

SENIOR ADVENTURE CAMPER BADGE

Badge Purpose: When you've earned this badge, you'll have planned and gone on a camping trip with a group of Girl Scouts or family members that includes adventure activities

Activity Plan Length: This plan will be completed at your own pace.

Activity	Materials Needed
Getting Started: Choose Your Adventure	<input type="checkbox"/> Paper <input type="checkbox"/> Pencil <input type="checkbox"/> Computer with internet access
Safety First! <ul style="list-style-type: none"> Write and act out a script to practice responding to an emergency situation. 	<input type="checkbox"/> Computer with internet access <input type="checkbox"/> Paper <input type="checkbox"/> Pen/pencil <input type="checkbox"/> 1 – 3 other people
Map Your Route <ul style="list-style-type: none"> Create a weatherproof map for yourself and a copy for your emergency contact. 	<input type="checkbox"/> Computer with internet access <input type="checkbox"/> Printer <input type="checkbox"/> Colorful markers <input type="checkbox"/> Clear packing tape and/or page protectors <input type="checkbox"/> Scissors
No Chill Cooking Challenge <ul style="list-style-type: none"> Make tasty camp meals that do not require refrigeration. 	<input type="checkbox"/> Camp cooking equipment (pots, pans, camp stove, etc.) <input type="checkbox"/> Food of choice
Go Adventure Camping! <ul style="list-style-type: none"> Put your skills to use on your adventure camping trip! 	<input type="checkbox"/> Camping and adventure gear suitable for your trip <input type="checkbox"/> Trip itinerary
Reflect on Your Trip	<input type="checkbox"/> Journal <input type="checkbox"/> Pens/pencils

Getting Started: Choose Your Adventure

Adventure Camping is defined as an adventure activity combined with overnight camping. Adventure camping often requires the use of minimalist gear, due to its travelling nature.

- To start planning your trip, choose one of the following adventures:
 - Snowshoeing
 - Mountain Biking
 - Canoeing



- Kayaking
 - Cross country skiing
 - Rock climbing
2. Research opportunities for a combination adventure/camping trip. Find a canoe-in campsite, a bike path that runs between two campsites, or a yurt that is only accessible by snowshoes. Choose an Adventure Camping location!

Before you go, consider:

Difficulty level and your experience level

Make sure that the trip you choose is an adequate difficulty level for your experience. You may need to brush up on some skills, take a course, or spend some time practicing before you go.

Permits

See if permits are required for your planned camping area. Some areas will require you to reserve permits months in advance. Others will require a permit when you arrive.

Campsite Reservations

Many primitive campsites are first-come-first-served (meaning you cannot make a reservation). Plan ahead to increase your chances of scoring a site. In some places, you are required to camp at a designated campsite and in others, you may camp at a place of your choosing.

For first come, first served campsites:

- Arrive early (you'll be much more likely to get a site at noon than at 5 PM)
- Avoid the most popular camping times, such as summer holiday weekends
- Go mid-week. You'll have a much better chance on a Wednesday than on a Saturday. If you need to go on a weekend, get there on Friday instead of Saturday.
- Have a backup plan. Is there a nearby site you can go to if the first one is full?
- Call ahead. On the day of your trip, you may be able to call the park to see how many campers have claimed sites.

Waste and water

Check if the area has a potable (drinkable) water source or if there is a water source near your campsite that you could purify. Decide what type of water purification you need, how much water you should pack in with you, etc.

Research rules for human waste in the area. Are vault toilets available? Does human waste need to be packed out? Do you need to bring a trowel to dig a cat hole? Rules vary greatly by location.

Navigation

Are the paths that you plan to travel on clearly marked (are there paths at all?). Will a park map suffice or will a topographic map, compass, and/or GPS system be necessary? Make sure you are equipped with the navigation skills that you need.

Fires

Fires may not be allowed in certain weather conditions or ever in some areas (like many National Parks). Do not plan on relying solely on a fire for cooking and make sure you check the day of your trip for fire bans.

Budget

How much will the trip cost? Include costs like gear rental, camping/permit fees, food, gas, and parking. Determine how you will pay for the trip.



Activity #1: Safety First!

Badge Connection: Step 1 – Plan your adventure camping trip

Materials Needed: Computer with internet access; paper; pen/pencil; 1 – 3 other people

Prep Needed:

- Gather 1 to 3 others (these could be the people going on the trip with you!).
1. Read through the safety scenarios below. Choose one and research the proper emergency response to that scenario.
 2. Using the internet, books, and/or experts in outdoor safety, research different ways that the scenario could play out. For example, what do you do if you have a working cell phone? What if you don't? What if you are near a vehicle? What if you are several miles away? What if an injured person's condition improves right away? What if it gets worse?
 3. When you find out the appropriate safety response for the situation, write a script to demonstrate the appropriate emergency response.
 4. Practice acting out the scenario.
 5. Perform the scenario for an audience (your troop, a younger troop, your family, etc.). Allow time for questions at the end.

Safety scenarios:

1. Your troop went for a strenuous fall hike and when you return to your campsite, a girl is shivering. She sits down, looks tired, and stops talking to the rest of the group.
2. While preparing dinner at camp, a girl in your troop cuts her finger with a knife.
3. While camping, there is a thunderstorm approaching. You are several miles away from your vehicle.

Activity #2: Map Your Route

Badge Connection: Step 1 – Plan your adventure camping trip and Step 2 – Gather your gear

Materials Needed: Computer with internet access; printer; colorful markers; clear packing tape and/or page protectors; scissors

1. Print out two copies of the map of the area your Adventure Camp trip will take place
2. Map your route using markers. Create a key to designate different modes of transportation, campsites, and rest points. Denote any important areas like Rangers Stations or wildlife closures.
3. If applicable, add an emergency exit route to your map.
4. Make two copies of this map.
5. Make one copy of your map (your copy) weatherproof by layering packing tape over the map or by cutting and taping clear page protectors.
6. On the second map, include important information such as camping permit number, full names of all people on the trip, contact information, and expected itinerary. Include emergency numbers to call and a “worry time” – i.e. the time that park rangers or police should be contacted if you do not contact. Leave this map with a trusted adult.

Activity #3: No Chill Cooking Challenge

Badge Connection: Step 3 – Plan and prepare trip meals

Materials Needed: Camp cooking equipment (pots, pans, camp stove, etc.); food of choice



1. Coolers are often bulky and not suited for adventure camping. This activity challenges you to make delicious meals using only foods that do not need refrigeration.
2. Plan a healthy meal that includes all non-perishable ingredients (i.e. ingredients that last a long time without refrigeration) Research the possibilities of using dried or dehydrated food or canned food and use the helpful ingredients list below to create your recipe!
3. Prepare your ingredients as you would before heading out on your trip. How can you minimize packaging and avoid leakage?
4. Practice cooking your meal using the camp cooking method(s) you plan to use.

Helpful ingredients:

- Powdered Milk
- Honey
- Individual condiment packets (mustard, mayonnaise, jam, etc.)
- Applesauce (can be used as egg or oil substitute in some baked goods)
- Canned meat or fish
- Jerky
- Dehydrated ingredients
- Bouillon cubes (for broths/ soups/ seasoning)

Activity #4: Go Adventure Camping!

Badge Connection: Step 4 – Use a camping skill on your trip and Step 5 – Go adventure camping!

Materials Needed: Camping and adventure gear suitable for your trip; trip itinerary

1. Take your camping trip!

Activity #5: Reflect on Your Trip

Materials Needed: Journal; pens/pencils

1. Toward the end of your trip, or when you return, reflect on your experience in a journal entry. Include what you did, and also how you felt and responded to the trip.

More to Explore

- Field Trip Ideas:
 - Visit an outdoor outfitter to see what kind of gear you'll need for your camping trip.
 - Attend a professional adventure event (like a cross country ski race).
- Speaker Ideas:
 - Invite an outdoor adventure expert to your meeting to teach you some primitive camping skills.
 - Invite an experienced camper to your meeting to talk about staying safe when camping in more remote locations.

