



Choose your adventure: Jog while you explore the outdoors or go on a hike and play games.

1. Choose your outdoor adventure
2. Prepare for your adventure
3. Go on your outdoor adventure

When you've earned this badge, you'll know how to go on an adventurous jog or play outdoor hiking games.

Daisy

To Prepare:

First, decide where you would like to hike. Then, gather your items such as the binoculars you made, bug spray, water, your wildlife identification pages, first aid kit and bandana. Make sure you are wearing close toed shoes and the laces are tied.

Hint: when you come back from your adventure do a tick check, and then talk about the things you saw.



Choose your adventure: Go trail running or take different kinds of hikes.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have planned and learned the skills for an outdoor trail run or 3 different types of hikes.

Brownie

To Prepare:

First, decide how many and where you would like to hike. Then, gather your items such as the binoculars you made, bug spray, water, your wildlife identification pages, first aid kit and bandana. Make sure you are wearing close toed shoes and the laces are tied.

Hint: when you come back from your adventure do a tick check, and then talk about the things you saw.



Choose your adventure: Go on a trail run for a distance that challenges you or train for and go on 3 separate day hikes.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have planned and learned the skills for trail running or 3 separate day hikes.

Junior

To Prepare:

First, decide how many and where you would like to hike. Then, gather your items such as the binoculars you made, bug spray, water, your wildlife identification pages, first aid kit and bandana. Make sure you are wearing close toed shoes and the laces are tied.

Hint: To train for your separate day hikes practice taking the stairs or go on walks around your neighborhoods. When you come back from your adventure do a tick check, and then talk about the things you saw.



Choose your adventure: Go on a long-distance trail run or take a hiking challenge.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have planned and learned the skills to do a long-distance trail run or take 3 separate challenging trail hikes.

Cadette

To Prepare:

First, decide your "hiking challenge." Then, gather your items such as bug spray, water, your wildlife identification pages, first aid kit and bandana. Make sure you are wearing close toed shoes and the laces are tied.

Hint: To challenge yourself, set a goal for what you want to accomplish, such as getting outside everyday or "hiking" 30 miles in 30 days. When you come back from your adventure do a tick check, and then talk about the things you saw and things you learned about yourself.



Choose your adventure: Compete in a trail race or take a backpacking trip.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have planned and learned the skills to compete in a trail race or a 3-day, 2-night backpacking trip.

Senior

To Prepare:

First, decide where you are backpacking. Then, gather your items such as bug spray, water, your wildlife identification pages, first aid kit and bandana. Make sure you bring everything the company recommends.

Hint: If you go to our [approved activities provider list](#) there are already approved backpacking companies. When you come back from your adventure do a tick check, and then talk about the things you saw, did, or new things you learned.



Choose your adventure: Coach another girl in trail running or take a multi-day backpacking trip.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have planned and learned the skills to help coach another girl in trail running or planned, prepared for, and completed a 5-day, 4-night backpacking trip.

Ambassador

To Prepare:

First, decide where you are backpacking. Then, gather your items such as bug spray, water, your wildlife identification pages, first aid kit and bandana. Make sure you bring everything the company recommends.

Hint: If you go to our [approved activities provider list](#) there are already approved backpacking companies. You can also do a 100 hours unplugged challenge (4 day trip). When you come back from your adventure do a tick check, and then talk about the things you saw, did, or new things you learned.