLKIT



**Girl Scouts'** new High Adventure badges, developed in collaboration with The North Face, provide girls with a unique opportunity to explore and build their confidence in the outdoors. There are two High Adventure badges to pick from—one for each level of Girl Scouting. Both badges—Trail Adventure and Snow or Climbing Adventure—allow girls to choose their own adventure in trail running, hiking, snow sports, or climbing. As girls' skills grow in each area, the activities become more challenging.

Given that challenge, GSUSA has developed this High Adventure Badge Toolkit to support councils in their rollout. This resource begins with an overview that provides general guidance on activation, including badge overviews by grade level. It also includes activity checkpoints at a glance; direction on developing a high-adventure resource directory; how-to steps for engaging local outfitters, retailers, and experts; and additional information on gear, locations, and travel.

Finally, throughout the badge booklets, volunteers are encouraged to speak to activity experts and visit outdoor retailers to help build their girls' understanding of and confidence in their chosen activity. This toolkit provides “pick and go” resource sheets offering talking points on badge topics that can be shared with activity experts and contacts at outdoor retailers.

**Inspire the next generation  
of female explorers!**

# Trail Adventure Badges

For each badge in this group, girls choose whether to run or hike on a trail. The activities become more challenging throughout their Girl Scout years.



## Daisy

You choose! Jog while you explore outdoors or go on a hike and play games.



## Cadette

You choose! Go on a long-distance trail run or take a hiking challenge.



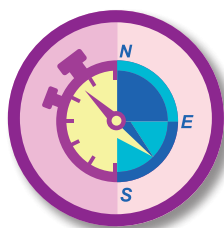
## Brownie

You choose! Go trail running or take different kinds of hikes.



## Senior

You choose! Compete in a trail race or take a backpacking trip.



## Junior

You choose! Go on a trail run for a distance that challenges you or train for and go on three separate day hikes.



## Ambassador

You choose! Coach another girl in trail running or take a multiday backpacking trip.

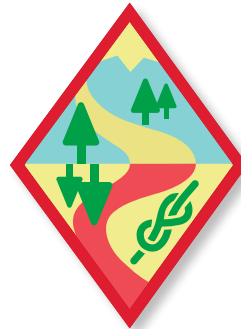
# Snow or Climbing Adventure Badges

For each badge in this group, girls choose whether to have an adventure in the snow or go climbing. The activities become more challenging throughout their Girl Scout years.



**Daisy**

You choose! Be active outside in the snow or boulder on a rock-climbing wall using just your arms and legs—no rope or harness!



**Cadette**

You choose! Go on a skiing/snowboarding trip or have an outdoor climbing adventure.



**Brownie**

You choose! Ski along trails on a cross-country winter adventure or learn climbing skills on an artificial wall, indoors or outdoors.



**Senior**

You choose! Camp in the snow or advance your rock-climbing skills on an outdoor climbing trip.



**Junior**

You choose! Go downhill skiing/snowboarding or recreational tree climbing.



**Ambassador**

You choose! Go on a three-day winter backpacking trip or a three-day outdoor climbing trip.

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## BADGE STEPS

# At a Glance\*

### STEP 1:

#### **Choose your adventure.**

Picking between two outdoor activities—hiking or trail running; snow sports or climbing.

### STEP 2:

#### **Plan and prepare.**

Exploring activity destinations, selecting a destination location and timeframe, and budgeting for the adventure.

### STEP 3:

#### **Gather your gear.**

Learning about (or reviewing) the Essentials for Outdoor Adventures, including gear needed for the specific outdoor adventure.

### STEP 4:

#### **Set a goal and train for your adventure.**

Creating a training schedule, practicing skills related to the activity, reviewing safety tips, and practicing first aid skills as they relate to the adventure.

### STEP 5:

#### **Go on your adventure.**

Reviewing safety, doing a gear check, checking the weather, reviewing Leave No Trace, and then going on the adventure!

\*Daisy badge has three steps: (1) Choose your adventure, (2) Prepare for your adventure, and (3) Go on your adventure.

## BADGE PROGRESSION BY Grade Level

### HIKING BADGE SERIES

#### Outdoor Hiking Games badge for Daisy Girl Scouts

- Day hike with an outdoor game included

#### Roamer badge for Brownie Girl Scouts

- 3 different types of day hikes (e.g., owl hike, rain hike, sense hike, urban hike, color hike)

#### Day Hiker badge for Junior Girl Scouts

- 3 day hikes, each hike being at least 3 hours, covering 3–4 miles

#### Trail-Hiking Challenge badge for Cadette Girl Scouts

- 3 day hikes, each hike being at least 6 hours
- Hikes include 1 of at least 10 miles, 1 covering at least 2,000 feet in cumulative elevation gain, and 1 on a different type of terrain from previous hikes.

#### Backpacking badge for Senior Girl Scouts

- 3-day, 2-night backpacking trip
- Aim for hiking at least 10 miles on their trip.

#### Trekking badge for Ambassador Girl Scouts

- 5-day, 3-night backpacking trip
- Aim for hiking a minimum of 20–25 miles on their trip, with an optional rest day if needed.

### TRAIL RUNNING BADGE SERIES

#### Jogging badge for Daisy Girl Scouts

- Jog around their neighborhood, in a park, or on a trail.

#### Trail-Running Basics badge for Brownie Girl Scouts

- 3 different trail runs, increasing the time they are running compared to walking.
- Aim to be on a trail for 20 minutes each time.

## Trail Running badge for Junior Girl Scouts

- Train to run on a trail for a distance that challenges them.
- Aim for 1 mile at a comfortable pace; go farther than a mile, if they can.

## Long-Distance Trail Running badge for Cadette Girl Scouts

- Train to build endurance for running a long distance at a comfortable pace.
- Aim for a 3-mile distance.

## Competitive Trail Running badge for Senior Girl Scouts

- Train and compete in a trail race.
- Aim for a 5K/10K distance.

## Trail-Running Coach badge for Ambassador Girl Scouts

- Help guide another girl in the sport of trail running.
- Aim to have at least 8 training sessions over a 2-month period.

## SNOW SPORTS BADGE SERIES

### Snow Play badge for Daisy Girl Scouts

- Day trip to experience a snow activity such as snowshoeing, tubing, sledding, ice skating, or tobogganing

### Cross-Country Skiing badge for Brownie Girl Scouts

- Day trip to experience cross-country skiing on a trail

### Slope Sliding badge for Junior Girl Scouts

- Day trip to experience snowboarding or downhill skiing at a ski resort

### Slope Sliding badge for Cadette Girl Scouts

- 2-day, 1-night trip (or 2 separate day trips) to experience snowboarding and/or downhill skiing at a ski resort

### Snow Camping badge for Senior Girl Scouts

- 2-day, 1-night trip to experience snow camping in a designated camping area
- **Note:** Girls will be constructing and spending the night in a snow shelter (tent, quinzhee, and/or snow trench).

## Snow Trekking badge for Ambassador Girl Scouts

- 3-day, 2-night trip to experience winter backpacking in the backcountry
- **Notes:**
  - Girls will be constructing and spending 2 nights in a snow shelter (tent, quinzhee, and/or snow trench).
  - Girls will be hiking to their overnight camping area, carrying their gear with them; they will use snowshoes, cross-country skis, backcountry skis, and/or split boards to travel to their campsite(s).
  - Girls are required to take avalanche training if applicable to their location.

## CLIMBING BADGE SERIES

### Bouldering badge for Daisy Girl Scouts

- Day trip to experience bouldering at an artificial bouldering wall

### Rock Climbing badge for Brownie Girl Scouts

- Day trip to experience rock climbing\* at an artificial climbing wall

### Recreational Tree Climbing badge for Junior Girl Scouts

- Day trip to experience recreational tree climbing

### Outdoor Climbing badge for Cadette Girl Scouts

- 2–3 practice sessions at an artificial climbing wall
- Day trip to experience outdoor rock climbing
- Learning pieces: climbing\*, belaying\*

### Outdoor Climbing badge for Senior Girl Scouts

- 2–3 practice sessions at an artificial climbing wall
- 2-day, 1-night trip to experience outdoor rock climbing
- Learning pieces: climbing\*, belaying\*, rappelling, gear safety checks

### Climbing Adventure badge for Ambassador Girl Scouts

- 2–3 practice sessions at an artificial climbing wall
- 3-day, 2-night trip to experience outdoor rock climbing
- Learning pieces: climbing\*, belaying\*, rappelling, gear safety checks, anchor systems\*

\*Girls are to use top-rope systems for all climbing and belaying; NO lead or traditional climbing permitted by girls.

## COUNCIL PREPARATION

# Checklist

### SAFETY ACTIVITY CHECKPOINTS

**Review the checkpoints for the specific high-adventure activity.**

- Trail running will use the checkpoints for “Hiking.”
- Snow camping will use the checkpoints for “Camping.”
- Snow trekking will use the checkpoints for “Backpacking” along with “Cross-Country Skiing,” “Snowshoeing,” etc. based on their mode of transportation in the backcountry.
- GSUSA will update “Climbing and Rappelling” to reflect the change allowing Daisies to participate in bouldering.

**Council approval:**

- Council approval is required for all climbing and rappelling activities (bouldering, rock climbing, outdoor climbing, and rappelling; artificial bouldering and climbing walls; and outdoor natural bouldering and climbing areas).
- Council approval may be required for activities related to hiking, trail running, specific snow sports, and recreational tree climbing (check your council’s requirements).

**Liability insurance:**

- All climbing outfitters/instructors (bouldering, rock climbing, and rappelling) are **required** to carry commercial insurance. Verify that the outfitter does have insurance and seek to confirm that the limit of liability they carry is the minimal standard of \$1,000,000. If the outfitter is willing to provide a Certificate of Insurance form, request that the name of your council be listed as the Certificate Holder.
- Outfitters/instructors may be asked to provide their Certificate of Insurance for other group reservation activities such as hiking, trail running, specific snow sports, and recreational tree climbing (check your council’s requirements). However, even if the outfitter is unwilling or unable to provide an actual Certificate of Insurance, always confirm that they do carry commercial general liability insurance.

**Review the Safety Activity Checkpoints checklists included in this toolkit as a quick reference when considering Girl Scout trips with hiking, trail running, snow sports, or climbing-related activities.**

### HIGH-ADVENTURE RESOURCE DIRECTORY

Many councils use a resource directory to share information on approved activity experts and outfitters/instructors for high-adventure activities with their volunteers.

Update your high-adventure resource directory, or your council’s equivalent resource, to include:

## Approved outfitters for the specific outdoor activities

- Provide contact information including a point of contact's name, title, email, and phone number.
- More detail on outfitters is provided in this document.

## Approved activity experts for the specific outdoor activities

- With permission provide contact information including their name, email, location, and phone number.
- More detail on activity experts is provided in this document.

## Outdoor adventure retailers who are willing to support girls with their outdoor badges

- Provide contact information including a point of contact's name, title, email, and phone number.
- More detail on outdoor retailers is provided in this document.

## Places from which girls can rent gear needed for specific outdoor activities

- Provide contact information including a point of contact's name, title, email, and phone number along with what items girls can rent from them.

## Potential activity locations

- Provide information on potential trips in your council (e.g., activity, location, trail information, grade level participation).

**Bonus opportunity: Share your high-adventure resource directory with neighboring councils. Connect volunteers and parents/guardians of IRGs with these resources so they can use a list of approved outfitters/instructors when planning their out-of-council high-adventure trips.**

## ACTIVITY EXPERTS

### Review your council's policies on engaging activity experts.

- For each grade level (exception: Daisy Girl Scouts), there are opportunities for girls to talk with activity experts to learn more about their outdoor activity. These opportunities present themselves in the options within many of the badge steps.
- Councils are not required to approve activity experts; however, having a list of activity experts available would be helpful to volunteers and girls working on these badges.
- Councils and volunteers are responsible for ensuring girls have a qualified adult with them while participating in high-adventure activities. Review the "Instructor Credibility" section under the heading "Girl Scout Safety Standards and Activity Guidelines" in Safety Activity Checkpoints.

### Seek out activity experts in your council.

- Potential groups to connect with:

- ▶ Volunteers
- ▶ Parents/guardians of girl members
- ▶ Collegiate outdoor recreation programs
- ▶ Nonprofits or associations related to the outdoors
- ▶ Community meet-up groups or clubs with a focus on specific outdoor activities
- ▶ Outfitters for the specific outdoor activity
- Use your council's activity expert acquisition form, or the provided sample questions in this toolkit, to collect information from potential activity experts and determine if they are a good fit.

**Meet with selected individuals to discuss the specific badge series with them. Use the Activity Expert tools to assist your conversation.**

- **Note:** Meetings can be done via video chat; they do not have to be done in person.

**Confirm they would be willing to support the specific badge series by being listed as an activity expert for your Girl Scout council.**

**Update your council's high-adventure resource directory, or your council's equivalent resource, to include these approved activity experts.**

## OUTDOOR RETAIL STORES

For each grade level (exception: Daisy Girl Scouts), badge step 3 gives girls the choice of visiting an outdoor adventure retailer to learn about "Essential Gear for Outdoor Adventures" and gear specific to their outdoor adventure.

- Seek out and meet with outdoor adventure retailers in your council to share the new outdoor badges with them.
- Use the provided talking points for outdoor retailers document to help guide your conversation, giving them a copy for their reference.
- Ask if they'd be willing to support the new outdoor badges by being listed as an outdoor adventure retailer for your Girl Scout council.
- Update your council's high-adventure resource directory, or your council's equivalent resource, to include outdoor adventure retailers willing to help girls with their badge step 3.

## GEAR RENTAL

Girls may need access to gear specific to their outdoor adventure, some of which can be rented.

**Research various places girls can rent gear; potential places include:**

- Collegiate outdoor recreation programs

- Outdoor adventure retailers
- Government agencies that provide outdoor programming (e.g., county conservation departments, state extension programs)
- Nonprofits that provide outdoor programming (e.g., nature centers)

**Items girls may need to rent include, but are not limited to, the following:**

- Hiking backpacks
- Backpacking stoves
- Sleeping bags
- Sleeping pads
- Backpacking tents
- Modes of transportation for winter sports (e.g., snowshoes, cross-country skis, backcountry skis, sled to pull gear for snow trekking)

**Update your council's high-adventure resource directory, or your council's equivalent resource, to include these gear rental locations.**

## POTENTIAL ACTIVITY LOCATIONS

**Research areas in your council where girls can participate in the outdoor activities specified in the High Adventure badges.**

- Look back at previous troop trip applications and approvals to see what trips have taken place recently.
- Talk with activity experts, outdoor adventure retailers, collegiate outdoor recreation programs, and park rangers for location ideas.

**Update your council's high-adventure resource directory, or your council's equivalent resource, to include these activity location options.**

**Bonus opportunity: As girls participate in high-adventure trips, ask the volunteers to submit a trip report to council.**

- The trip report could include:
  - ▶ Group information (grade level, number of participants, date of activity)
  - ▶ Activity information (badge worked on, itinerary of the trip, contact information for outfitter if applicable)
  - ▶ Trail information, if applicable (location, trail name, mileage, terrain, water sources, difficulty, weather, campsites, remoteness of trail)
  - ▶ Contact information for the lead volunteer (name, email, phone)

- Make the submission online and download data on a quarterly or semiannual basis.
- Provide volunteers and parents/guardians of IRGs information on these high-adventure trips (e.g., PDF on your council website).

## TRIP, TRAVEL, AND HIGH-ADVENTURE ACTIVITY APPROVAL PROCESSES

Each badge has girls participating in an outdoor adventure specific to their activity whether it be a trip across town to trail run in a city park or a 5-day, 4-night backpacking trip in a different state.

Councils need to confirm their trip, travel, and high-adventure approval processes are clearly defined for volunteers and parents/guardians of IRGs. Consider the questions below to support trip plans.

### High-Adventure Activities

- For which high-adventure activities does your council require volunteers and parents/guardians of IRGs to obtain approval?
  - ▶ Council approval is required for all climbing and rappelling activities (bouldering, rock climbing, outdoor climbing, and rappelling; artificial bouldering and climbing walls; and outdoor natural bouldering and climbing areas).
- For high-adventure activities requiring council approval, how does a volunteer or parent/guardian of an IRG seek approval?
- How does your council verify the outfitter or activity expert for the high-adventure trip?
  - ▶ Does your council have a list of outfitters or activity experts who are already council-approved (e.g., high-adventure resource directory)?
  - ▶ If yes, is this list made available to volunteers and parents/guardians of IRGs? If not, how do they know which activity experts are already approved by your council?
  - ▶ If volunteers or parents/guardians of IRGs want to use a high-adventure outfitter or activity expert not already approved by your council, what do they need to do?
- For activities using activity experts not connected to an outfitter (e.g., activity expert taking girls out day hiking):
  - ▶ Activity experts are not required to have a GSUSA membership or have a criminal background check for day outings. However, if they are non-members, extra activity accident insurance should be purchased for the dates they are assisting the girls with their badges.
  - ▶ Check your council's specific guidelines regarding GSUSA membership and criminal background checks for activity experts doing an overnight trip with the girls (e.g., backpacking trip).

### Trips and Travel Activities

- Which types of trips and travel does your council require volunteers and parents/guardians of IRGs to get

approval for?

- ▶ Use Volunteer Essentials as well as your council's specific policies.
- ▶ Items to consider include length of trip (day trip, overnight trip, multi-night trip), location of trip (local, in-state, out-of-state), accommodations (camping, hotel), grade-level restrictions, and different stages of the travel progression.
- For trips and travel requiring council approval, how does a volunteer or parent/guardian of an IRG seek approval?
- **Bonus opportunity:** Provide volunteers and parents/guardians of IRGs a quick reference guide listing trip and travel requirements. Define items such as required trainings, participant paperwork, additional activity accident insurance, council application/approval form, grade-level participation restrictions, and items required of adults attending such as criminal background checks and GSUSA membership.

## High-Adventure Activities + Trip and Travel

- Streamline your council's approval process for volunteers or parents/guardians of IRGs seeking approval for multiple activities connected to one trip (e.g., girls traveling out of state to go backpacking but along the way they want to go to a waterpark, stay at a hotel, and go horseback riding).

## COUNCIL-SPECIFIC OUTDOOR PROGRAM CURRICULUM, PROGRAM OFFERINGS, AND TRAININGS

- Review and update your council's outdoor program curriculum for the high-adventure activities related to hiking, trail running, snow sports, and climbing.
  - ▶ Summer camp programs
  - ▶ School-year programs
  - ▶ Patch programs
  - ▶ Council's Own badges
  - ▶ Program partner offerings
- Provide council-supported program opportunities for girls to work toward their hiking, trail running, snow sports, and/or climbing badges.
- Review your council's long-range outdoor program and property plans.
  - ▶ Are there plans to create or expand high-adventure programs in your council (including summer and school-year programs)?
  - ▶ Are there ways for your council to expand troop rentals of your camp properties to include high-adventure programming options?
  - ▶ Are there ways to rent council-owned camping, backpacking, and/or winter sport equipment to girls when not being used for council programs? If your council has a replacement plan with outdoor gear, could the older gear be available for girls to rent?

- Provide opportunities for your council's outdoor program department and/or your volunteers to attend trainings focused on high-adventure activities, in addition to Wilderness First Aid or Wilderness First Responder trainings.
- **Bonus opportunity:** Is your council a pro at providing programs geared toward a specific high-adventure activity? If so, look at providing a Destination program in order to help girls from across the country earn their hiking, trail running, snow sports, and/or climbing badges!

## ADDITIONAL NOTES

### Volunteer Experience

- Outfitters and/or activity experts can be utilized for each High Adventure badge, sharing their knowledge and expertise for each specialized activity.
- Therefore, volunteers do not need an extensive background in hiking, trail running, snow sports, and/or climbing.
- If volunteers want to participate in high-adventure activities alongside the girls, they need to be physically capable of completing the activity required by the girls (e.g., 1-mile trail run, winter backpacking trip).

### Financial Commitment

- **Hiking and Trail Running Badge Series:** These badges have minimal financial commitment associated with them unless girls decide to travel for their outdoor adventure.
- **Snow Sports Badge Series:** These badges have a larger financial commitment associated with them.
  - ▶ Girls may need to rent gear (e.g., snowshoes, cross-country skis, winter camping gear).
  - ▶ Junior and Cadette Girl Scouts will be downhill skiing or snowboarding at a ski resort; therefore, they will have expenses related to travel, overnight accommodations, gear rental, lift tickets, ski or snowboard lessons, and so forth. It would be a great option for a troop trip.
- **Climbing Badge Series:** These badges have a larger financial commitment associated with them.
  - ▶ Girls will need to use an approved climbing outfitter/instructor for these badges thus incurring the fees required by the outfitter/instructor.
  - ▶ Cadette, Senior, and Ambassador Girl Scouts will be participating in multiple climbing outings using climbing outfitters/instructors. It would be a great option for a troop trip or a multi-week summer camp program.

### Gear Required

- Girls and adults would be responsible for personal items including sunglasses, proper clothing and footwear, water bottles, snacks, overnight/camping items if applicable, etc.
- Activity-specific gear may be borrowed from friends or families OR rented from outfitters, universities, or outdoor retailers.

## GUIDANCE FOR Engaging Activity Experts

### SAMPLE QUESTIONS FOR ACQUISITION FORM

- The intent of this document is to provide guidance to councils while vetting activity experts, or your council's equivalent, for high-adventure activities related to the Outdoor High Adventure badges.
- Councils and adult volunteers are responsible for ensuring girls have a qualified adult with them while participating in high-adventure activities. Review the "Instructor Credibility" section under the heading "Girl Scout Safety Standards and Activity Guidelines" in Safety Activity Checkpoints.

#### Contact Information

Collect their contact information including their name, location, phone number, and email. In addition, ask permission to share their contact information (in-house at your local Girl Scout council office and/or on your local Girl Scout council's website).

#### Areas of Expertise

Provide them a brief overview of the Trail Adventure and Snow or Climbing Adventure badges. Ask them which badge(s) they would feel comfortable supporting.

#### Contact Method

Ask them their preferred contact method(s) when meeting with girls while they are working towards their badge. Choices could include in-person meetings, video chats, and/or day trips or overnight trips with the girls (depending on logistics).

**Note:** Several of the badge steps include options for girls to meet with an activity expert.

#### References

Have activity experts provide 2–3 references who can speak to their ability to teach a group of young people about their area of expertise.

#### Sample Questions for Vetting Activity Experts

- Provide, in detail, your experience with your area(s) of expertise.
- Provide your experience with navigation in the backcountry (i.e., ability to use topographical maps with compasses and GPS, triangulation).
- Provide your experience with emergency situations and first aid in the backcountry.

- Provide a list of any trainings or workshops you have attended and/or any certifications you hold related to your area(s) of expertise, including any first aid training you hold.
- Have you taught your area(s) of expertise to organized groups (i.e., Girl or Boy Scout groups, religious groups, school groups)? If yes, provide an overview of the training you provided.
- Provide any additional experience you have volunteering or working with young people (outside of what you may have listed above).

## Additional Questions for Hiking Badge Series

- Provide your experience with water purification systems in the backcountry (i.e., purifiers, filters, chemicals, boiling).

## Additional Questions for Trail Running Badge Series

- Competitive trail running expertise:
  - ▶ Girls will be participating in an organized trail running race for their final step of this badge, aiming for a 5K or 10K distance. Discuss your experience with trail races.
- Trail running coach expertise:
  - ▶ Girls will be coaching another girl about the sport of trail running including 8 training sessions over a 2-month period. Discuss your experience with coaching as it relates to young people and/or trail running, cross-country running, or road running.

## Additional Questions for Snow Sports Badge Series

- Do you have access to gear specific to your snow sport(s) that girls could rent or borrow? If yes, provide specific information regarding what type of gear girls could rent or borrow.
- Snow camping and snow trekking (backpacking) expertise:
  - ▶ Girls will be building and sleeping in snow shelters (tent, quinzhee, and/or snow trench) on their outdoor adventures. Discuss your experience building and spending the night in snow shelters.
  - ▶ Describe your experience with backcountry travel in the winter (i.e., snowshoeing, cross-country skiing, backcountry skiing, using a split board)
  - ▶ Provide your experience with water purification systems in the backcountry (i.e., purifiers, filters, chemicals, boiling).
  - ▶ Provide any training you have had and/or certifications you currently hold related to avalanche safety.

## Additional Guidelines for Climbing Badge Series

- Council approval is required for all climbing and rappelling activities (bouldering, rock climbing, outdoor climbing, and rappelling; artificial bouldering and climbing wall; and outdoor natural bouldering and climbing areas).



## High Adventure Badge

TOOLKIT

- ▶ Refer to the Safety Activity Checkpoints Checklist: Bouldering, Climbing, and Rappelling tool for questions to ask climbing outfitters/instructors.
- Council approval may be required for recreational tree climbing (check on your council's requirements).
- ▶ Refer to the Safety Activity Checkpoints Checklist: Recreational Tree Climbing tool for questions to ask recreational tree climbing outfitters/instructors.

## ACTIVITY EXPERTS:

# Hiking and Backpacking

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a hiking badge series including day hiking and backpacking.
- Adults can share their knowledge and passion for hiking and/or backpacking with girls by becoming activity experts.
  - ▶ Girl Scout councils may need to approve you to be an activity expert for hiking and/or backpacking activities before assisting the girls with their outdoor adventure; please check with your council contact.
- A Girl Scout council staff member, adult volunteers, and/or girls will reach out to you to set up a date, time, and location to visit with you as girls are working towards earning their badges. When meeting with girls:
  - ▶ Keep in mind their age and hiking ability.
  - ▶ Engage the girls with hands-on learning pieces when possible (e.g., bringing in some of your gear to show them; showing a video of you doing the activity; doing exercises together, etc.).
  - ▶ Follow Girl Scout safety guidelines as outlined at the end of this document.
- Below is an overview of the hiking badges by grade level and an outline of suggested talking points based on badge requirement topics. Collaborate with the council staff member or adult volunteer to determine which topics are most relevant to the girls' upcoming adventure. It is not necessary to cover all topics listed below.

### OVERVIEW OF HIKING BADGE SERIES BY GRADE LEVEL

#### Outdoor Hiking Games badge for Daisy Girl Scouts (K–1st graders, ages 5–7)

- Day hike with an outdoor game included
- **Note:** Activity experts are not needed for this badge; however, they're welcome to help.

#### Roamer badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- 3 different types of day hikes (e.g., owl hike, rain hike, sense hike, urban hike, color hike)

#### Day Hiker badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- 3 day hikes, each hike being at least 3 hours, covering 3–4 miles

#### Trail Hiking Challenge badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- 3 day hikes, each hike being at least 6 hours
- Hikes include 1 of at least 10 miles, 1 covering at least 2,000 feet in cumulative elevation gain, and 1 on a

different type of terrain from previous hikes.

## Backpacking badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- 3-day, 2-night backpacking trip
- Aim for hiking at least 10 miles on their trip.

## Trekking badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- 5-day, 3-night backpacking trip
- Aim for hiking a minimum of 20–25 miles on their trip, with an optional rest day if needed.

### SHARING YOUR PASSION FOR HIKING OR BACKPACKING

Girls may talk to an experienced hiker or backpacker to find out what they like best about their sport. Share with girls why you enjoy hiking or backpacking, challenges you've faced on the trail, some of your favorite hiking or backpacking locations, and some general advice you'd give to someone just learning about hiking or backpacking.

### PLANNING FOR THE ADVENTURE

Girls are planning their hiking or backpacking adventure, including choosing a destination and creating a budget.

*Possible discussion points below; feel free to add your own.*

- **Location:** Discuss how you decide where to go hiking or backpacking (e.g., difficulty of trail and fitness level needed; water sources; remoteness of trail). Do you like to hike on trails you have not hiked on before? Do you have a favorite area nearby where you like to hike? Cadette, Senior, and Ambassador Girl Scouts: Discuss how you gather general trail information (e.g., land management agency overseeing the area, others who've hiked and/or camped in that area).
- **Weather:** Do you still go hiking or backpacking if it is going to be hot, cold, thunderstorming, or raining heavily, etc.? When do you decide whether or not to go based on the weather (night before, day of)?
- **Activities:** Share any activities that you have done on the trail while hiking such as bird-watching, flower or tree identification, journaling, mini yoga session, photography, scavenger hunt, singing, and so forth.
- **Budget:** Girls need to come up with a budget for their hiking or backpacking adventure. Share with them some of the expenses associated with hiking or backpacking (e.g., trail shoes and socks, clothing, rain gear, backpack, shuttle services, permit fees).

### VOCABULARY

Girls are learning language for their adventures; you may want to introduce terms such as:

- Backcountry
- Blaze

- Cairns
- Ditty bag
- Privy
- Switchback
- Time control plan (TCP)
- Trailhead

## GEAR

Girls are learning about gear needed for their adventures. Work with council staff, adult volunteers, and/or girls to set clear expectations for teaching this piece, including time frame, primary discussion topics, and depth of knowledge they are seeking.

### 10 Essentials for Outdoor Adventures

- Proper clothing and footwear:
  - Clothing (base, middle, and outer layers including rain gear)
  - Footwear (hiking boots, trail runners, hiking socks, gaiters)
- Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- Water:
  - Water storage options (hydration packs, water bottles)
  - Water purification systems (chemicals, purifiers)
- Food (snack and meal options including freeze-dried and non-freeze-dried)
- First-aid kit
- Navigation tools\* (trail maps, compass, GPS)
- Form of shelter:
  - Hiking (camp tarp)
  - Backpacking (bivy sack, tents, hammocks, camp tarp)
- Light source (headlamps, flashlights, compact lanterns)
- Fire starter\* (matches, flint and steel, lighters, etc.)
- Repair kit (duct tape, utility cord, tent pole repair, patch repair kits, extra buckles for backpack, sewing kit, etc.)

\* Items are not included in the Roamer badge for Brownie Girl Scouts.

## Additional Gear for Day Hiking and Backpacking

- Communication tools (whistle, two-way radios)
- Insect repellent (sprays, wristbands, nets)
- Trekking poles
- Bear safety gear (bear canisters, bear spray)—*if applicable*

## Additional Gear Specific to Day Hiking

- Daypacks (size options, features to consider, rain covers)

## Additional Gear Specific to Backpacking

- Hiking backpacks (size options, features to consider, rain covers)
- Camp stoves (canister, liquid fuel)
- Cookware (pots, pans, utensils, camp soap, quick dry towel)
- Pocket knives, multi-tools
- Power options (solar, portable)
- Sleeping bags (down, synthetic)
- Sleeping pads (air, self-inflating, closed-cell)

## TRAINING

Girls are learning about the physical and mental training needed to complete their adventures. As an experienced hiker or backpacker, share your tips on setting goals and training. *Possible discussion points below; feel free to add your own.*

### Exercise

- Share some warm-up exercises and cool-down stretches for hiking.
- Share some general exercise activities that you do to improve your overall fitness (e.g., running, biking, swimming, yoga, Pilates, fitness classes).

### Form and technique

- Share basic hiking form and technique including hiking up steep terrain, hiking down steep terrain, hiking on various terrains (e.g., rocky, sandy, muddy), and so forth.
- Discuss with them and have them practice taking “rest steps.”
- Share breathing techniques for hiking; practice doing a “talk test” (if you can’t talk while hiking, you’re hiking too fast).

## Importance of sleep and nutrition

- Share the importance of getting a good night's sleep, eating a good breakfast, and staying hydrated while training and while on the trail.
- Share some of your favorite snacks and/or meals on the trail that are packed with nutrients, leaving you feeling satisfied and energized.

## Mental imagery (visualization)

- **Senior and Ambassador Girl Scouts:** Share how you utilize mental imagery while backpacking. Share how girls can incorporate it into their practice sessions and their trip.

## Practice hikes

- Share local areas girls could go for a short hike to practice for their outdoor adventure.
- Participate in a practice hike with girls. While hiking, discuss items such as snack ideas, how often to rest while on a day hike, how often to eat and drink on the trail, foot care for hot spots and blisters, how to adjust backpack straps, and so forth.

## SKILL PRACTICE

Girls will be practicing their outdoor skills prior to their adventure. As an experienced hiker or backpacker, share your skills as they relate to the topics below.

### First-aid skills

- Have girls practice treating injuries such as sprains, cuts, and sunburn as they would if they were on the trail.
- **Cadette, Senior, and Ambassador Girl Scouts:** Discuss common trail injuries including how to avoid these injuries and how to treat them if they happen (e.g., blisters, sprained ankles, minor burns, dehydration, heatstroke, frostbite).

### Navigational skills

- Teach girls how to use the sun, stars, and compass to identify cardinal directions: north, south, east and west.
- Teach girls how to read a basic trail map; discuss trail markers they'll see on the trail.
- **Cadette, Senior, and Ambassador Girl Scouts:** Teach girls (a) how to use a compass and GPS with a topographical trail map and (b) the difference between true north and magnetic north (magnetic declination).
- **Ambassador Girl Scouts:** Teach girls how to do triangulation with a map and compass.

### Backpacking-specific skills

- Show girls how to properly fit their hiking backpacks and footwear.
- Show girls how to use their water treatment system(s), tent, and stove.

## HIKING OR BACKPACKING ADVENTURE

Girls are ready to go on their hiking or backpacking adventure! Work with council staff, adult volunteers, and/or girls to set clear expectations for your involvement with their adventure.

## SAFETY

Girl Scouts of the USA provides Girl Scout councils safety guidelines for a variety of activities, including hiking and backpacking. Below is a brief outline of items activity experts, along with the adult volunteers with the group, should address prior to the girls' adventure.

- Choose an appropriate hiking or backpacking route (considering participants' ability levels, ages, experience, physical condition, nature of the terrain, and weight of the load to be carried, in addition to the season, weather conditions, the water quantity and quality, and the activities planned along the way).
- Assess the safety of hiking routes and, if applicable, backpacking sites (contact land management during the trip-planning stage to help with available routes and campsites, recommended group size, information about water quantity and quality, and permits).
- Ensure that hikers have a comprehensive understanding of the trip (route, plant and animal identification, grade-level-appropriate navigational skills).
- **Backpacking-specific:** Ensure that backpacks and all equipment (including food and water) weigh no more than 20 percent of each person's ideal (not actual) body weight. Guide girls in choosing backpacks, adjusting straps, and taking them on and off. Have the girls plan and conduct a series of conditioning hikes before the backpacking trip.
- Prepare for emergencies (first-aid kits, first-aider, emergency routes, risk management plan, communication methods in an emergency).
- Gear needs to include the 10 essentials for outdoor adventures including food storage system (e.g., bear-proof canisters if required) and a working cell phone for emergencies and/or a specific backup plan (e.g., satellite GPS messenger, satellite phone).
- Practice safe hiking (no hiking off-trail or after dusk; adequate rest periods for fluids and snacks; precautions where poisonous plants, snakes, and ticks are prevalent).
- Follow Leave No Trace principles while on their adventure.

## OUTDOOR RETAILERS:

# Hiking and Backpacking

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a hiking badge series that includes day hikes and backpacking trips.
- Outdoor adventure retailers can provide opportunities for girls to learn about gear (essentials for outdoor adventures and hiking/backpacking-specific).
- Retail associates are asked to show and discuss the items listed, keeping in mind the girls' ages and hiking activities.
- An employee from your local Girl Scout council, adult volunteers, and/or girls will contact your store to set up a date and time to visit.
- Below you'll find an overview of the Hiking Badge Series and the associated gear lists:
  - Gear Specific to the Roamer Badge
  - Gear Specific to the Day Hiker and Trail Hiking Challenge Badges
  - Gear Specific to the Backpacking and Trekker Badges

### OVERVIEW OF HIKING BADGE SERIES BY GRADE LEVEL

#### Roamer badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- 3 day hikes (i.e., senses hike, color hike, night hike, rain hike, photo hike)

#### Day Hiker badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- 3 day hikes (each hike being at least 3 hours, covering 3–4 miles)

#### Trail-Hiking Challenge badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- 3 day hikes (each hike being at least 6 hours)
- Hikes include 1 of at least 10 miles, 1 covering at least 2,000 feet in cumulative elevation gain, and 1 on a different type of terrain from previous hikes.

#### Backpacking badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- 3-day, 2-night backpacking trip (aim for 10 miles)

#### Trekking badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- 5-day, 4-night backpacking trip (aim for 20–25 miles)

## GEAR

### SPECIFIC TO THE ROAMER BADGE

#### Essentials for Outdoor Adventures

- Proper clothing and footwear:
  - Clothing (base, middle, and outer layers including rain gear)
  - Footwear (hiking boots, trail runners, hiking socks)
- Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- Water (water bottles)
- Food (snack options)
- First-aid kit
- Form of shelter (camp tarp)
- Light source (headlamps, flashlights)
- Repair kit (duct tape, utility cord, sewing kit, etc.)

#### Additional Gear for Day Hiking

- Daypacks (size options, features to consider, rain covers)
- Communication tools (whistle, two-way radios)
- Insect repellent (sprays, wristbands, nets)
- Bear safety gear (bear canisters, bear spray)—*if applicable*

### GEAR SPECIFIC TO THE DAY HIKER AND TRAIL HIKING CHALLENGE BADGES

#### 10 Essentials for Outdoor Adventures

- ● Proper clothing and footwear:
  - ➤ Clothing (base, middle, and outer layers including rain gear)
  - ➤ Footwear (hiking boots, trail runners, camp shoes, hiking socks, gaiters)
- ● Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- ● Water:
  - ➤ Water storage options (hydration packs, water bottles)
  - ➤ Water purification systems (chemicals, purifiers)
- ● Food (snack and meal options including freeze-dried and non-freeze-dried)
- ● First-aid kit

- ● Navigation tools (topographical map, compass, GPS)
- ● Form of shelter (camp tarp)
- ● Light source (headlamps, flashlights)
- ● Fire starter (matches, flint and steel, lighters, etc.)
- ● Repair kit (duct tape, utility cord, patch repair kits, extra buckles for backpack, sewing kit, etc.)

## Additional Gear for Day Hiking

- ● Daypacks (size options, features to consider, rain covers)
- ● Camp stoves (canister, liquid fuel)—*optional*
- ● Cookware (pots, pans, utensils, camp soap, quick dry towel)—*optional*
- ● Communication tools (whistle, two-way radios, satellite GPS messenger)
- ● Insect repellent (sprays, wristbands, nets)
- ● Pocket knives, multi-tools
- ● Trekking poles—*optional*
- ● Bathroom items (toilet paper, trowel, hand sanitizer, feminine hygiene products)
- ● Bear safety gear (bear canisters, bear spray)—*if applicable*

## GEAR SPECIFIC TO THE BACKPACKING AND TREKKING BADGES

### 10 Essentials for Outdoor Adventures

- ● Proper clothing and footwear:
  - ➤ Clothing (base, middle, and outer layers including rain gear)
  - ➤ Footwear (hiking boots, trail runners, camp shoes, hiking socks and gaiters)
- ● Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- ● Water:
  - ➤ Water storage options (hydration packs, water bottles, dromedaries)
  - ➤ Water purification systems (chemicals, purifiers)
- ● Food (snack and meal options including freeze-dried and non-freeze-dried)
- ● First-aid kit
- ● Navigation tools (topographical map, compass, GPS)
- ● Form of shelter (bivy sack, tents, hammocks, camp tarps)
- ● Light source (headlamps, flashlights, compact lanterns)

- ● Fire starter (matches, flint and steel, lighters, etc.)
- ● Repair kit (duct tape, utility cord, tent pole repair, patch repair kits, extra buckles for backpack, sewing kit, etc.)

## Additional Gear for Backpacking

- ● Hiking backpacks (size options, features to consider, rain covers)
- ● Sleeping bags (down, synthetic)
- ● Sleeping pads (air, self-inflating, closed-cell)
- ● Camp stoves (canister, liquid fuel)
- ● Cookware (pots, pans, utensils, camp soap, quick dry towel)
- ● Power options (solar, portable)
- ● Communication tools (two-way radios, satellite GPS messenger)
- ● Insect repellent (sprays, wristbands, nets)
- ● Pocket knives, multi-tools
- ● Trekking poles
- ● Bathroom items (toilet paper, trowel, hand sanitizer, feminine hygiene products)
- ● Bear safety gear (bear canisters, bear spray)—*if applicable*

## ACTIVITY EXPERTS:

# Trail Running

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a trail running badge series including trail run basics, trail running for fun, competitive trail running, and trail run coaching.
- Adults can share their knowledge and passion for trail running with girls by becoming activity experts.
  - ▶ Girl Scout councils may need to approve you to be an activity expert for trail run activities before assisting the girls with their outdoor adventure; please check with your council contact.
- A Girl Scout council staff member, adult volunteers, and/or girls will reach out to you to set up a date, time, and location to visit with you as girls are working towards earning their badges. When meeting with girls:
  - ▶ Keep in mind their age and trail run activity.
  - ▶ Engage the girls with hands-on learning pieces when possible (e.g., bringing in some of your gear to show them; showing a video of you doing the activity; doing exercises together, etc.).
  - ▶ Follow Girl Scout safety guidelines as outlined at the end of this document.
- Below is an overview of the trail running badges by grade level and an outline of suggested talking points based on badge requirements. Collaborate with the council staff member or adult volunteer to determine which topics are most relevant to the girls' upcoming adventure. It is not necessary to cover all topics listed below.

### OVERVIEW OF TRAIL RUNNING BADGE SERIES BY GRADE LEVEL

#### Jogging badge for Daisy Girl Scouts (K–1st graders, ages 5–7)

- Jog around their neighborhood, in a park, or on a trail.
- **Note:** Activity experts are not needed for this badge; however, they're welcome to help.

#### Trail Running Basics badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- 3 different trail runs, increasing the time they are running compared to walking.
- Aim to be on a trail for 20 minutes each time.

#### Trail Running badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- Train to run on a trail for a distance that challenges them.
- Aim for 1 mile at a comfortable pace; go farther than a mile, if they can.

## Long Distance Trail Running badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- Train to build endurance for running a long distance at a comfortable pace.
- Aim for a 3-mile distance.

## Competitive Trail Running badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- Train and compete in a trail race.
- Aim for a 5K/10K distance.

## Trail Running Coach badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- Help guide another girl in the sport of trail running.
- Aim to have at least 8 training sessions over a 2-month period.

### SHARING YOUR PASSION FOR TRAIL RUNNING

Girls may talk to an experienced trail runner to find out what they like best about their sport. Share with girls why you enjoy trail running, challenges you've faced on the trail, some of your favorite trail running locations, and some general advice you'd give to someone just learning about trail running.

### PLANNING FOR THE ADVENTURE

Girls are planning their trail run adventure, including choosing a destination and creating a budget. *Possible discussion points below; feel free to add your own.*

- **Location:** Discuss how you decide where to go trail running (e.g., difficulty of trail and fitness level needed; water sources; remoteness of trail). Do you like to run on trails you have not been on before? Do you have a favorite trail running area nearby? Cadette, Senior, and Ambassador Girl Scouts: Discuss how you gather general trail information (e.g., land management agency overseeing the area, others who've done trail runs in that area).
- **Weather:** Do you still go trail running if it is going to be hot, cold, thunderstorms or heavy rain, etc.? When do you decide to go or not based on the weather (night before, day of)?
- **Activities:** Share any activities that you have done on the trail while running such as counting how many animals you see, doing a mini yoga session at the halfway point, singing, bird watching, geocaching, and so forth.
- **Budget:** Girls need to come up with a budget for their trail run adventure. Share with them some of the expenses associated with trail running (e.g., trail shoes and socks, clothing, rain gear, hydration pack, trail race entry fees).

## VOCABULARY

Girls are learning language for their adventures; you may want to introduce terms such as:

- Blaze
- Chafing
- DOMS (Delayed Onset Muscle Soreness)
- Hitting the wall/bonking
- Off-road
- Pace
- Recovery
- Switchback

## GEAR

Girls are learning about gear needed for their adventures. Work with council staff, adult volunteers, and/or girls to set clear expectations for teaching this piece, including time frame, primary discussion topics, and depth of knowledge they are seeking.

### 10 Essentials for Outdoor Adventures

- Proper clothing and footwear:
  - Clothing (base, middle, and outer layers including rain gear)
  - Footwear (running shoes, trail runners, running socks, gaiters—optional)
- Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- Water:
  - Water storage options (hydration packs, water bottles)
  - Water purification systems (chemicals, purifiers)
- Food (snack options to take with them running)
- First-aid kit
- Form of shelter (camp tarp)
- Light source (headlamps)
- Repair kit (duct tape, utility cord, sewing kit, etc.)
- Fire starter\* (matches, flint and steel, lighters, etc.)
- Navigation tools\* (maps, compass, GPS)

\* Items are not included with the Trail Running Basics badge for Brownie Girl Scouts.

## Additional Gear

- Daypacks (size options, features to consider, rain covers)
- Communication tools (whistle, two-way radios)
- Insect repellent (sprays, wristbands)
- Bear safety gear (bear spray)—*if applicable*
- Trowel for the bathroom—*if doing long trail runs without bathroom access*
- Coaching items such as a whistle and stopwatch—*if applicable*

## TRAINING

Girls are learning about the physical and mental training needed to complete their adventures. As an experienced trail runner, share your tips on setting goals and training. Possible discussion points below; feel free to add your own.

### Exercise

- Share some warm-up exercises and cool-down stretches for trail running.
- Share some general exercise activities that you do to improve your overall fitness (e.g., biking, swimming, yoga, Pilates, fitness classes).

### Form and technique

- Share basic trail running form and technique including running up steep terrain, trail running down steep terrain, running on various terrains (e.g., rocky, sandy, muddy), and so forth.
- Share breathing techniques for trail running; practice doing a “talk test” (if you can’t talk while running, you’re running too fast) and deep abdominal breathing.

### Importance of sleep and nutrition

- Share the importance of getting a good night’s sleep, eating a good breakfast, and staying hydrated while training and while on the trail.
- Share some of your favorite snacks to eat before running, while on the trail, or right after running that are packed with nutrients, leaving you feeling satisfied and energized.

### Mental imagery (visualization)

- **Senior and Ambassador Girl Scouts:** Share how you utilize mental imagery while trail running. Share how girls can start incorporating it into their practice runs and their trail run race or coaching sessions.

### Practice runs

- Share local areas girls could go for a short trail run to practice for their outdoor adventure.

- Participate in a practice trail run with girls. While running, discuss items such as snack ideas, how often to eat and drink on the trail, foot care with hot spots and blisters, and so forth.

## SKILL PRACTICE

Girls will be practicing their outdoor skills prior to their adventure. As an experienced trail runner, share your skills as they relate to the topics below.

### First aid skills

- Have girls practice treating injuries such as sprains, cuts, and sunburn as they would if they were on the trail.
- **Cadette and Senior Girl Scouts:** Discuss common trail running injuries including how to avoid these injuries and how to treat them if they happen (e.g., blisters, sprained ankles, dehydration, hypothermia).

### Navigational skills

- Teach girls how to use the Sun, stars, and compass to identify cardinal directions: north, south, east and west.
- Teach girls how to read a basic trail map; discuss trail markers they'll see on the trail.
- **Cadette, Senior, and Ambassador Girl Scouts:** Teach girls (a) how to use a compass and GPS with a topographical trail map and (b) the difference between true north and magnetic north (magnetic declination).
- **Ambassador Girl Scouts:** Teach girls how to do triangulation with a map and compass.

## TRAIL RUNNING ADVENTURE

Girls are ready to go on their trail run adventure! Work with council staff, adult volunteers, and/or girls to set clear expectations for your involvement with their adventure.

## SAFETY

Girl Scouts of the USA provides Girl Scout councils safety guidelines for a variety of activities, including trail running. Below is a brief outline of items activity experts, along with the adult volunteers with the group, should address prior to trail running adventures.

- Choose an appropriate trail run route (considering participants' ability levels, ages, experience, physical condition, nature of the terrain, and weight of the load to be carried; in addition to the season, weather conditions, the water quantity and quality, and the activities planned along the way).
- Assess the safety of trail run routes (contact land management during the trip-planning stage to help with available routes, recommended group size, information about water quantity and quality, and permits).
- Ensure that trail runners have a comprehensive understanding of the trip (route, plant and animal identification, grade-level-appropriate navigational skills).

- Prepare for emergencies (first aid kits, first-aider, emergency routes, risk management plan, communication methods in an emergency).
- Trail run gear needs to include the 10 essentials for outdoor adventures including a working cell phone for emergencies or a specific backup plan (i.e., satellite GPS messenger, satellite phone).
- Practice safe trail running (no running off-trail or after dusk, adequate rest periods for fluids and snacks, precautions where poisonous plants, snacks, and ticks are prevalent).
- Follow Leave No Trace principles while on their adventure.

## OUTDOOR RETAILERS: Trail Running

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a trail running badge series including trail running basics, trail running for fun, competitive trail running, and trail running coaching.
- Outdoor adventure retailers can provide opportunities for girls to learn about gear (essentials for outdoor adventures and trail running-specific).
- Retail associates are asked to show and discuss the items listed, keeping in mind the girls' ages and trail running activities.
- An employee from your local Girl Scout council, adult volunteers, and/or girls will contact your store to set up a date and time to visit.
- For your reference, below is a list of:
  - Overview of Trail Running Badge Series by Grade Level
  - Gear Specific to the Trail Running Badge Series

### OVERVIEW OF TRAIL RUNNING BADGE SERIES BY GRADE LEVEL

#### Trail Running Basics badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- 3 different trail runs (20 minutes), increasing the time they are running compared to walking.

#### Trail Runner badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- Train to run on a trail for a distance that challenges them (aim for at least 1 mile).

#### Long Distance Trail Running badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- Train to build endurance for running a long distance at a comfortable pace (aim for 3 miles).

#### Competitive Trail Running badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- Train and compete in a trail race (5K/10K distance).

#### Trail Running Coaching badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- Help guide another girl in the sport of trail running (8 training sessions over a 2-month period).

## GEAR SPECIFIC TO THE TRAIL RUNNING BADGE SERIES

### 10 Essentials for Outdoor Adventures

- Proper clothing and footwear:
  - Clothing (base, middle, and outer layers including rain gear)
  - Footwear (running shoes, trail runners, running socks, gaiters—optional)
- Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- Water:
  - Water storage options (hydration packs, water bottles)
  - Water purification systems (chemicals, purifiers)
- Food (snack options to take with them running)
- First-aid kit
- Form of shelter (camp tarp)
- Light source (headlamps)
- Repair kit (duct tape, utility cord, sewing kit, etc.)
- Fire starter\* (matches, flint and steel, lighters, etc.)
- Navigation tools\* (maps, compass, GPS)

### Additional Gear for Trail Running

- Daypacks (size options, features to consider, rain covers)
- Communication tools (whistle, two-way radios)
- Insect repellent (sprays, wristbands)
- Bear safety gear (bear spray)—*if applicable*
- Trowel for the bathroom—*if doing long trail runs without bathroom access*
- Coaching items such as a whistle and stopwatch—*if applicable*

\* Items are not included with the Trail Running Basics badge for Brownie Girl Scouts.

## ACTIVITY EXPERTS:

# Cross-Country Skiing and Slope Sliding

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a snow sports badge series including ice skating, snowshoeing, cross-country skiing, downhill skiing, snowboarding, snow camping, and winter backpacking.
- Adults can share their knowledge and passion for snow sports with girls by becoming activity experts.
  - ▶ Girl Scout councils may need to approve you to be an activity expert for snow sport activities before assisting the girls with their outdoor adventure; please check with your council contact.
- An employee from your local Girl Scout council, adult volunteers, and/or girls will reach out to you to set up a date, time, and location to visit with you as girls are working towards earning their badges. When meeting with girls:
  - ▶ Keep in mind their age and snow sport activity.
  - ▶ Engage the girls with hands-on learning pieces when possible (i.e., bringing in some of your gear to show them; showing a video of you doing the snow sport; doing exercises together, etc.).
  - ▶ Follow Girl Scout safety guidelines as outlined at the end of this document.
- Below is an overview of the snow sport badges by grade level and an outline of suggested talking points based on badge requirement topics. Collaborate with the council staff member or adult volunteer to determine which topics are most relevant to the girls' upcoming adventure. It is not necessary to cover all topics listed below.

### OVERVIEW OF SNOW SPORTS BADGE SERIES BY GRADE LEVEL

#### Snow Play badge for Daisy Girl Scouts (K–1st graders, ages 5–7)

- Day trip to experience a snow activity such as snowshoeing, tubing, sledding, ice skating, or tobogganing

#### Cross-Country Skiing badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- Day trip to experience cross-country skiing on a trail

#### Slope Sliding badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- Day trip to experience snowboarding or downhill skiing at a ski resort

#### Slope Sliding badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- 2-day, 1-night trip to experience snowboarding and/or downhill skiing at a ski resort

OR

- 2 day trips to experience snowboarding and/or downhill skiing at a ski resort

## Snow Camping badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- 2-day, 1-night trip to experience snow camping in a designated camping area
- **Note:** Girls will be constructing and spending the night in a snow shelter (tent, quinzhee, and/or snow trench).

## Snow Trekking badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- 3-day, 2-night trip to experience winter backpacking in the backcountry
- **Note:**
  - Girls will be constructing and spending 2 nights in snow shelters (tent, quinzhee, and/or snow trench).
  - Girls will be hiking to their overnight camping area, carrying their gear with them; they will use snowshoes, cross-country skis, backcountry skis, and/or split boards to travel to their campsite.
  - Girls are required to take avalanche training if applicable where they are winter backpacking.

## SHARING YOUR PASSION FOR SNOW SPORTS

Girls may talk to an experienced cross-country skier, downhill skier, or snowboarder to find out what they like best about their sport. Share with girls why you enjoy your snow sport, challenges you've faced with it, some of your favorite snow sport locations, and some general advice you'd give to someone just learning about your snow sport.

## PLANNING FOR THE ADVENTURE

Girls are planning their snow sport adventure, including choosing a destination and creating a budget. *Possible discussion points below; feel free to add your own.*

- **Location:** Discuss how you decide where to go on your snow sport adventures (e.g., difficulty of trails and fitness level needed, remoteness of trail, popularity of the ski resort). Do you have a favorite area or resort nearby where you like to cross-country ski, downhill ski, or snowboard?
- **Time:** Discuss how you plan out your day when cross-country skiing or at a ski resort. How long should they plan on being on the trails (e.g., half day or full day)? How often should they take breaks to rest, hydrate, and eat?
- **Budget:** Girls need to come up with a budget for their snow sport adventure. Share with them some of the expenses associated with your snow sport (e.g., gear rental, cold weather gear, daypack, ski resort lift tickets).

## VOCABULARY

Girls are learning language for their adventures; you may want to introduce terms such as:

### Cross-country skiing terms:

- basic stride
- herringbone
- sidestepping
- wedge

### Slope sliding terms:

- binding
- bunny slope
- carve/edge
- chair lift
- magic carpet
- moguls
- powder
- ratings
- run

## GEAR

Girls are learning about gear needed for their adventures. Work with council staff, adult volunteers, and/or girls to set clear expectations for teaching this piece, including time frame, primary discussion topics, and depth of knowledge they are seeking.

### 10 Essentials for Outdoor Adventures

- Proper clothing (base, middle, and outer layers)
- Sun protection (sunglasses, sunscreen)
- Water (water bottles, hydration packs)
- Food (snack options)
- First-aid kit
- Form of shelter (camp tarp)
- Light source (headlamps, flashlights)

- Repair kit (duct tape, utility cord, sewing kit, etc.)
- Fire starter\* (matches, flint and steel, lighters, etc.)
- Navigation tools\* (ski resort map, compass, GPS)

\* Items are not included with the Cross-Country Skiing badge for Brownie Girl Scouts.

## Additional Gear for Cross-Country Skiing

- Cross-country skis, boots, and poles
- Backpack for gear
- Insulated sitting pad (optional)
- Hand/foot warmer packets (optional)

## Additional Gear for Slope Sliding (Downhill Skiing and Snowboarding)

- Downhill skis, boots, and poles
- Snowboards and boots
- Snow goggles
- Snow helmet
- **Junior Girl Scouts:**
  - Show girls the tip, waist, tail, camber, and rocker of the ski or snowboard.
- **Cadette Girl Scouts:**
  - Explain to girls how a rocker or camber affects skiing or snowboarding performance.
  - Discuss the pros and cons of skis and snowboards based on their shape, length, width, edging, flex, binding options, and the material they are made from.
  - Teach girls about waxing skis and snowboards and why it's important.

## TRAINING

Girls are learning about the physical and mental training needed to complete their adventures. Girls are to aim for doing something active for 30–60 minutes at least 3 days a week for 1 month prior to their adventure. As an experienced cross-country skier, downhill skier, or snowboarder, share your tips on setting goals and training. *Possible discussion points below; feel free to add your own.*

## Exercise

- Share some warm-up exercises and cool-down stretches for snow sports.
- Share some general exercise activities that you do to improve your overall fitness (e.g., running, biking, swimming, yoga, Pilates, fitness classes).

- Share some general exercises the girls can do without snow that will help them with cross-country skiing.
- **Cadette Girl Scouts:** Ask girls to share with you the land-based exercises provided in their badge booklets. These exercises help girls practice edging, their stance, and getting up from falls. Assist them as needed with these exercises.

## Form and technique

- Share basic cross-country skiing, downhill skiing, and/or snowboarding form and technique (the best you can without being on the slopes).

## Importance of sleep and nutrition

- Share the importance of getting a good night's sleep, eating a good breakfast, and staying hydrated while training and while on the trail or slopes.
- Share some of your favorite snacks to eat before, during, and after participating in your snow sport that are packed with nutrients, leaving you feeling satisfied and energized.

## Mental imagery (visualization)

- **Cadette Girl Scouts:** Share how you utilize mental imagery while hitting the slopes. Share how girls can start incorporating it into their training and their trip.

## SNOW SPORT ADVENTURE

Girls are ready to go on their snow sport adventure! Girls have specific skills to practice while on their adventure per their badge requirements. Work with council staff, adult volunteers, and/or girls to set clear expectations for your involvement with their adventure and skill practice.

## Cross-Country Skiing

- Practice the basics on flat terrain.
  - Teach girls how to put on their ski boots, attach them to skis, and go for a walk.
  - Have girls practice turning and getting up from the ground.
- Practice moving forward.
  - Teach girls how to use their skis to move in a forward motion.
  - Teach girls how to climb up and come down a small hill and be able to slow down and stop.
- Play games while practicing your skills.
  - **Mark your path.** Use cones or other objects to create a path to practice turning and changing direction. Look for spots along your path to try certain skills such as falling and getting up, skiing uphill with the herringbone technique, turning left at the bottom of a hill and so forth.
  - **Red Light, Green Light.** Take turns being the traffic police for your friends on skis. Say "Green Light" and

have them ski toward you. Then say “Red Light” for them to stop. Give them a three-count to stop before having them go back to the start line. This is a great way to practice moving on your skis.

## Slope Sliding (Downhill Skiing and Snowboarding)

- Practice the basics on flat terrain.
  - ▶ Teach girls how to put their boots on, how to attach them to their ski or snowboard, and how to take their boots off the ski or snowboard.
  - ▶ Have girls practice falling over and getting themselves back up from the ground.
- Practice on the bunny hill.
  - ▶ Teach girls how to turn left and right, slow themselves down, and come to a complete stop at the bottom.
- Take a spin on a green run.
  - ▶ Do a run with girls down a green trail (once they feel comfortable).
- Review slope awareness.
  - ▶ Teach girls slope etiquette such as who has the right of way, what to do if they fall on the slope, how to ride a chairlift, and so forth.
- Take a lesson.
  - ▶ Encourage girls to take a ski or snowboard lesson.

## SAFETY

Girl Scouts of the USA provides Girl Scout councils safety guidelines for a variety of activities, including snow sports. Below is a brief outline of items activity experts, along with the adult volunteers with the group, should address prior to the girls’ adventure.

### Cross-Country Skiing

- The route should be marked on a map. Before skiing, designate a meeting place where girls can contact a supervising adult.
- The nature of the terrain, potential hazards (such as an avalanche or frozen lake), mileage, and approximate cross-country skiing time should be known to all group members.
- Search-and-rescue procedures are written out in advance and arrangements are made for medical emergencies and evacuation procedures.
- Ensure adequate rest periods with opportunities to replenish fluids and eat high-energy foods.
- Have girls learn how to get back up on their skis.
- Follow Leave No Trace principles for the winter season while on their adventure.

## Slope Sliding (Downhill Skiing and Snowboarding)

- Girl Scout councils require all downhill ski and/or snowboard instructors to be certified by the Professional Ski Instructors of America (PSIA) and/or the American Association of Snowboard Instructors (AASI) or have documented experience teaching and supervising slope sliding for youths. Check with your council for more information if you are the one teaching the girls how to downhill ski and/or snowboard at the ski resort.
- Participants are required to wear a protective helmet with properly fitting safety harness that meets the Snell Memorial Foundation's RS-98 or S-98 standards or the American Society for Testing and Materials (ASTM) F2040 requirements (or both) and displays the Safety Equipment Institute (SEI) seal.
- Participants are required to wear sunglasses or ski goggles to protect their eyes from glare.
- Learn how to ride ski lifts. This includes line courtesy, loading and unloading, and emergency procedures.
- Review the trail maps before hitting the slopes (i.e., green circle as the easiest, blue square as intermediate, and black diamond for expert skiers and snowboarders).
- Stay on trails. Do not ski off-trail or in an unmarked or closed area.
- Understand right-of-way protocol. Make others aware before you turn. Yield the right-of-way to those already on the slope. Do not cross the path of skiers.
- Prepare for falls. Move quickly to the side of the trail or slope after falling, unless injured.
- Summon the ski patrol if a skier is injured. They are usually dressed in red.
- Participants should ski and snowboard responsibly, and not beyond their ability level. All rules of the ski area must be explained, learned, and followed.
- Even experienced girls are not permitted to do aerial tricks on skis or snowboards.
- Follow Leave No Trace principles for the winter season while on their adventure.

## ACTIVITY EXPERTS:

# Snow Camping and Snow Trekking

## TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a snow sports badge series including ice skating, snowshoeing, cross-country skiing, downhill skiing, snowboarding, snow camping, and snow trekking (backpacking).
- Adults can share their knowledge and passion for snow sports with girls by becoming activity experts.
  - ▶ Girl Scout councils may need to approve you to be an activity expert for snow sport activities before assisting the girls with their outdoor adventure; please check with your council contact.
- An employee from your local Girl Scout council, adult volunteers, and/or girls will reach out to you to set up a date, time, and location to visit with you as girls are working towards earning their badges. When meeting with girls:
  - ▶ Keep in mind their age and snow sport activity.
  - ▶ Engage the girls with hands-on learning pieces when possible (i.e., bringing in some of your gear to show them; showing a video of you doing the snow sport; doing exercises together, etc.).
  - ▶ Follow Girl Scout safety guidelines as outlined at the end of this document.
- Below is an overview of the snow sport badges by grade level and an outline of suggested talking points based on badge requirement topics. Collaborate with the council staff member or adult volunteer to determine which topics are most relevant to the girls' upcoming adventure. It is not necessary to cover all topics listed below.

## OVERVIEW OF SNOW SPORTS BADGE SERIES BY GRADE LEVEL

### Snow Play badge for Daisy Girl Scouts (K–1st graders, ages 5–7)

- Day trip to experience a snow activity such as snowshoeing, tubing, sledding, ice skating, or tobogganing

### Cross-Country Skiing badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- Day trip to experience cross-country skiing on a trail

### Slope Sliding badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- Day trip to experience snowboarding or downhill skiing at a ski resort

### Slope Sliding badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- 2-day, 1-night trip to experience snowboarding and/or downhill skiing at a ski resort

OR

- 2 day trips to experience snowboarding and/or downhill skiing at a ski resort

## Snow Camping badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- 2-day, 1-night trip to experience snow camping in a designated camping area
- **Note:** Girls will be constructing and spending the night in a snow shelter (tent, quinzhee, and/or snow trench).

## Snow Trekking badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- 3-day, 2-night trip to experience winter backpacking in the backcountry
- **Note:**
  - Girls will be constructing and spending 2 nights in snow shelters (tent, quinzhee, and/or snow trench).
  - Girls will be hiking to their overnight camping area, carrying their gear with them; they will use snowshoes, cross-country skis, backcountry skis, and/or split boards to travel to their campsite.
  - Girls are required to take avalanche training if applicable to the area they are winter backpacking.

## SHARING YOUR PASSION FOR SNOW SPORTS

Girls may talk to an experienced snow camper or snow trekker (backpacker) to find out what they like best about their sport. Share with girls why you enjoy your snow sport, challenges you've faced with it, some of your favorite snow camping and trekking (backpacking) locations, any trainings or workshops you've taken related to winter camping, and some general advice you'd give to someone just learning about snow camping and trekking (backpacking).

## PLANNING FOR THE ADVENTURE

Girls are planning their snow sport adventure, including choosing a destination and creating a budget. *Possible discussion points below; feel free to add your own.*

- **Location:** Discuss how you decide where to go snow camping and trekking (backpacking) (e.g., difficulty of trail and fitness level needed; water sources; remoteness of trail). Do you like to go on trails you have not been on before? Do you have a favorite area nearby that you like to go? Discuss how you gather general trail information (e.g., land management agency overseeing the area, others who've snow camped in that area).
- **Budget:** Girls need to come up with a budget for their snow sport adventure. Share with them some of the expenses associated with your snow sport (e.g., cold weather gear; trail and camping permits; gear rental for snowshoes, cross-country skis, backcountry skis, winter sleeping bags and liners; 4-season tents).

## VOCABULARY

Girls are learning language for their adventures; you may want to introduce terms such as:

- 4-season tent
- Down and synthetic materials
- Gaiters
- Quinzhee

### Additional terms for Snow Trekking badge:

- Avalanche transceiver
- Balaclava
- Probe
- Sled

## GEAR

Girls are learning about gear needed for their adventures. Work with council staff, adult volunteers, and/or girls to set clear expectations for teaching this piece, including time frame, primary discussion topics, and depth of knowledge they are seeking.

### 10 Essentials for Outdoor Adventures

- Proper clothing and footwear
  - Clothing (base, middle, and outer layers including snow gear)
  - Footwear (hiking boots, snow boots, camp shoes, socks, gaiters)
- Sun protection (hats, sunglasses, sunscreen)
- Water
  - Water storage options (hydration packs, water bottles)
  - Water purification systems (chemicals, purifiers)
- Food (snack and meal options including freeze-dried and non-freeze-dried)
- First-aid kit
- Navigation tools (topographical map, compass, GPS)
- Form of shelter (bivy sack, 4-season tents, camp tarps)
- Light source (headlamps, flashlights, compact lanterns)
- Fire starter (matches, flint and steel, lighters, etc.)

- Repair kit (duct tape, utility cord, tent pole repair, patch repair kits, extra buckles for backpack, sewing kit, etc.)

## Additional Gear for Snow Camping and Snow Trekking (Backpacking)

- Mode of transportation (snowshoes, cross-country skis, backcountry skis, split board)
- Avalanche safety gear (*if applicable*)
- Snow tools (snow shovel, snow claws, snow saws)
- Hiking backpacks (size options, features to consider, rain covers)
- Sleeping bag (down and synthetic)
- Sleeping pads (air, self-inflating, and closed-cell)
- Camp stove (canister and liquid fuel)
- Cookware (pots, pans, utensils, camp soap, quick dry towel)
- Power options (solar, portable)
- Communication tools (two-way radios, satellite GPS messenger)
- Pocket knives, multi-tools
- Bathroom items (toilet paper, trowel, hand sanitizer, feminine hygiene products)
- Bear safety gear (bear canisters, bear spray)—*if applicable*

## Additional Learning Pieces:

- Share more about the importance of layering for warmth including wearing a base, middle, and outer layers including gloves, socks, and hats.
- Discuss how to stay warm at night including what they should have for a sleeping bag, liner (optional), and sleeping pad.
- Discuss the variety of snowshoes, skis, and snowboards girls can use in the backcountry.

## TRAINING

Girls are learning about the physical and mental training needed to complete their adventures. As an experienced snow camper or snow trekker (backpacker), share your tips on setting goals and training. Possible discussion points below; feel free to add your own.

## Exercise

- Share some general exercise activities that you do to improve your overall fitness (e.g., running, biking, swimming, yoga, Pilates, fitness classes).

## Importance of sleep and nutrition

- Share the importance of getting a good night's sleep the night before, eating a good breakfast, and staying hydrated while training and while winter camping and backpacking.
- Share some of your favorite snow camping or snow trekking (backpacking) snacks and meals that are packed with nutrients, leaving you feeling satisfied and energized.

## First aid

- Discuss common trail injuries including how to avoid these injuries and how to treat them if they happen (e.g., blisters, sprained ankles, frostbite, dehydration, hypothermia).

## Mental imagery (visualization)

- Share how you utilize mental imagery with snow camping and snow trekking.
- Share how girls can incorporate it into their practice sessions and their trip.

## SKILL PRACTICE

Girls will be practicing their outdoor skills prior to their adventure. As an experienced snow camper or snow trekker (backpacker), share your skills as they relate to the topics below.

### Skill Practice (Snow Camping and Snow Trekking Badges)

- Snow shelters and snow tools
  - ▶ Discuss snow shelters used for winter camping (tent, quinzhee, and snow trench), including the pros and cons of each.
  - ▶ Assist the girls with building two types of winter camping shelters in a backyard or at a local park.
  - ▶ Teach girls how to properly use a snow saw, snow shovel, and/or snow claw. Have them practice cutting blocks of snow and scooping snow.
- Cold-weather cooking
  - ▶ Teach girls what type of stove and fuel works best for outdoor cooking in the winter.
  - ▶ Discuss how to set up a camp kitchen.
  - ▶ Cook a meal outdoors in the snow at a local park or in your backyard.

### Skill Practice (Snow Camping Badge)

- Practice using snowshoes.
  - ▶ Have girls practice walking in a pair of snowshoes or with a snow traction device attached to their boots.
- Test out your sleeping bag.
  - ▶ Have girls set up a tent in a backyard on a cold afternoon and climb into their sleeping bags.

- ▶ Discuss and have them practice different ways for them to stay warm so they'll be prepared for their adventure (i.e., sleeping bag liner, fleece blanket, reduce dead air space).

## Skill Practice (Snow Trekking Badge)

- Get comfortable with your trekking method.
  - ▶ Assist girls as needed as they test out their trekking gear (snowshoes, cross-country skis, backcountry skis, split board).
  - ▶ Have girls try pulling a sled behind them to lighten their backpack load.
- Be prepared for the weather.
  - ▶ Teach girls how to protect themselves against the cold, wind, and sleet.
  - ▶ Discuss how to stay warm at night and how to dry out wet gear.
- Review maps and routes.
  - ▶ Review the topographical map of their destination and help girls identify any danger zones. Is the trekking route they selected their safest option? Help them identify their evacuation options.
  - ▶ Review any navigation skills the girls may need, such as GPS, compass, and triangulation.
- Review avalanche safety.
  - ▶ Review and practice the skills they learned in the avalanche safety course, if applicable.
- Complete a 1-night campout at a designated camping area.
  - ▶ Girls are to do an overnight camping trip in the snow at a local park or campground. See what assistance they might like from you on this outing!

## SNOW SPORT ADVENTURE

Girls are ready to go on their snow sport adventure! Work with council staff, adult volunteers, and/or girls to set clear expectations for your involvement with their adventure.

## SAFETY

Girl Scouts of the USA provides Girl Scout councils safety guidelines for a variety of activities, including overnight camping and backpacking. Below is a brief outline of items activity experts, along with the adult volunteers with the group, should address prior to the girls' adventure.

- If girls are traveling in an avalanche-prone area, they are required to take an avalanche safety course (AIARE 1 recommended) and have the necessary avalanche safety gear.
- Choose an appropriate hiking or backpacking route (considering participants' ability levels, ages, experience, physical condition, nature of the terrain, and weight of the load to be carried, in addition to the season, weather conditions, the water quantity and quality, and the activities planned along the way).

- Assess the safety of hiking routes and, if applicable, backpacking sites (contact land management during the trip-planning stage to help with available routes and campsites, recommended group size, information about water quantity and quality, and permits).
- Ensure that participants have a comprehensive understanding of the trip (route, plant and animal identification, grade-level-appropriate navigational skills).
- **Backpacking-specific:** Ensure that backpacks and all equipment (including food and water) weigh no more than 20 percent of each person's ideal (not actual) body weight. Guide girls in choosing backpacks, adjusting straps, and taking them on and off. Have the girls plan and conduct a series of conditioning hikes before the backpacking trip.
- Prepare for emergencies (first aid kits, first-aider, emergency routes, risk management plan, communication methods in an emergency).
- Gear needs to include the 10 essentials for outdoor adventures including food storage system (e.g., bear-proof canisters if required) and a working cell phone for emergencies or a specific backup plan (e.g., satellite GPS messenger, satellite phone).
- Practice safe hiking (no hiking off-trail or after dusk; adequate rest periods for fluids and snacks; precautions if in bear country).
- Follow Leave No Trace principles for the winter season while on their adventure.

## OUTDOOR RETAILERS: Snow Sports

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a snow sports badge series including cross-country skiing, downhill skiing, snowboarding, snow camping, and snow trekking (backpacking).
- Outdoor adventure retailers can provide opportunities for girls to learn about gear (essentials for outdoor adventures and snow sport-specific).
- Retail associates are asked to show and discuss the items listed, keeping in mind the girls' ages and snow sport activities.
- An employee from your local Girl Scout council, adult volunteers, and/or girls will contact your store to set up a date and time to visit.
- Below you'll find an overview of the Snow Sports Badge Series and the associated gear lists:
  - Gear Specific to the Cross-Country Skiing Badge
  - Gear Specific to the Slope Sliding Badges
  - Gear Specific to the Snow Camping and Snow Trekking Badges

### OVERVIEW OF SNOW SPORTS BADGE SERIES BY GRADE LEVEL

#### Cross-Country Skiing badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- Day trip to experience cross-country skiing on a trail

#### Slope Sliding badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- Day trip to experience snowboarding or downhill skiing at a ski resort

#### Slope Sliding badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- 2-day, 1-night trip to experience snowboarding and/or downhill skiing at a ski resort

OR

- 2 day trips to experience snowboarding and/or downhill skiing at a ski resort

#### Snow Camping badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- 2-day, 1-night trip to experience snow camping in a designated camping area

## Snow Trekking badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- 3-day, 2-night trip to experience winter backpacking in the backcountry

### GEAR

#### GEAR SPECIFIC TO THE **CROSS-COUNTRY SKI** BADGE

##### Essentials for Outdoor Adventures

- Proper clothing (base, middle, and outer layers)
- Sun protection (sunglasses, sunscreen)
- Water (water bottles, hydration packs)
- Food (snack options)
- First-aid kit
- Form of shelter (camp tarp)
- Light source (headlamps, flashlights)
- Repair kit (duct tape, utility cord, sewing kit, etc.)

##### Additional Gear for Cross-Country Skiing

- Cross-country skis, boots, and poles
- Backpack for gear
- Insulated sitting pad (optional)
- Hand/foot warmer packets (optional)

#### GEAR SPECIFIC TO THE **SLOPE SLIDING (JUNIOR)** AND **SLOPE SLIDING (CADETTE)** BADGES

##### 10 Essentials for Outdoor Adventures

- Proper clothing (base, middle, and outer layers)
- Sun protection (sunglasses, sunscreen)
- Water (water bottles, hydration packs)
- Food (snack options)
- First-aid kit
- Navigation tools (ski resort map, compass, GPS)
- Form of shelter (camp tarp)
- Light source (headlamps, flashlights)

- ● Fire starter (matches, flint and steel, lighters, etc.)
- ● Repair kit (duct tape, utility cord, sewing kit, etc.)

## Additional Gear for Slope Sliding

- ● Downhill skis,\* boots, and poles
- ● Snowboards\* and boots
- ● Snow goggles
- ● Snow helmet

\*Show girls the tip, waist, tail, camber, and rocker of the ski or snowboard.

## Additional Learning Pieces for **Slope Sliding (Cadette)** Badge:

- Explain to girls how a rocker or camber affects skiing or snowboarding performance.
- Discuss the pros and cons of skis and snowboards based on their shape, length, width, edging, flex, binding options and the material they are made from.
- Teach girls about waxing skis and snowboards and why it's important.

## GEAR SPECIFIC TO THE **SNOW CAMPING** AND **SNOW TREKKING** BADGES

### 10 Essentials for Outdoor Adventures

- ● Proper clothing and footwear
  - ➤ Clothing (base, middle, and outer layers including snow gear)
  - ➤ Footwear (hiking boots, snow boots, camp shoes, socks, gaiters)
- ● Sun protection (hats, sunglasses, sunscreen)
- ● Water
  - ➤ Water storage options (hydration packs, water bottles)
  - ➤ Water purification systems (chemicals, purifiers)
- ● Food (snack and meal options including freeze-dried and non-freeze-dried)
- ● First-aid kit
- ● Navigation tools (topographical map, compass, GPS)
- ● Form of shelter (bivy sack, 4-season tents, camp tarps)
- ● Light source (headlamps, flashlights, compact lanterns)
- ● Fire starter (matches, flint and steel, lighters, etc.)
- ● Repair kit (duct tape, utility cord, tent pole repair, patch repair kits, extra buckles for backpack, sewing kit, etc.)

## Additional Gear for Snow Camping and Snow Trekking (Backpacking)

- ● Mode of transportation (snowshoes, cross-country skis, backcountry skis, split board)
- ● Avalanche safety gear—*if applicable*
- ● Snow tools (snow shovel, snow claws, snow saws)
- ● Hiking backpacks (size options, features to consider, rain covers)
- ● Sleeping bag (down and synthetic)
- ● Sleeping pads (air, self-inflating, and closed-cell)
- ● Camp stove (canister and liquid fuel)
- ● Cookware (pots, pans, utensils, camp soap, quick dry towel)
- ● Power options (solar, portable)
- ● Communication tools (two-way radios, satellite GPS messenger)
- ● Pocket knives, multi-tools
- ● Bathroom items (toilet paper, trowel, hand sanitizer, feminine hygiene products)
- ● Bear safety gear (bear canisters, bear spray)—*if applicable*

## Additional Learning Pieces:

- ● Share more about the importance of layering for warmth including wearing a base, middle, and outer layers including gloves, socks, and hats.
- ● Discuss how to stay warm at night including what they should have for a sleeping bag, liner (optional), and sleeping pad.
- ● Discuss the variety of snowshoes, skis, and snowboards girls can use in the backcountry.

## OUTFITTERS/INSTRUCTORS:

# Climbing Program Overview

### BOULDERING, CLIMBING, AND RAPPELLING

Girl Scouts of the USA, in partnership with The North Face, has released a climbing badge series including bouldering, climbing, rappelling, and recreational tree climbing. An overview of each badge is on the following pages.

### WAYS CLIMBING OUTFITTERS/INSTRUCTORS CAN PARTNER WITH GIRL SCOUTS

**Climbing outfitters/instructors can support Girl Scouts by:**

- Becoming a council-approved outfitter/instructor
  - ▶ Girl Scouts of the USA has safety guidelines that all climbing outfitters/instructors are to adhere to before Girl Scouts can use their services.
- Providing a discounted Girl Scout rate/fee.
  - ▶ Year-round or date-specific (i.e., Girl Scout nights or weekends)
- Providing opportunities for girls to attend badge workshops specifically designed for Girl Scouts, meeting badge requirements as listed in this document.
  - ▶ Badge workshops led by the outfitter/instructor or in conjunction with a representative from Girl Scouts.

### BOULDERING, CLIMBING, AND RAPPELLING SAFETY CHECKPOINTS

Girl Scouts of the USA provides Girl Scout councils safety guidelines for a variety of activities, including bouldering, climbing, and rappelling.

Below is a brief outline of items outfitters/instructors need to follow with all Girl Scouts groups. The adult volunteers or the Girl Scout council will provide outfitters/instructors the detailed safety activity checkpoints for climbing activities.

- All climbing outfitters/instructors are to be approved by the Girl Scout council. This approval process will review (a) instructor trainings and certifications, (b) climbing equipment and gear usage and maintenance, and (c) safety procedures and guidelines.
- Climbing methods:
  - ▶ Bouldering is defined as climbing without a rope but at a height not greater than 6 feet off the ground. Spotters must be used.

- ▶ Climbing is to be done using the top-rope method.
- ▶ Lead, traditional, or free climbing by participants is NOT allowed.
- Climbing helmets with the UIAA-approved label are to be worn for all outdoor natural climbing situations where the participant is more than 6 feet off the ground or on belay.
- Instructor to participant ratios are 1 instructor to 10 participants; if multi-pitch climbing the ratio is 1 instructor (lead climber) to 3 participants.
- All equipment used for belaying, such as ropes, webbing, harnesses, hardware, and helmets, should be designed and tested for the purpose of this type of activity and appropriate for the size of the user.

## OVERVIEW OF CLIMBING BADGE SERIES BY GRADE LEVEL

### Bouldering badge for Daisy Girl Scouts (K–1st graders, ages 5–7)

- Day trip to experience bouldering at an artificial bouldering wall

### Rock Climbing badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- Day trip to experience rock climbing\* at an artificial climbing wall

### Recreational Tree Climbing badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- Day trip to experience recreational tree climbing

### Outdoor Climbing badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- 2–3 practice sessions at an artificial climbing wall
- Day trip to experience outdoor rock climbing
- Learning pieces: climbing,\* belaying\*

### Outdoor Climbing badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- 2–3 practice sessions at an artificial climbing wall
- 2-day, 1-night trip to experience outdoor rock climbing
- Learning pieces: climbing,\* belaying,\* rappelling, gear safety checks

### Climbing Adventure badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- 2–3 practice sessions at an artificial climbing wall
- 3-day, 2-night trip to experience outdoor rock climbing
- Learning pieces: climbing,\* belaying,\* rappelling, gear safety checks, anchor systems\*

\*Girls are to use top-rope systems for all climbing and belaying; NO lead or traditional climbing permitted by girls.

## BOULDERING BADGE FOR DAISY GIRL SCOUTS (K–1ST GRADERS, AGES 5–7)

### WHAT WILL GIRLS DO:

- Girls will use their hands and feet to grab and stand on climbing holds as they move their body up and across a rock face without a rope or harness.
- **Note:**
  - ▶ Girls boulder no higher than 6 feet (hands cannot pass the 6-foot mark).
  - ▶ An adult spotter will help guide girls safely back to the ground.

### NUMBER OF OUTINGS:

- 1 outing to an artificial bouldering wall

### LEARNING PIECES:

#### Words to Know

- Prior to their outing, girls learn some of the terms used with bouldering.
  - ▶ Downclimbing
  - ▶ Edging
  - ▶ Hold
  - ▶ Jug
  - ▶ Spotter
  - ▶ Traverse
- Outfitters/Instructors are encouraged to review the terms listed above with the girls during their outing.

### Bouldering Techniques

- Girls learn about and practice climbing techniques such as:
  - ▶ Keep arms straight when possible (hang like a monkey).
  - ▶ Look for footholds directly under their body.
  - ▶ Take small steps over large ones.
  - ▶ Focus on foot placement before hand placement.
  - ▶ Keep body relaxed.

### SUGGESTED GAME TO PLAY:

#### Hot Lava

- Pretend that certain holds and areas of the climbing wall are “hot lava.” For example: purple holds or ones with green tags. Try climbing the wall without touching any “hot lava” if possible.

## ROCK CLIMBING BADGE FOR BROWNIE GIRL SCOUTS (2ND–3RD GRADERS, AGES 7–9)

### WHAT WILL GIRLS DO:

- Girls will learn and practice rock-climbing skills on an artificial climbing wall that can be indoors or outdoors.

### NUMBER OF OUTINGS:

- 1 outing to an artificial climbing wall

### LEARNING PIECES:

#### Gear to Review

- Prior to their outing, girls are to learn about some of the gear used with rock climbing.
  - ▶ Climbing Rope
  - ▶ Harness
  - ▶ Helmet
  - ▶ Chalk
  - ▶ Climbing Shoes
  - ▶ Belay Device
  - ▶ Carabiner
- Outfitters/Instructors are encouraged to review the gear listed above with the girls during their outing.

#### Top-Rope Climbing

- Girls learn how to properly fit their harness and helmet.
- Girls learn and use climbing commands.
- Girls learn about and practice climbing techniques such as:
  - ▶ Keep arms straight when possible (hang like a monkey).
  - ▶ Look for foot holds directly under their body.
  - ▶ Take small steps over large ones.
  - ▶ Focus on foot placement before their hand placement.
  - ▶ Keep body relaxed.
- Girls are to complete a test climb to ensure climber and belayer are properly connected to the rope prior to each climb.

### SUGGESTED GAMES TO PLAY:

#### Octopus

- Girls climb up the wall to a spot where they are comfortable. Then they shout out “Octopus!” letting a friend on the ground know to watch them. While keeping their hands and one foot where they are, the girl moves her other foot around to see how many holds she can touch. Her partner can count out loud as they go.

## Hot Lava

- Pretend that certain holds and areas of the climbing wall are “hot lava.” For example: purple holds or ones with green tags. Try climbing the wall without touching any “hot lava” if possible.

## OUTDOOR CLIMBING BADGE FOR CADETTE GIRL SCOUTS (6TH–8TH GRADERS, AGES 11–14)

### WHAT WILL GIRLS DO:

- Girls will go on a climbing adventure where they will climb and belay using a top-rope climbing system.

### NUMBER OF OUTINGS:

- 2–3 outings using an artificial climbing wall to review and practice their climbing skills
- 1-day outdoor climbing experience
  - ▶ Girls should climb and belay during their outing.

### LEARNING PIECES:

#### Knots

- Girls learn about and practice the knots used to connect the rope to harness of climber.
  - ▶ Figure Eight
  - ▶ Figure Eight Tie-In
  - ▶ Double Overhand Back-Up/Barrel Knot

#### Top-Rope Climbing

- Girls learn/review basics of climbing during their practice sessions, including gear used, how to properly fit their harness and helmet, and safety commands.
- Girls learn about and practice climbing techniques (i.e., edging, smearing, heel-hooking, toe-hooking, open grip, pinch grips, palming, crimping, side pull).
- Girls are to complete a test climb to ensure climber and belayer are properly connected to the rope prior to each climb.

#### Belaying for Top-Rope Climbing

- Girls learn about and practice belaying techniques during their practice sessions and their outdoor climbing trip.

- **Note:** Always have an adult as the girls' backup belayer to hold on to the rope that feeds from their belay device. Use ground anchors for belayers as needed.

## OUTDOOR CLIMBING BADGE FOR SENIOR GIRL SCOUTS (9TH–10TH GRADERS, AGES 14–16)

### WHAT WILL GIRLS DO:

- Girls will go on a climbing trip where they will climb and belay using a top-rope climbing system, rappel, and do gear safety checks.

### NUMBER OF OUTINGS:

- 2–3 outings using an artificial climbing wall to review and practice their climbing skills
  - ▶ Girls should climb, belay, and rappel during their outing along with performing gear safety checks.

### LEARNING PIECES:

#### Knots

- Girls learn about and practice the knots used to connect the rope to harness of climber.
  - ▶ Figure Eight
  - ▶ Figure Eight Tie-In
  - ▶ Double Overhand Back-Up/Barrel Knot
- Other climbing knots and hitches girls should learn about and practice:
  - ▶ Double Fisherman's Knot
  - ▶ Munter Hitch
  - ▶ Overhand Bend
  - ▶ Prusik Knot
  - ▶ Water Knot
  - ▶ Clove Hitch
  - ▶ Figure 8 on a Bight
  - ▶ Girth Hitch
  - ▶ Overhand Loop on a Bight

#### Top-Rope Climbing

- Girls learn/review basics of climbing during their practice sessions including gear used, how to properly fit their harness and helmet, and safety commands.

- Girls learn about and practice climbing techniques (i.e., edging, smearing, heel-hooking, toe-hooking, open grip, pinch grips, palming, crimping, side pull).
- Girls are to complete a test climb to ensure climber and belayer are properly connected to the rope prior to each climb.

## Belaying for Top-Rope Climbing

- Girls learn about and practice belaying techniques during their practice sessions and their outdoor climbing adventure.
- **Note:** Always have an adult as the girls' backup belayer to hold on to the rope that feeds from their belay device. Use ground anchors for belayers as needed.

## Rappelling

- Girls learn about rappelling (including gear used, belaying techniques, and safety commands) during their practice sessions and complete a simulated rappel.
- Girls complete an outdoor rappelling experience during their outdoor climbing adventure.
- **Note:** A back-up friction hitch is used to back up the rappel device.

## Gear Safety Checks

- Girls learn how to perform gear safety checks including gear such as climbing ropes, helmets, harnesses, carabiners, belay devices, and webbing.
- Girls perform gear safety checks during practice sessions and their outdoor climbing adventure.

## CLIMBING ADVENTURE BADGE FOR AMBASSADOR GIRL SCOUTS (11TH–12TH GRADERS, AGES 16–18)

### WHAT WILL GIRLS DO:

- Girls will go on a climbing trip where they will climb and belay using a top-rope climbing system, rappel, do gear safety checks, and practice setting up top-rope anchor systems.

### NUMBER OF OUTINGS:

- 2–3 outings using an artificial climbing wall to review and practice their climbing skills.
- 3-day, 2-night outing with a climbing-related activity each day.
  - Girls should climb, belay, and rappel during their outing along with performing gear safety checks and setting up top-rope anchor systems.
  - Girls who are experienced climbers have the option of doing a multi-pitch climb.

## LEARNING PIECES:

### Knots

- Girls learn about and practice the knots used to connect the rope to harness of climber.
  - ▶ Figure Eight
  - ▶ Figure Eight Tie-In
  - ▶ Double Overhand Back-Up/Barrel Knot
- Other climbing knots and hitches girls should learn about and practice:
  - ▶ Double Fisherman's Knot
  - ▶ Munter Hitch
  - ▶ Overhand Bend
  - ▶ Prusik Knot
  - ▶ Water Knot
  - ▶ Clove Hitch
  - ▶ Figure 8 on a Bight
  - ▶ Girth Hitch
  - ▶ Overhand Loop on a Bight

### Top-Rope Climbing

- Girls learn/review basics of climbing during their practice sessions including gear used, how to properly fit their harness and helmet, and safety commands.
- Girls learn about and practice climbing techniques (i.e., edging, smearing, heel-hooking, toe-hooking, open grip, pinch grips, palming, crimping, side pull).
- Girls are to complete a test climb to ensure climber and belayer are properly connected to the rope prior to each climb.

### Belaying for Top-Rope Climbing

- Girls learn about and practice belaying techniques during their practice sessions and their outdoor climbing adventure.
- **Note:** Always have an adult as the girls' backup belayer to hold on to the rope that feeds from their belay device. Use ground anchors for belayers as needed.

### Rappelling

- Girls learn about rappelling (including gear used, belaying techniques, and safety commands) during their practice sessions and complete a simulated rappel.

- Girls complete an outdoor rappelling experience during their outdoor climbing adventure.

## Gear Safety Checks

- Girls learn how to perform gear safety checks including gear such as climbing ropes, helmets, harnesses, carabiners, belay devices, and webbing.
- Girls perform gear safety checks during practice sessions and their outdoor climbing adventure.

## Top-Rope Anchor Systems

- Girls learn how to set up anchor systems for top-rope climbing during their practice sessions.
- Girls set up a static equalization anchor and a self-equalization anchor system during their outdoor climbing adventure.
- **Note:** Girls are never to climb on an anchor system that has not been reviewed for safety and cleared to climb on by the outfitter/instructor.

## ACTIVITY EXPERTS:

# Rock Climbing

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a climbing badge series including bouldering, climbing, rappelling, and recreational tree climbing.
- Adults can share their knowledge and passion for climbing with girls by becoming activity experts.
  - ▶ Girl Scout councils may need to approve you to be an activity expert for climbing activities before assisting the girls with badges.
  - ▶ Girl Scout councils are required to approve you to be an instructor before you can assist girls with specific climbing skills and/or taking girls climbing.
  - ▶ Please check with your council contact.
- A Girl Scout council staff member, adult volunteers, and/or girls will reach out to you to set up a date, time, and location to visit with you as girls are working towards earning their badges. When meeting with girls:
  - ▶ Keep in mind their age and climbing activity.
  - ▶ Engage the girls with hands-on learning pieces when possible (e.g., bringing in some of your gear to show them; showing a video of you doing the activity; doing exercises together, etc.).
- Below is an overview of the climbing badges by grade level and an outline of suggested talking points based on badge requirements. Collaborate with the council staff member or adult volunteer to determine which topics are most relevant to the girls' upcoming adventure. It is not necessary to cover all topics listed below.

### OVERVIEW OF CLIMBING BADGE SERIES BY GRADE LEVEL

#### Bouldering badge for Daisy Girl Scouts (K–1st graders, ages 5–7)

- Day trip to experience bouldering at an artificial bouldering wall

#### Rock Climbing badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- Day trip to experience rock climbing\* at an artificial climbing wall

#### Recreational Tree Climbing badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- Day trip to experience recreational tree climbing

#### Outdoor Climbing badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- 2–3 practice sessions at an artificial climbing wall
- Day trip to experience outdoor rock climbing

- Learning pieces: climbing,\* belaying\*

## Outdoor Climbing badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- 2–3 practice sessions at an artificial climbing wall
- 2-day, 1-night trip to experience outdoor rock climbing
- Learning pieces: climbing,\* belaying,\* rappelling, gear safety checks

## Climbing Adventure badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- 2–3 practice sessions at an artificial climbing wall
- 3-day, 2-night trip to experience outdoor rock climbing
- Learning pieces: climbing,\* belaying,\* rappelling, gear safety checks, anchor systems\*

\* Girls are to use top-rope systems for all climbing and belaying; NO lead or traditional climbing permitted by girls.

## SHARING YOUR PASSION FOR CLIMBING

Girls may talk to an experienced climber to find out what they like best about their sport. Share with girls why you enjoy climbing, challenges you've faced while climbing, some of your favorite climbing locations, and some general advice you'd give to someone just learning about climbing.

## PLANNING FOR THE ADVENTURE

Girls are planning their climbing adventure, including choosing a destination and creating a budget. *Possible discussion points below; feel free to add your own.*

- **Location:** Discuss how you decide where to go climbing (e.g., difficulty of climb and fitness level needed, trail access to the climb, popularity of climbing area). Do you have a favorite area nearby where you like to climb? Cadette, Senior, and Ambassador Girl Scouts: Discuss how you gather general information on outdoor, natural climbing areas (e.g., land management agency overseeing the area, others who've climbed and/or camped in that area).
- **Time:** How much time do you give yourself for climbing on a given day—an hour, a half-day, a full day? Do you spend the entire time climbing or do you incorporate rest breaks? How long should they plan on for their climbing adventure based on their badge requirements (e.g., going to a climbing gym vs. going outdoor climbing on natural rock)?
- **Budget:** Girls need to come up with a budget for their climbing adventure. Share with them some of the expenses associated with climbing (e.g., climbing and gear rental fees at gyms; purchasing gear—harness, climbing shoes, chalk bag, chalk, belay devices; climbing permit fees if applicable).

## VOCABULARY

Girls are learning language for their adventures; you may want to introduce terms such as:

- **Rock Climbing:** belayer, carabiner, crux, figure 8 knot, harness, and top-rope climbing
- **Outdoor Climbing (Cadette) and Outdoor Climbing (Senior):** anchor, belay, brake hand, carabiner, class, crux, harness, rating, rappel, top-rope climbing
- **Climbing Adventure:** anchor, belay, brake hand, carabiner, class, crux, harness, multi-pitch, rating, rappel, SERENE and ERNEST anchors, self-equalization anchor, static equalization anchor, top-rope climbing

## GEAR

Girls are learning about gear needed for their adventures. Work with council staff, adult volunteers, and/or girls to set clear expectations for teaching this piece, including time frame, primary discussion topics, and depth of knowledge they are seeking.

### 10 Essentials for Outdoor Adventures\*

- Proper clothing and footwear (base, middle, and outer layers including rain gear)
- Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- Water storage options (hydration packs, water bottles)
- Food (snack options to take with them climbing)
- First-aid kit
- Form of shelter (camp tarp)
- Light source (headlamps, flashlights)
- Repair kit (duct tape, utility cord, sewing kit, etc.)
- Fire starter\* (matches, flint and steel, lighters, etc.)
- Navigation tools\* (maps, compass, GPS)

\*Brownie Girl Scouts Rock Climbing Badge: Girls will learn about the 10 essentials for outdoor adventures even if climbing at an indoor facility. Fire starters and navigation tools are not included for this grade level.

### CLIMBING-SPECIFIC GEAR

- Harness, helmet, climbing rope

### GEAR SPECIFIC TO THE ROCK-CLIMBING BADGE

- Climbing shoes
- Chalk and chalk bag
- Belay devices and carabiners

## GEAR SPECIFIC TO THE **OUTDOOR CLIMBING (CADETTE)**, **OUTDOOR CLIMBING (SENIOR)**, AND **CLIMBING ADVENTURE** BADGES

- ● ● Climbing shoes
- ● ● Chalk and chalk bag
- ● ● Belay devices and carabiners
- ● ● Webbing
- ● ● Rope bag
  
- ● Additional items for the **Outdoor Climbing (Senior)** and **Climbing Adventure** badges:
  - ➤ Rappel devices and accessory cord
  - ➤ Tent camping-related items needed for a 1–2 night stay at a campground
- ● Additional item for the **Climbing Adventure** badge:
  - Personal Anchor Systems (PAS)

## TRAINING

Girls are learning about the physical and mental training needed to complete their adventures. As an experienced climber, share your tips on setting goals and training. *Possible discussion points below; feel free to add your own.*

### Exercise

- Share some warm-up exercises and cool-down stretches for climbing activities.
- Share some exercises the girls can do at a playground that will help them with climbing (i.e., climbing ladders, domes, cargo nets, and rock walls while keeping arms straight; looking for foot placement prior to hand placement; taking small steps; and keeping their bodies relaxed).
- Share some general exercise activities that you do to improve your overall fitness (e.g., running, biking, swimming, yoga, Pilates, fitness classes).

### Form and technique

- Share basic climbing form and technique (the best you can without being at a climbing site).

### Importance of sleep and nutrition

- Share the importance of getting a good night's sleep, eating a good breakfast, and staying hydrated while climbing.
- Share some of your favorite snacks to eat while climbing that are packed with nutrients, leaving you feeling satisfied and energized.

## Mental imagery (visualization)

- **Cadette, Senior, and Ambassador Girl Scouts:** Share how you utilize mental imagery with climbing. Share how girls can incorporate it into their practice sessions and their trip.

## First aid

- **Cadette, Senior, and Ambassador Girl Scouts:** Discuss common trail injuries including how to avoid these injuries and how to treat them if they happen (e.g., blisters, sprained ankles, frostbite, dehydration, hypothermia).

## SKILL PRACTICE AND CLIMBING ADVENTURE

Girls are ready to practice their climbing skills and go on their climbing adventure!

- Girls have various skills specific to rock climbing to practice prior to their outdoor adventure. Skills are to be taught by a rock climbing instructor during their practice sessions on an artificial indoor or outdoor climbing wall.
- Due to the risks associated with climbing, Girl Scout councils need to approve all climbing instructors. If you would like to take girls bouldering, climbing, or rappelling, contact your local Girl Scout council for more information.

## ACTIVITY EXPERTS:

# Recreational Tree Climbing

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a climbing badge series which includes a **Recreational Tree Climbing badge for Junior Girl Scouts (4th–5th graders, ages 9–11)**.
- Adults can share their knowledge and passion for recreational tree climbing with girls by becoming activity experts.
  - ▶ Girl Scout councils may need to approve you to be an activity expert for recreational tree climbing activities before assisting the girls with badges; please check with your council contact.
- A Girl Scout council staff member, adult volunteers, and/or girls will reach out to you to set up a date, time, and location to visit with you as girls are working towards earning their badge. When meeting with girls:
  - ▶ Keep in mind their age.
  - ▶ Engage the girls with hands-on learning pieces when possible (e.g., bringing in some of your gear to show them; showing a video of you doing the activity; doing exercises together, etc.).
- Below is an outline of suggested talking points based on badge requirement topics. Collaborate with the council staff member or adult volunteer to determine which topics are most relevant to the girls' upcoming adventure. It is not necessary to cover all topics listed below.

### SHARING YOUR PASSION FOR RECREATIONAL TREE CLIMBING

Girls may talk to an experienced recreational tree climber to find out what they like best about their sport. Share with girls why you enjoy climbing, challenges you've faced while climbing, some of your favorite climbing locations, and some general advice you'd give to someone just learning about recreational tree climbing.

### PLANNING FOR THE ADVENTURE

Girls are planning their recreational tree climbing adventure, including choosing a destination and creating a budget. Possible discussion points below; feel free to add your own.

- **Location:** Discuss how you decide where to go recreational tree climbing. Do you have a favorite area nearby where you like to climb? Discuss what you look for when selecting a tree to climb.
- **Time:** How much time do you give yourself for climbing on a given day—an hour, a half-day, a full day? How long does it take to set up the tree climbing system once you arrive at the selected tree? How long should they plan on for their climbing adventure?
- **Budget:** Girls need to come up with a budget for their climbing adventure. Share with them some of the expenses associated with climbing (e.g., equipment used in tree climbing, permit fees if applicable, trainings).

## VOCABULARY

Girls are learning language for their adventures; you may want to introduce terms such as:

- Bounce test
- Ceiling
- Dead branches
- Double roped technique (DRT)
- Slingshot

## GEAR

Girls are learning about gear needed for their adventures. Work with council staff, adult volunteers, and/or girls to set clear expectations for teaching this piece, including time frame, primary discussion topics, and depth of knowledge they are seeking.

### 10 Essentials for Outdoor Adventures

- Proper clothing and footwear (base, middle, and outer layers including rain gear)
- Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- Water storage options (hydration packs, water bottles)
- Food (snack options to take with them climbing)
- First-aid kit
- Form of shelter (camp tarp)
- Light source (headlamps, flashlights)
- Repair kit (duct tape, utility cord, sewing kit, etc.)
- Fire starter (matches, flint and steel, lighters, etc.)
- Navigation tools (maps, compass, GPS)

### Gear Specific to the **Recreational Tree Climbing** Badge

- Climbing rope
- Harness
- Helmet
- Carabiners
- Cambium saver
- Accessory cord
- Ascender

## TRAINING

Girls are learning about the physical and mental training needed to complete their adventures. As an experienced recreational tree climber, share your tips on setting goals and training. *Possible discussion points below; feel free to add your own.*

### Exercise

- Share some warm-up exercises and cool-down stretches for climbing activities.
- Share some general exercise activities that you do to improve your overall fitness (e.g., running, biking, swimming, yoga, Pilates, fitness classes).

### Form and technique

- Share some basic recreational tree climbing form and technique (the best you can without being at a climbing site).

### Importance of sleep and nutrition

- Share the importance of getting a good night's sleep the night before climbing, eating a good breakfast, and staying hydrated while climbing.
- Share some of your favorite snacks to eat while climbing that are packed with nutrients, leaving you feeling satisfied and energized.

### Knot Tying

- Assist girls as they learn some of the knots and hitches used with recreational tree climbing.
  - ▶ Clove Hitch
  - ▶ Anchor Hitch
  - ▶ Overhand Knot
  - ▶ Blake's Hitch
  - ▶ Prusik Knot

## CLIMBING ADVENTURE

Girls are ready to go on their recreational tree climbing adventure! Girls have specific skills to practice while on their adventure per their badge requirements. Work with council staff, adult volunteers, and/or girls to set clear expectations for your involvement with their adventure.

- Learn how to properly fit your harness and helmet.
  - ▶ Teach girls how to properly fit their harness and helmet.
- Learn and use safety commands.

- ▶ Discuss the importance of using safety commands while climbing.
- ▶ Teach girls and have girls practice the safety commands that will be used at their recreational tree climbing site.
- Complete a test climb.
  - ▶ Have girls connect their harness to the tree climbing system, climb up a few feet, let go of the ropes, feel how the system catches them, and then lower them to the ground.
- Learn how to set up a tree climbing system (optional).
  - ▶ Demonstrate how to set up the climbing rope, how to protect the tree, and how to know what tree limbs to use.
  - ▶ Discuss knots that you use in your climbing system and teach girls knots they do not know.

## SAFETY

Girl Scouts of the USA provides Girl Scout councils safety guidelines for a variety of activities, including recreational tree climbing. Below is a brief outline of items activity experts, along with the adult volunteers with the group, should address prior to the girls' adventure.

### Instructor Training

- Instructors are to have documented experience in leading and teaching tree climbing.

### Climbing Sites

- Necessary permits or permission requests needed from land management agencies for climbing sites are obtained from outfitter/instructor.
- Full inspection of the health of the tree and surrounding area is made prior to climbing.
- Climbing is only done on trees that have at least 6 inches of living tissue.
- Outfitters/instructors ensure a process for managing safety and performing rescues is in place (site-specific).

### Recreational Tree Climbing Equipment

- All equipment being used has been designed, tested, and manufactured for the purpose of recreational tree climbing (i.e., ropes, webbing, harnesses, hardware, and helmets).
- Equipment is designed, tested, and manufactured to support a variety of user sizes (i.e., youth and adult, XS–XXL, adjustable helmets, etc.).
- Instructors have been trained to inspect all equipment, climbing systems, and landing areas prior to using climbing site(s) with their groups.
- Girl Scouts requires climbing helmets for recreational tree climbing where the participant is more than 6 feet

off the ground or on belay. Climbing helmets, UIAA approved label, are provided to participants.

- A written equipment monitoring and retirement process is in place, including a use log tracking wear, stress, and deterioration of gear.
- Outside professionals periodically inspect trees and equipment.

## Climbing Program Details

- Participant Briefing
  - ▶ Instructors describe the objectives, safety procedures, and hazards to the participants.
  - ▶ Instructors teach readiness and action commands to the participants.
  - ▶ Participants take part in muscle warm-up and stretching activities.
- Safety Day of Program
  - ▶ Instructors inspect all equipment before each use.
  - ▶ Instructors climb all routes before participants begin.
  - ▶ Girls are not to climb when trees or gear is wet.
  - ▶ Instructors are to clip participants in and out of the tie-in system.

## OUTDOOR RETAILERS: Climbing

### TALKING POINTS

- Girl Scouts of the USA, in partnership with The North Face, has released a climbing badge series including bouldering, climbing, rappelling, and recreational tree climbing.
- Outdoor adventure retailers can provide opportunities for girls to learn about gear (essentials for outdoor adventures and climbing-specific).
- Retail associates are asked to show and discuss the items listed, keeping in mind the girls' ages and climbing activities.
- An employee from your local Girl Scout council, adult volunteers, and/or girls will contact your store to set up a date and time to visit.
- Below you'll find an overview of the Climbing Badge Series and the associated gear lists:
  - Gear Specific to the Rock Climber Badge
  - Gear Specific to the Recreational Tree Climbing Badge
  - Gear Specific to the Outdoor Climbing Badges

### OVERVIEW OF CLIMBING BADGE SERIES BY GRADE LEVEL

#### Rock Climbing badge for Brownie Girl Scouts (2nd–3rd graders, ages 7–9)

- Day trip to experience rock climbing\* at an artificial climbing wall

#### Recreational Tree Climbing badge for Junior Girl Scouts (4th–5th graders, ages 9–11)

- Day trip to experience recreational tree climbing

#### Outdoor Climbing badge for Cadette Girl Scouts (6th–8th graders, ages 11–14)

- Day trip to experience outdoor rock climbing
- Learning pieces: climbing,\* belaying\*

#### Outdoor Climbing badge for Senior Girl Scouts (9th–10th graders, ages 14–16)

- 2-day, 1-night trip to experience outdoor rock climbing
- Learning pieces: climbing,\* belaying,\* rappelling, gear safety checks

## Climbing Adventure badge for Ambassador Girl Scouts (11th–12th graders, ages 16–18)

- 3-day, 2-night trip to experience outdoor rock climbing
- Learning pieces: climbing,\* belaying,\* rappelling, gear safety checks, anchor systems\*

\*Girls are to use top-rope systems for all climbing and belaying; NO lead or traditional climbing permitted by girls.

### GEAR SPECIFIC TO CLIMBING BADGES

#### 10 Essentials for Outdoor Adventures\*

- Proper clothing and footwear (base, middle, and outer layers including rain gear)
- Sun protection (hats, sunglasses, lightweight long sleeves, sunscreen)
- Water storage options (hydration packs, water bottles)
- Food (snack options to take with them climbing)
- First-aid kit
- Form of shelter (camp tarp)
- Light source (headlamps, flashlights)
- Repair kit (duct tape, utility cord, sewing kit, etc.)
- Fire starter\* (matches, flint and steel, lighters, etc.)
- Navigation tools\* (maps, compass, GPS)
- **Note:** Brownie Girl Scouts will learn about the Essentials for Outdoor Adventures even if climbing at an indoor facility.

\*Fire starters and navigation tools are not included for this grade level.

#### Climbing-Specific Gear

- Harness, helmet, climbing rope

#### GEAR SPECIFIC TO THE ROCK-CLIMBING BADGE

- Climbing shoes
- Chalk and chalk bag
- Belay devices and carabiners

#### ADDITIONAL GEAR SPECIFIC TO THE RECREATIONAL TREE CLIMBING BADGE

- Carabiners and ascenders
- Cambium saver
- Accessory cord

**ADDITIONAL GEAR SPECIFIC TO THE OUTDOOR CLIMBING (CADETTE), OUTDOOR CLIMBING (SENIOR), AND CLIMBING ADVENTURE BADGES**

- ● ● Climbing shoes
- ● ● Chalk and chalk bag
- ● ● Belay devices and carabiners
- ● ● Webbing
- ● ● Rope bag

**Additional items for the Outdoor Climbing (Senior) and Climbing Adventure badges:**

- ● Rappel devices and accessory cord
- ● Tent camping-related items needed for a 1–2 night stay at a campground

**Additional item for the Climbing Adventure badge:**

- Personal Anchor Systems (PAS)