



Brownie

Trail Adventure



For this badge, you get to choose your adventure! You can go trail running or take different kinds of hikes. Whichever option you choose, you'll have fun and challenge yourself in the great outdoors. Your adventure starts now!

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 an outdoor trail run or three different types of hikes.



STEP

1 Choose your outdoor adventure

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!



What kind of adventure will make your heart sing? Do you want to plan and go on three trail runs? Or take three different types of hikes? It's your choice! Start by exploring your options.

ADVENTURE OPTIONS

- ▶ **Trail-Running Basics:** You will go on three different trail runs. On each run, you will try to increase the time you are running compared to walking. Aim to be on a trail for 20 minutes each time. An adult will help you keep track.
- ▶ **Roamer:** You will go on three different types of hikes. You can pick three from this list, or think of your own ideas:
 - ▷ **Night hike:** Watch the stars, hear the sounds of the night, explore night creatures.
 - ▷ **Owl hike:** Go on an owl prowling using flashlights.
 - ▷ **Woods hike:** Hike in a forest or woody area.
 - ▷ **Beach hike:** Hike on a trail along the ocean or on the sand.
 - ▷ **Heritage hike:** Hike to a historic site in your town and learn about its history.
 - ▷ **Urban hike:** Hike around the city or your community.
 - ▷ **Snow hike:** Hike in snow.
 - ▷ **Rain hike:** Hike after it rains. How does it change the hike?
 - ▷ **Senses hike:** Hike with a buddy with one person blindfolded while the other leads. What do you see, hear, and smell?
 - ▷ **Penny hike:** Flip a coin at each fork in the trail or sidewalk. Heads up, you go right. Tails, you go left.
 - ▷ **Photo hike:** Take photos along your hike to tell a story.
 - ▷ **Color hike:** Bring color chips (paint chips) on your hike and identify matching colors in nature.

CHOICES—DO ONE:

Try both, then choose your favorite.

Visit a park with an adult. First, go for a short run in a grassy area. Run fast, then slow it down and take in the sights! Next, go for a walk in the same area. Take time to explore by doing things like touching the bark on a tree, looking up at the sky, and smelling flowers. Talk to your friends or family about which activity you enjoyed more and why.



OR

Create a mood board. On a poster board, draw and write thoughts and words that represent what running and hiking mean for you. When you're done, talk to your friends or family about which of the two adventures you think you'd enjoy more and why.

OR

Play a game to act out what you will do. Play the game "Freeze!" (see instructions on this page) to act out the two different activities for your troop. When you're done, talk to your friends or family about which of the two adventures you think you'd enjoy more and why.



Do this with a friend or an adult. Tell them you will act out something and they will call "freeze" after 30 seconds. When they say "unfreeze," you change up the scene. First, pretend you're on a trail run. Do things like jump over puddles, hear a bird, and so on. For your next freeze scene, pretend you are on a hike. Do things like put on your gear (sunscreen, a hat, and hiking socks and shoes), walk zigzag up a hill, look up to the sky, check out a plant or a bug, and so on. Then, freeze when it's called out. Play the game again by doing different trail-running and hiking moves.



STEP 2 Plan and prepare

You decided which adventure to go on. But before you go, you have some planning to do!

Leave No Trace

A Girl Scout always leaves an area better than she found it! Here are the Seven Principles of Leave No Trace that help you to reduce your impacts when you're outdoors. Once you've learned them, keep them in mind whenever you go outside.

- 1 Know before you go
- 2 Choose the right path
- 3 Trash your trash
- 4 Leave what you find
- 5 Be careful with fire
- 6 Respect wildlife
- 7 Be kind to other visitors

TO COMPLETE THIS STEP, MAKE SURE YOU:

- ▶ **Pick a place.** Where do you want to go trail running or hiking? A local park? A nature preserve? A new place you'd like to visit? How will you get there?
- ▶ **Choose a day and time.** Find a day that will work for your adventure. How long do you think you'll need to be there? What will you do if it rains, snows, is really hot, or is really cold? Will you still go or will you pick a back-up day?
- ▶ **Plan some activities to do along the trail.** If you decided on hiking, decide what three types of hikes you would like to do for your outdoor adventure. See Adventure Options on page two for some ideas, but feel free to come up with your own! If you'll be trail running, write down some games you can play by yourself or with a partner while running. For example, you could call out items along the trail that start with each letter of the alphabet or count the number of living things—like birds, bugs, or squirrels—you see or hear.
- ▶ **Come up with a budget.** Make a list of all the expenses for your outdoor adventure. What will you need for food, travel, and gear? How will you pay for it? You and your troop may want to use Girl Scout Cookie™ earnings.

WORDS TO KNOW

for Trail Running and Hiking



- **Backcountry:** An isolated area without roads
- **Essential gear:** Items that are important or necessary for your outdoor adventure
- **Off-road:** Running or hiking on softer surfaces, not roads
- **Pace:** How fast you are running or hiking. Your pace will change depending on how tired you are.

CHOICES—DO ONE:

Know the language for your adventure. We've given you some of the words you might hear or use on your adventure. (See the "Words to Know" list.) Add more words to the list and find out what they mean.

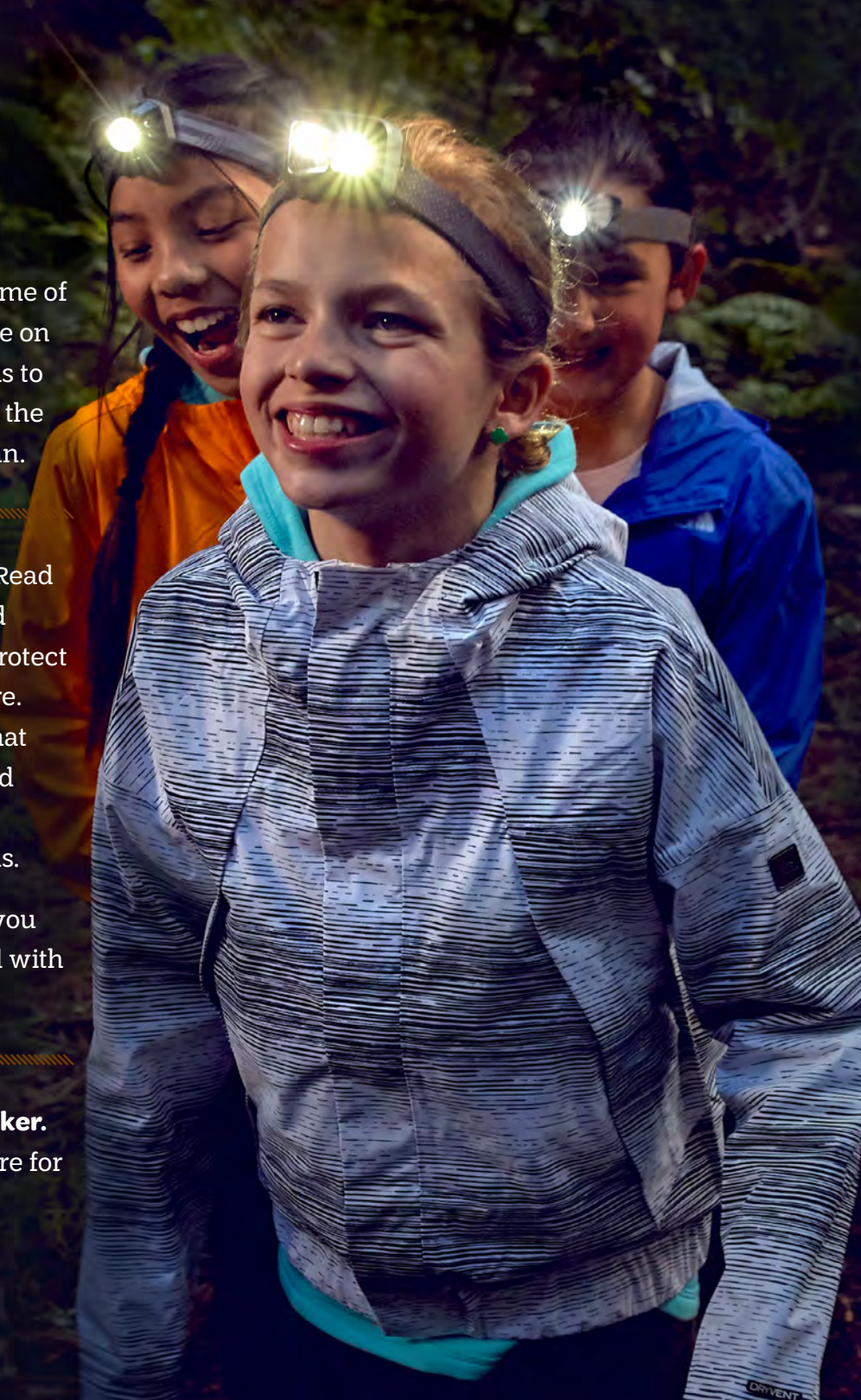
OR

Make a trail protection plan. Read "Leave No Trace" on page 4 and make a plan for how you will protect trails on your outdoor adventure. How will you discard litter? What will you do to protect plants and animals? Share your plan with your family or Girl Scout friends.

For More FUN: Find out how you can volunteer to clean up a trail with your troop.

OR

Talk to an expert runner or hiker. Find out what they do to prepare for a trip.



● **Recovery:** A break, like when you slow to a walk or jog after running at a fast pace or when you stop to catch your breath while on a hike. Take a recovery break whenever you need to!

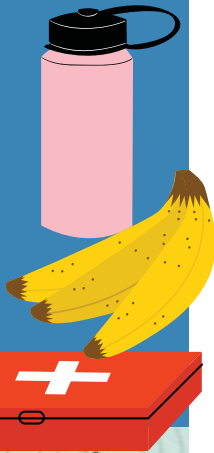
● **Trailhead:** Starting point of a trail, usually marked with a sign.

● **Warmup:** Light movements, like stretches and easy jogging, that you do before an activity. You warm up to help prepare your body and prevent injuries.

Before You Begin: Checklist for Outdoor Adventures

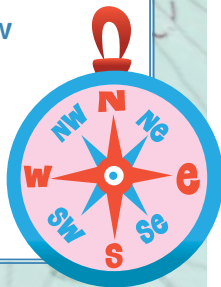
Use this list to help make a checklist of things you might need for your outdoor adventure. And add things too! For example, you might need a backpack for your hike.

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



Navigational Skills

- Learn to use the Sun and a compass to identify cardinal directions—north, south, east, and west.
- Learn to follow trail signs.
- Know how to read a basic trail map.



STEP 3 Gather your gear

Part of being prepared is making sure you have the right gear for your adventure. Try to borrow gear from family or friends so you don't need to buy it.

CHOICES—DO ONE:

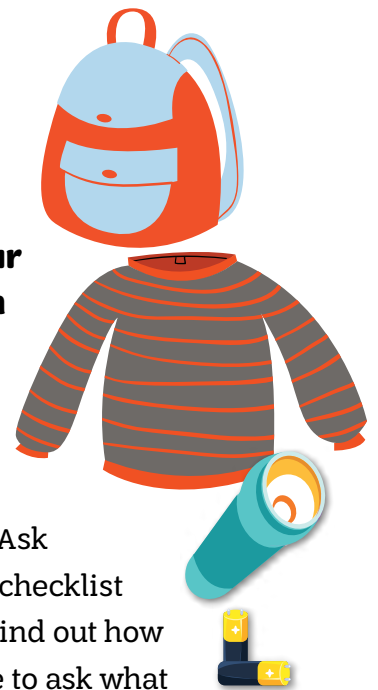
- Visit an outdoor adventure retailer.** Ask someone who works there about your checklist of things to bring on your adventure. Find out how and why each item is used. Make sure to ask what else should be on the list. Do you need any special gear or equipment for your adventure?

OR

- Talk to an expert trail runner or hiker about gear.** Jot down your questions in advance. You can ask about their must-have gear for an adventure. What type of shoes do they wear and why? How much water and what types of snacks do they pack? Anything else?

OR

- Compare and share.** Bring the gear you think you'll need to a troop meeting to share and compare. See if you can borrow some things from friends or family. Do you know an adult with experience in your outdoor adventure who could help guide your meeting?



TRAINING TIPS



GET A **GOOD NIGHT'S SLEEP** BEFORE YOUR ADVENTURE.

EAT A **HEALTHY MEAL** BEFORE YOU GO.



FIND PLACES TO **RUN OR HIKE** IN YOUR NEIGHBORHOOD.



WARM UP WITH LIGHT EXERCISES.

ON THE TRAIL, KEEP YOUR EYES ON THE TRAIL AHEAD OF YOU, HOLD YOUR BODY TALL, SWING YOUR ARMS, AND KEEP YOUR FEET UNDER (NOT IN FRONT OF) YOUR BODY.



DO A **TALK TEST**. IF YOU CAN'T SAY MORE THAN A FEW WORDS AT A TIME, YOU'RE PROBABLY RUNNING OR HIKE TOO HARD. **SLOW DOWN!**

DON'T FORGET TO **DRINK WATER.**



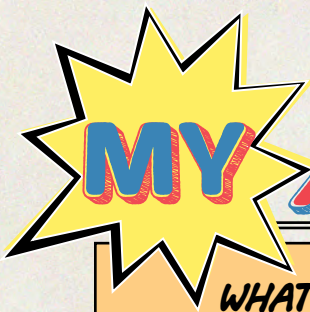
STRETCH AFTER YOU RUN OR HIKE.



PICK A **POSITIVE SAYING** FOR YOUR ADVENTURE. REPEAT THIS OUT LOUD OR SILENTLY TO YOURSELF.

I am strong!
I am strong!
I am strong!
I am strong!
I am strong!
I am strong!
I am strong!
I am strong!
I am strong!
I am strong!





MY ADVENTURE BY _____

WHAT DO YOU WANT TO ACCOMPLISH WITH YOUR TRAINING? WHAT KINDS OF THINGS DO YOU HOPE WILL HAPPEN ON YOUR OUTDOOR ADVENTURE? BIG OR SMALL, WRITE AND DRAW WHAT YOU WANT TO LEARN ON THIS ADVENTURE. THEN, SHARE WITH FRIENDS OR FAMILY.

Pause for Nature

Take time to look for plants and animals on your run or hike.

Safety Tips

- ▶ Always run or hike with a buddy.
- ▶ 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

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

- Showing a friend how to use the Sun and a compass to identify cardinal directions
- Teaching my family how to train for a running or hiking adventure
- Showing 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®.

© 2019 Girl Scouts of the United States of America (GSUSA).

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, electronic or mechanical methods, including photocopying, recording, or by any information storage or retrieval system, now known or hereinafter invented, without the prior written permission of Girl Scouts of the United States of America, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permissions requests, write to Girl Scouts of the United States of America at the address below or visit the www.girlscouts.org website to access permission request forms.

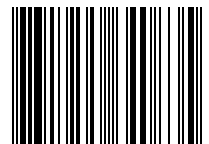
First published in 2019 by GSUSA
420 Fifth Avenue, New York, NY 10018-2798
www.girlscouts.org

© Stock images courtesy of Adobe Stock

Links to third-party websites are provided for convenience only. GSUSA does not endorse nor support the content of third-party links and is not responsible for the content or accuracy, availability, or privacy/security practices of other websites, and/or services or goods that may be linked to or advertised on such third-party websites. By clicking on a third-party link, you will leave the current GSUSA site whereby policies of such third-party link may differ from those of GSUSA.

Printed in the United States

UPC 64083



7 31955 64083 5