



Junior Snow **OR** Climbing Adventure

**You
Choose!**



This adventure is your choice! You might like the thrill of skiing or snowboarding down a slope. Or you might prefer the excitement of climbing a tree with ropes and a harness. Whichever choice you make, let the adventure begin!

Steps

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

Purpose

When I've earned this badge, I will have learned the skills—and experienced—downhill skiing, snowboarding, or recreational tree climbing.



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

STEP
1 Choose your outdoor adventure

What kind of adventure are you seeking? Do you see yourself whooshing down a slope on skis or a snowboard? Or do you dream about reaching for the sky by climbing a tree? It's your choice, so get started by exploring both options before making your decision.

ADVENTURE OPTIONS

- ▶ **Slope Sliding (Snowboarding or Downhill Skiing):** You will learn about, train for, and go snowboarding or downhill skiing.
- ▶ **Recreational Tree Climbing:** You will learn about, train for, and go on a recreational tree-climbing adventure.

CHOICES-DO ONE:

Talk to an expert downhill skier/snowboarder and tree climber. Find out what they like best about their sport. 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 ~~~~~

Watch videos about snowboarding/downhill skiing and recreational tree climbing. Go online with an adult to watch videos that feature women skiing, snowboarding, and climbing. Outdoor organizations and retail websites are excellent resources for videos. Reflect on what you watched. Talk to your friends or family about which of the two adventures you think you'd enjoy more and why.



STEP 2 Plan and prepare

You decided on slope sliding or an outdoor tree climbing adventure. Now take this step to plan how to make it happen.

TO COMPLETE THIS STEP, MAKE SURE YOU:

- ▶ **Pick a place to go.** (See “Location Guide.”)
- ▶ **Pick days and times for your adventures.** Find days that will work for your adventure. How long will you need? What will you do in case of bad weather? Be sure to check your destination for date availability.
- ▶ **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 this? You and your troop or group may want to use Girl Scout Cookie™ earnings.

Location Guide: Things to Consider

- ▶ **For slope sliding:** Difficulty of the slopes and, if you're a beginner, whether there are enough beginner runs for skiing and snowboarding
- ▶ **For recreational tree climbing:** Difficulty of the climb
- ▶ Fitness level needed
- ▶ Ideal time of year, keeping the weather in mind
- ▶ Access to outside assistance in the event of an emergency
- ▶ Travel distance to a ski resort or recreational tree climbing area. If you need to stay overnight, check lodging and available activities in the area. (Check with your Girl Scout council for travel guidelines.)

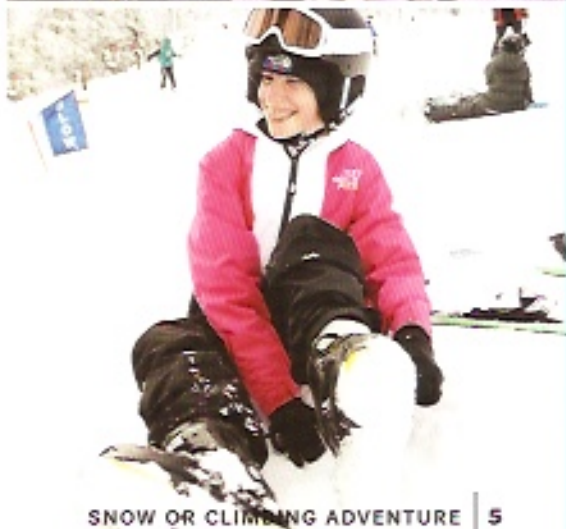
CHOICES-DO ONE:

- Know the language for your adventure.** Go online with an adult to find out what these basic terms for your adventure mean. **For slope sliding:** binding, bunny slope, magic carpet, moguls, powder, ratings, run, and chair lift. **For tree climbing:** bounce test, ceiling, dead branches, double rope technique (DRT), and slingshot.
OR
- Get planning tips from an expert.** First, put together a list of questions. Then, talk to someone who can help, like an outdoor travel planner, an outdoor retail expert, or an experienced snowboarder-skier or recreational tree climber.
OR
- Find out what muscle groups you will use for slope sliding or tree climbing.** Understand how your body will work while you're on your adventure to help you know how to improve your strength and fitness level.



Slope Sliding Trail Ratings:

- Green circle: Easiest
- Blue square: Intermediate
- ◆ Black diamond: Advanced; not recommended for this badge
- ◆◆ Double-black diamond: Expert only; not for this badge



STEP 4 Set a goal and train for your adventure

Before any outdoor adventure, you want to make sure your body and your mind are adventure ready. So be prepared by training both!

TO COMPLETE THIS STEP, MAKE SURE YOU:

- ▶ **Use the training tips.** Referring to the list on the next page, come up with a plan and put together a training schedule.
- ▶ **Follow safety tips.** Train only with a trusted adult or friend. Make sure another adult (one who is not with you), knows your route and the estimated 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 mind training. Try different ways of preparing yourself mentally. Visualize your success—imagine you are at the end of your ski run or climb. Meditate by quieting your mind for ten minutes. Use your own name in positive self-talk, for example: “[Your name] is fast and strong.”

OR ~~~~~

Practice yoga to help increase balance, flexibility, and overall strength. Ask someone who knows yoga or go online with an adult to find out how some poses are done. Hold each pose for 30–60 seconds. Repeat each pose two to three times. Do this two to three times a week leading up to your outdoor adventure.

OR ~~~~~

Get expert training tips. Ask an expert skier/snowboarder or experienced tree climber to give you tips on goals and training.

Slope Awareness

Learn the etiquette (yes, manners!) of skiing/snowboarding and how to be aware on the slopes.

★ **Follow right of way:** People ahead of you always have the right of way, so watch for them.

★ **Make others aware before you turn.** Do not cross the path of skiers or snowboarders.

★ **Stay in control.** Always be able to avoid people, trees, or objects.

★ **Prepare for falls.** Move quickly to the side of the trail or slope after falling, unless you are injured.

★ **Observe all posted signs and warnings.** Keep off closed trails and out of closed areas.

★ **Know how to ride a lift.** You should be able to load, ride, and unload safely.

★ **Look for the ski patrol if someone is injured.** Ski patrol members are usually dressed in red.

★ **Know the slopes.** Go over the area's trail maps before hitting the slopes.

Training Tips

- ▶ Get a good night's sleep before your adventure.
- ▶ Eat a good meal before you go.
- ▶ Be active. 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, play soccer, jump rope, or dance. You can even play games like tag or capture the flag. Anything that gets you moving!
- ▶ Before you ski or climb, do some jumping jacks, jogging in place, and arm circles to help warm up your muscles.
- ▶ After any strenuous exercise, be sure to stretch out all the muscles in your body.
- ▶ Pick a positive saying for your outdoor adventure. It could be something like “I can do it,” “I’ve got this,” or “I am strong.” Repeat it out loud or silently to yourself as you train and on your adventure. It will help you focus if things get difficult.
- ▶ For tree climbing: Know the knots and hitches used, and practice them.

Knots and Hitches for Tree Climbing



clove hitch



anchor hitch



overhand knot



Blake's hitch



Prusik knot



SKILLS PRACTICE for **Recreational** **Tree Climbing**

- ▶ Learn how to properly fit your harness and helmet.
- ▶ Learn and use safety commands. Find out which ones are required by the instructor (or venue) you're using.
- ▶ Complete a test climb. Connect your harness to the tree climbing system, climb up a few feet, let go of the ropes, feel how the system catches you, and then lower yourself to the ground. This way you'll know what it feels like if you let go of the ropes while climbing.



“I think the best part of outdoor adventures is the friendships you form while outside. There’s something different about those relationships. They become really special.”

—Hadley Hammer,
professional
big mountain skier

STEP 5 Go on your outdoor adventure

Make it a lifetime memory—add fun games to your adventure, take action photos or videos, or keep a goal journal.

BEFORE YOU BEGIN YOUR ADVENTURE, REVIEW THIS:

- ▶ **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 and what time to expect you to return.
- ▶ **Plan:** For skiing/snowboarding, know the plan for what you will do at the ski resort. Know what chairlifts and trails you can use, what group you will be with, and the time and place you will check-in with your group.
- ▶ **Permission.** Get permission slips beforehand, if needed, from your Girl Scout council, parent, or guardian.
- ▶ **Gear check:** Make sure you have all the gear from Step 3, including snacks and water in reusable containers and a first-aid kit.
- ▶ **Weather:** Always check the weather before leaving.
- ▶ **Practice your skills:** Read through your “Skills Practice” list. When you arrive at your adventure spot, do what’s on this list before you take off on your adventure.

CHOICES—DO ONE:

- Shoot an action video.** Before you go, practice on a smartphone or video camera. On the day of your adventure, take videos of you and your group. Tell the story of your adventure with your video.



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

- Teaching a younger girl how to train for an outdoor adventure
- Showing a friend how to practice visualization, meditation, or positive self-talk
- Planning an outdoor adventure for my family to go on together

I'm inspired to:

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

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