

SENIOR ADVENTURER BADGE

Badge Purpose: When you've earned this badge, you'll know how to go on a multiday outdoor adventure trip with friends and Girl Scout sisters.

Activity	Materials Needed
Choose Your Own Adventure <ul style="list-style-type: none"> Decide which outdoor activities you want to do. 	<input type="checkbox"/> Computer with internet access
Gearheads <ul style="list-style-type: none"> Research what kind of equipment you'll need for your trip. 	<input type="checkbox"/> Computer or pen and paper <input type="checkbox"/> Trip itinerary form
Camping Then vs. Now <ul style="list-style-type: none"> Work as a team to construct your own camping gear. 	<input type="checkbox"/> Shelter materials (tarps; rope; duct tape) <input type="checkbox"/> Fire materials (flint and steel; magnifying glass or eyeglasses; bow drill) <input type="checkbox"/> Compass materials (needles; pieces of wool or silk; leaves; glass bowls; water; compass)
Leave No Trace <ul style="list-style-type: none"> Review the principles of Leave No Trace and document your troop following the principles during your outdoor adventure. 	<input type="checkbox"/> Phone or camera <input type="checkbox"/> Computer with internet access

Getting Started

- To earn this badge, you'll need to plan and carry out a multiday (that means at least two nights) trip outdoors. Assemble your group of friends or Girl Scout sister (and adults!) and make sure everyone has permission from their guardians to go on the trip.
- Someone on your trip should have first aid training (if you and/or your troop are up for it, consider earning your First Aid badge before starting this one).

Activity #1: Choose Your Own Adventure

Badge Connection: Step 1 – Enhance your adventure

Materials Needed: Computer with internet access

- For your outdoor adventure, pick two activities that you'd like to do (one of these can be the hike itself, and another can be an added element like kayaking or rock climbing). Then, find a location where you can



complete both activities. One of these activities should be new-to-you—this badge isn't called "Adventurer" for nothing! Push yourself outside your comfort zone and pick up a new skill.

2. Check your state's Department of Natural Resources for a complete list of campgrounds and various activities available on those grounds. (The DNR website is also a great resource to find out what permits, if any, you need to set up camp overnight.)

Activity #2: Gearheads

Badge Connection: Step 3 – Know your gear

Materials Needed: Computer or pen and paper; trip itinerary form (at the end of the activity plan)

1. Connect with a family member, friend, or volunteer in your service unit who's an avid camper and ask them to help you create a list of equipment and gear you'll need before you set out (including any additional gear you'll need for the two elements you picked in Activity #1). See if you can also borrow some gear from your family, friends, or service unit volunteer.
2. If you don't know anyone who's big on the outdoors, head to your local camping or sporting goods store and chat with the employees there to figure out the best equipment for the activities you've chosen. Many outdoor stores rent equipment too so be sure to check that out as a cost-saving option.
3. Remember to pack a first aid kit and emergency contact list. Fill out the trip itinerary at the end of this activity plan and leave it with someone at home.

Activity #3: Camping Then vs. Now

Badge Connection: Step 2 – Get in the team spirit—and refine your teamwork

Materials Needed: Shelter materials (tarps; rope; duct tape); fire materials (flint and steel; magnifying glass or eyeglasses; bow drill); compass materials (needles; pieces of wool or silk; leaves; glass bowls; water; compass)

1. Outdoor gear has really evolved in the past few decades. Look around REI (co-founded by a woman, Mary Anderson!) and you'll notice just how high tech the gear has become. But people have been camping and surviving outside since the Stone Ages. So, does that necessarily mean that all this new stuff is better than vintage gear your grandmother (or great-great-grandmother) might have used to go camping?
2. Gather the group of friends or Girl Scouts you'll be heading out with. Then, work together to challenge yourselves to create gear from minimal materials:
 - Build or find shelter: Shelter is key to surviving outdoors. Supply your group with a tarp, some yards of rope, and duct tape and task them to make a sturdy tent.
 - Make a fire without matches: There are a few methods to start a fire without using matches. Offer different options to your team so you can experiment (for example, flint and steel, magnifying glass or eyeglasses, bow drill, etc.).
 - Make a homemade compass and find north: You'll need a couple of needles, pieces of wool or silk, some leaves, and glass bowls filled halfway with water. Carefully rub the needle with the wool or silk about 100 times—doing so will magnetize the needle. Then, place the leaf gently into the bowl of water and set the needle on top. If there's no wind, the eye of the needle (the thicker end) should favor magnetic north. (Use a real compass to check if your homemade compass is working correctly.)

Activity #4: Leave No Trace

Badge Connection: Step 4 – Plan your service to the great outdoors and Step 5 – Capture the adventure

Materials Needed: Phone or camera; computer with internet access



1. Before you head out on your adventure, review the principles of Leave No Trace with your group (Int.org/learn/7-principles is a great resource if you need a quick refresher, or if members of your troop aren't already familiar with them).
2. Then, when you set out on your adventure, record how you and your group followed the seven LNT principles (you can shoot videos or snap pictures). For example, shoot a video of you properly disposing of your trash after mealtimes.
3. When you return from your trip, compile the videos or pictures, and share with a younger troop to teach girls about LNT for when they set out on their own adventures!



Hike Itinerary Form

If you have not heard from me by (time) _____ on (day) _____ of (month) _____, call search and rescue at 911 and report me as overdue. Be prepared to provide search and rescue with **ALL** the information in this trip plan.

Time of Departure: _____ Expected Time of Return: _____

Activity Type (ex. hiking or snowshoeing): _____

Participant	Age	Medical issues	Level of outdoor experience

Planned Trails and Route: _____

Date	Camping location	Site

Backup Plan:

Participant	Boot size & type	Tent color	Outerwear color

Vehicle Make: _____ Model: _____ Color: _____ License Plate: _____

Additional trip notes:

(Source: Washington Trails Association)

