



Junior

Trail Adventure



Outdoor adventures are exciting—and unpredictable. At every turn, you might see something new. In this badge, you'll choose an adventure and have an experience you'll enjoy every step of the way! Get started by exploring both of your options with your Girl Scout friends or family members.

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 planned and learned the skills for trail running or three separate day hikes.

Think Big

If you're in a location where there aren't many trails to run on or places to hike, why don't you and your troop save up your Girl Scout Cookie™ money and plan a trip together?

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 sparks your interest? Do you want to go trail running? Or take day hikes with family or Girl Scout friends? It's your choice—so get started by exploring both of your options.

ADVENTURE OPTIONS

- ▶ **Trail Running:** You will train to run on a trail for a distance that challenges you. Aim for one mile at a comfortable pace. An adult will help you keep track of the distance. Challenge yourself and go farther than a mile, if you can.
- ▶ **Day Hiker:** You will train for and go on three separate hikes. You decide what types of hikes you want to do. It could be a hike to reach a special viewpoint at a national park, a night hike, or a slow hike so you can explore nature. Aim for each hike to be at least three hours, covering three to four miles.

CHOICES—DO ONE:

- Talk to an expert trail runner and hiker.** Find out what they like best about what they do. Talk to your friends or family about which of the two adventures you think you'd enjoy more and why.

OR

- Experience both, then choose your favorite.** Visit a neighborhood park or local hiking trail with an adult. First, take a short run. Next, walk along the trail and take notice of everything around you. Reflect on your activities. Talk to your friends or family about what 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. Add photos or drawings too—be creative! When you're done, 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 a trail-running or day-hiking adventure. Now, come up with a plan to make it happen!

TO COMPLETE THIS STEP, MAKE SURE YOU:

- ▶ **Pick a place to go.** Consider the following:
 - ▷ Difficulty of the trail with elevation changes, altitude, distance, and terrain
 - ▷ Fitness level needed for the trail
 - ▷ Ideal time of year, keeping the weather in mind
 - ▷ Water sources along the trail
 - ▷ Wildlife along the trail
 - ▷ Remoteness of the trail
 - ▷ Access to outside help in the event of an emergency
- ▶ **Choose days and times for your adventure.** Find days that will work for your adventure. How long do you think you'll need? What will you do if it rains, snows, is really hot, or is really cold? Will you still go, or will you pick back-up days?
- ▶ **Plan some activities to do along the trail.** Mix up your run or hike by adding in some activities along the way. Write down your ideas on a notecard, put clear tape over your notecard or put it in a plastic baggie, and attach it to the outside of your backpack or water bottle. Some activities are listed on page 11 to help you get going. Be as creative as you'd like. The trail is one big playground!

WORDS TO KNOW for **Trail Running** and **Day Hiking**

- **Backcountry:** An isolated area without roads
- **Blaze:** A colored marker, usually painted or nailed to a tree, used to help guide runners/hikers along the trail
- **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 be different depending on how tired you are.

- **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 all? You and your troop or group may want to use Girl Scout Cookie earnings.

CHOICES-DO ONE:

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

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 runner or hiker.

OR

- Find out what muscle groups you will use for running or hiking.** Understand how your body will work while you're on your adventure. Read books or go online with an adult to find out more about working these body parts. This will help you know what to do to improve your strength and fitness level.



● **Recovery:** A break, like when you slow to a walk or jog while you are running at a fast pace or when you stop to catch your breath while on a hike. Listen to your body, and take recovery breaks whenever you need to.

Never push through serious discomfort or pain.

- **Switchback:** A steep trail that zigzags
- **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 to help prepare your body and prevent injuries



Before You Begin: Ten Essentials for Outdoor Adventures

Use this list to help create 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
- ▶ Navigational tools
- ▶ Lightweight portable shelter
- ▶ Light source
- ▶ Fire starter
- ▶ Repair kit

STEP 3 Gather your gear

Be prepared with 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 list of essential gear. 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

- Try out your gear.** If you're running or hiking with a daypack or new shoes, take a trial trek around your neighborhood with a trusted adult to make sure that everything is comfortable.

OR

- Compare and share.** Bring essential gear 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?

Fuel for Trail Running or Hiking

- ▶ Trail mix
- ▶ Oranges
- ▶ Bananas
- ▶ Frozen grapes
- ▶ Applesauce squeeze packets
- ▶ Water in reusable bottle

Navigational Skills

- ★ Learn to use the Sun and a compass to identify cardinal directions: north, south, east and west.
- ★ Know how to read a basic trail map.
- ★ Learn the trail sign markings for the trails you'll be using.

My Goals

What do you hope to accomplish with your training? What do you want to achieve on your outdoor adventure? Big or small, write your goals here. Then share them with friends and family.

STEP **4** Set a goal and train for your adventure

Before any outdoor adventure, you'll want to prepare mentally and physically for the challenge. The best way to do this is by setting goals and training.

TO COMPLETE THIS STEP, MAKE SURE YOU:

- ▶ **Use the training tips.** Referring to the list on page 9, 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 navigational skills.** See some suggestions on page 7.
- ▶ **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 hike or run. 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

- Take a practice run or hike.** Running? Do a practice run around your block or on a school track. Hiking? Take a short hike with a friend or family member. Team up with a trusted adult for both options, of course!

OR

- Get expert training tips.** Ask a track coach or experienced hiker to give you tips on goals and training.



Training Tips

- ▶ Get a good night's sleep before your adventure.
- ▶ Eat a healthy meal before you go.
- ▶ Seek out local areas for practice runs or hikes.
- ▶ Before you run or hike, warm up your muscles with some light exercises. You might try jumping jacks, jogging in place, arm circles, and raising your knees up high.
- ▶ Practice basic form for trail running and hiking. Keep your eyes on the trail ahead of you, hold your body tall (try not to slouch), swing your arms up and down, keep your feet under (not in front of) your body, and use a shorter stride.
- ▶ Do a talk test: If you can't say more than a few words at a time, you're probably running or hiking too hard. Slow down until you catch your breath. Remember, your adventure should be fun! You don't want to push yourself too hard.
- ▶ After you run or hike, be sure to stretch out the muscles in your lower 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 this saying out loud or silently to yourself as you are training and on your adventure. It will help you focus if things get difficult.

“The outdoors constantly challenges me. I am exposed and I actively have to choose to keep going and moving forward. In the end, I’m constantly learning things and pushing myself forward and becoming a better person. The challenges lead to great strengths and experiences.”

—Hillary Allen,
outdoor professional
(running, hiking)



STEP **5** Go on your outdoor adventure

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

BEFORE YOU TAKE THIS STEP, REVIEW THIS:

- ▶ **Safety:** 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.
- ▶ **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.

CHOICES—DO ONE:


- Shoot an action video.** Before you go, practice with 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.

OR

- Play an adventure game.** Make your run or hike even more fun by playing a game (see “Adventure Activities” for ideas).

OR

- Keep an adventure journal.** How far did you run or hike? What did you like most about trail running or hiking? What do you want to improve for next time?



For More **FUN**: With an adult's help, look for a journal or goals app where you can make notes and upload photos of your adventure.

Adventure Activities

Here are some suggestions for things to try on your trail run or day hike.

- ▶ **Centipede (trail running):** Your group jogs in a single-file line at a comfortable pace. The person at the end will run to the front of the line. Then the next person at the back runs to the front of the line. Repeat until everyone has been first in line.
- ▶ **Close-Ups (day hiking):** A few girls hike ahead of the rest of the group and take a close-up picture of an object on the trail. When the rest of the group arrives, the girls in front show the other girls the photo and give them an idea of where to look for the object. Take turns doing this along your hike.
- ▶ **Categories (for trail running or hiking):** A girl shouts out a category (like animals, states, or food). Take turns naming items in the category—quickly!—until you can't come up with any more. Then change categories and do it again!

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

- Teaching an outdoor adventure game to a younger girl
- Guiding my family on a weekend run or hike
- Showing a friend how to practice visualization, meditation, or positive self-talk

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 64089



7 31955 64089 7