



Brownie

Snow **OR** Climbing Adventure



Would you rather ski along trails on a cross-country winter adventure, or learn climbing skills on an artificial wall, indoors or outdoors? In this badge, you get to choose. Set goals for yourself to see what you're made of!

Steps

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

Purpose

When I've earned this badge, I will have planned and learned the skills for cross-country skiing or rock climbing on a climbing wall.

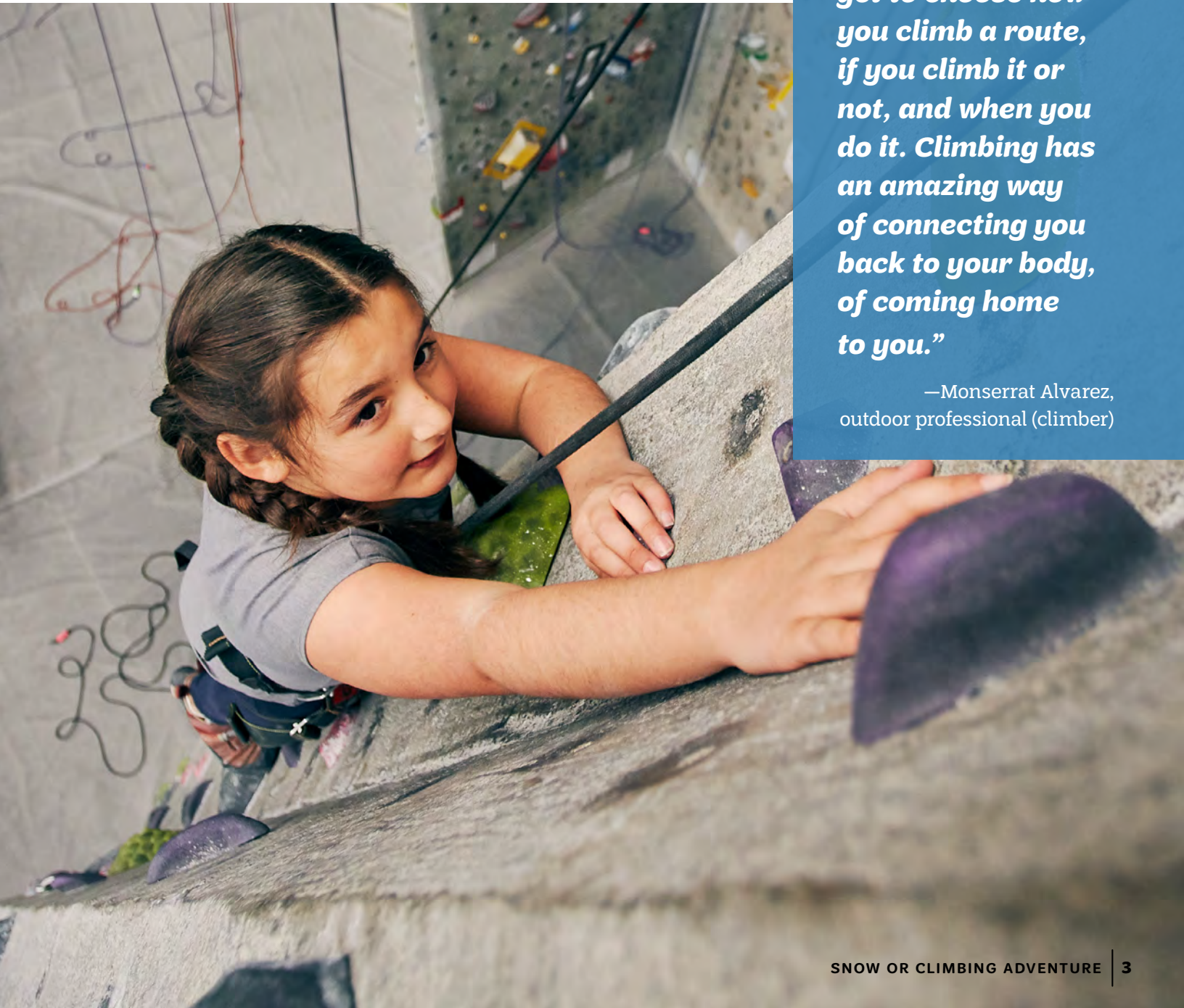
OR

Act out what you will do. Play the game Freeze to act out the two activities. Tell a friend or adult that you will act out something and have them call “freeze” after 15 seconds. First, pretend you are skiing. Do things like shuffle, glide, and kick yourself forward on imaginary snow. Then freeze when it’s called out. When they say “unfreeze,” you change up the scene. Pretend to put on a harness and begin climbing on a climbing wall. Play the game again by doing different skiing and climbing moves. Which one was more fun to act out?



“Climbing is an act of freedom. You get to choose how you climb a route, if you climb it or not, and when you do it. Climbing has an amazing way of connecting you back to your body, of coming home to you.”

—Monserrat Alvarez,
outdoor professional (climber)



STEP 3 Gather your gear

Part of being prepared is making sure you have the right gear for your adventure.

BEFORE YOU BEGIN: GEAR YOU MIGHT NEED

- ▶ **For rock climbing:** Climbing rope, harness, helmet, chalk (for your hands) and chalk bag, climbing shoes, belay device, carabiner*
- ▶ **For cross-country skiing:** Skis, ski boots, ski poles, backpack for gear, insulated sitting pad (optional), hand/foot warmer packets (optional)*

CHOICES—DO ONE:

- Visit an outdoor adventure retailer.** Ask someone who works there about your checklist. Find out how and why each item is used. Make sure to ask what else should be on the list. For example, what type of shoes are best for rock climbing? If you're cross-country skiing, do you need ski goggles or sunglasses?

OR

- Talk to an expert cross-country skier or rock climber about gear.** Write down your questions in advance. Find out what the must-have gear is for your adventure. How much water and what types of snacks should you pack? What other questions can you ask?

OR

- Compare and share.** Bring the gear you think you'll need to a troop meeting to share and compare. Do you know an adult with experience in your outdoor adventure who could help guide your meeting?

**An adult instructor might provide these items for you, but you still need to learn all about them in this step.*



Checklist for Outdoor Adventures

Use this list to help make a checklist of things you might need for your outdoor adventure. And add things too!

- ▶ Proper clothing and footwear
- ▶ Sun protection
- ▶ Water
- ▶ Food
- ▶ First-aid kit
- ▶ Form of shelter
- ▶ Light source
- ▶ Repair kit



Yoga Poses



Cobra pose:

Lie on your stomach. Place your hands flat next to your shoulders, and, then, lift your head and shoulders off the ground.

Cat pose:

Get down on your hands and knees in an all-fours position, round your back, and tuck your chin into your chest. Pretend you're a cat!



Tree pose:

Stand up straight on one leg. Bend the other leg and place the bottom of your foot on the inside of your thigh or calf. Hold the pose as long as you can.

Downward dog pose:

Start on your hands and knees. Make sure your palms are flat and your arms straight. Then slowly straighten your knees and lift your hips. Relax your head between your arms. Then, lower your knees back down to the floor.

STEP 4 Train for your adventure

Before any outdoor adventure, you want to get your mind and body ready for the challenge. Training is part of the fun!

TO COMPLETE THIS STEP, MAKE SURE YOU:

- ▶ **Use the training tips.** Referring to the list on the next page, come up with a training plan and put together a schedule.
- ▶ **Follow safety tips.** Train only with a trusted adult or friend. Make sure a different adult (one who is not with you), knows your route and about what time you should return home.
- ▶ **Practice your first-aid skills.** Know how to treat injuries such as sprains, cuts, and sunburn.

CHOICES—DO ONE:

- Practice yoga to help your balance and strength.** Ask someone who knows yoga or go online with an adult to find out how the poses are done. (See the “Yoga Poses” list.) Hold each pose for 30–60 seconds. Repeat each pose two to three times. Do this two to three times the week leading up to your outdoor adventure. What other poses can you find that would help you on the slopes or with climbing?

OR

- Get expert training tips.** Ask a cross-country skier or rock climber to give you training tips.

OR

- Imagine your outdoor adventure from start to finish.** Find a quiet place to sit. Take a few deep breaths. Think about the outdoor adventure you’ll be going on. What do you see, smell, taste, and hear? Who is with you? How are you feeling? Confident? Excited? A little nervous, maybe?

Parts of Your Cross-Country Ski

A Tip: Front of ski

B Waist: Middle of ski

C Tail: Back of ski

- **Wax:** Applied to the bottom of the ski to help it grip the snow





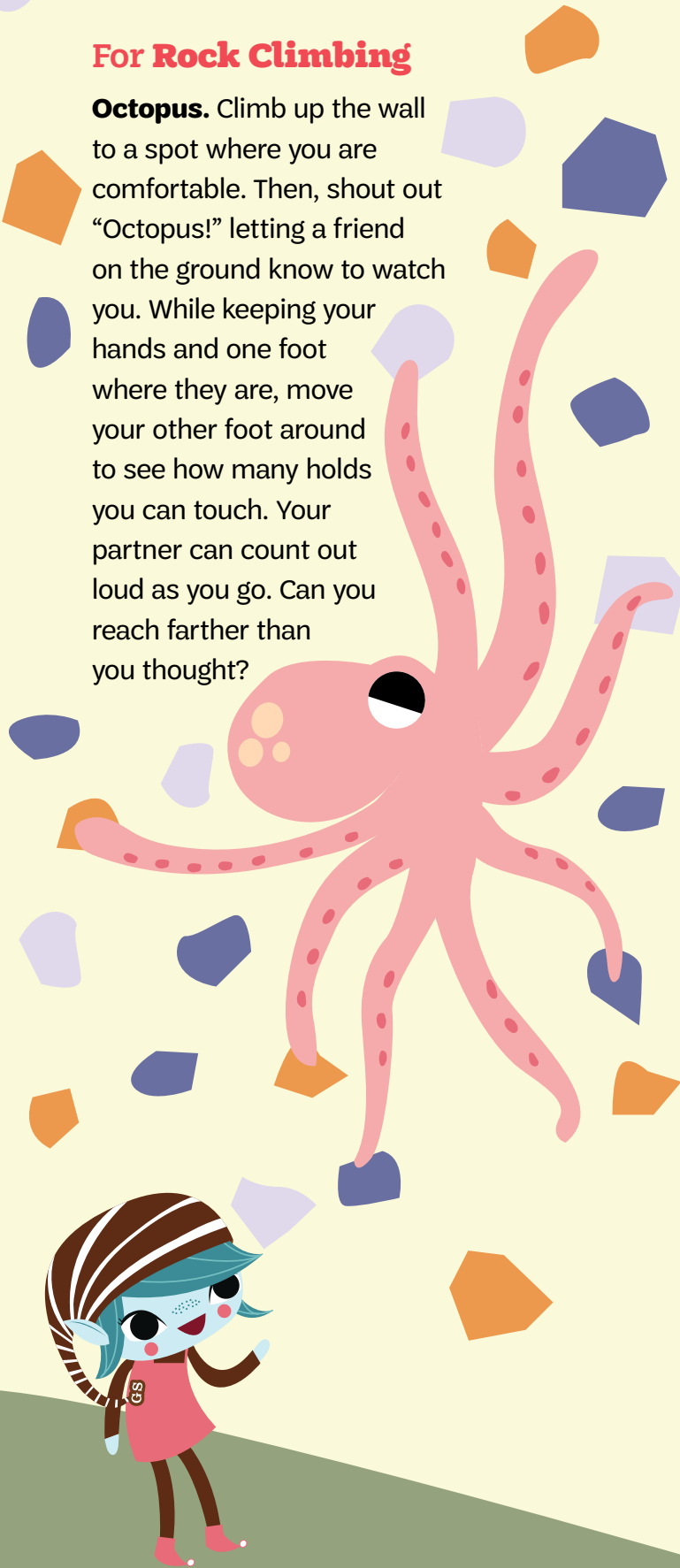
Training Tips

- Get a good night's sleep before your adventure.
- Eat a healthy meal before you go.
- Skiing and climbing are full-body workouts! For the month before your adventure, do something active for 30–60 minutes at least three days a week. Run, walk, bike, swim, jump rope, or dance. You can even get exercise by playing tag. Just move!
- Before you ski or climb, warm up your muscles with some light exercises. You might try jumping jacks, jogging in place, arm circles, and raising your knees up high.
- Pick a positive saying. It could be something like “I can do it,” “I’ve got this,” or “I am strong.” Repeat this out loud or silently to yourself as you are training and on your adventure.
- If you’re going climbing, start practicing! You can do this at a playground on ladders, domes, cargo nets, and rock walls:
 - Keep your arms straight when possible (hang like a monkey).
 - Look for foot holds directly under you.
 - Take small steps.
 - Focus on foot placement before your hand placement.
 - Keep your body relaxed.
- After you ski or climb, be sure to stretch out all the muscles in your body.

GAMES TO PLAY

For Rock Climbing

Octopus. Climb up the wall to a spot where you are comfortable. Then, shout out “Octopus!” letting a friend on the ground know to watch you. While keeping your hands and one foot where they are, move your other foot around to see how many holds you can touch. Your partner can count out loud as you go. Can you reach farther than you thought?



For Cross-Country Skiing

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 to the count of three to stop before having them go back to the start line. This is a great way to practice moving on your skis!



STEP 5 Go on your outdoor adventure

Make your adventure a lifetime memory—add fun games, take photos, or keep a journal!

BEFORE YOU BEGIN YOUR ADVENTURE, REMEMBER:

- ▶ **Safety:** Always be with a buddy when you're outdoors. Leave behind with an adult:
 - ▷ Emergency contact names and numbers of everyone going on the adventure
 - ▷ Where you are going, including trail names
 - ▷ How to reach you in case of an emergency
 - ▷ What time you're expected to return
- ▶ **Permission:** Get permission slips, if needed, from your Girl Scout council, parent, or guardian.
- ▶ **Gear check:** Make sure you have all the gear from Step 3 with you, including snacks and water in reusable containers and a first-aid kit.
- ▶ **Weather:** Always check the weather before leaving.
- ▶ **Practice your skills:** Read through the "Skills Practice" lists. When you arrive at your adventure spot, do what's on this list before you take off on your adventure.



More Games to Play for Rock Climbing

Colors: While you are climbing, have a friend call out the color of the holds you can use while you climb. Then, switch and do the same for your friend.

for Cross-Country Skiing

Mark your path. Use cones or other objects to create a path to practice your turns and change direction. Look for spots along your path to try certain skills like falling down and getting up, skiing uphill with the herringbone technique, and turning at the bottom of a hill.



**Now that I've earned this badge,
I can give service by:**

- Teaching a friend how to do some yoga poses
- Showing my family how to train for a skiing or climbing adventure
- Teaching a younger girl how to play an adventure game

I'm inspired to:

This outdoor high adventure opportunity is brought to you by The North Face®.

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