



## Cadette Trail Adventure Badge

**Pillar:** Outdoors

**Outcomes:** Seeks challenges and learns from setbacks

### Cadettes will earn their badge by:

1. Choose your outdoor adventure
  - a. Kansas State Parks (be aware of temporary park closures) <https://ksoutdoors.com/State-Parks/Locations>
  - b. Missouri State Parks (be aware of temporary park closures) <https://mostateparks.com/find-a-park>
  - c. <https://www.alltrails.com/us/missouri/kansas-city>
  - d. For Virtual Tours of National Parks look here!  
<http://bit.ly/2Wu7KiA>
2. Plan and prepare
  - a. Map out your adventure: <https://www.komoot.com/plan/@39.0169000,-94.3137000,9z>
  - b. Make a list of what you need for a day hike
  - c. Don't forget to check the weather!
  - d. Parents: depending on the level of hike, REI has great article resources to help you prepare for the adventure (<https://www.rei.com/learn/expert-advice>)
  - e. Learn the 7 principles of Leave No Trace
    - Plan ahead and prepare.
    - Travel and camp on durable surfaces (stay on the trail)
    - Dispose of waste properly
    - Leave what you find - Take only pictures, leave on footprints
    - Minimize campfire impacts
    - Respect wildlife
    - Be considerate of other visitors
2. Gather your gear
  - a. Pack everything you need from your list in your day pack
    - Be sure to avoid overpacking and that you can carry your own pack
3. Set a goal and train for your adventure
  - a. How far do you want to go?
  - b. How fast do you want to go?
  - c. Set the goal to learn a new skill! Maybe how to use a compass, orienteering?
    - Bring a trash bag/plastic bag you want to recycle and pick up trash while you hike...
4. Go on your outdoor adventure
  - a. Practice a new skill while on the trail!
  - b. We might be social distancing, but that doesn't mean you can't enjoy nature!

**When you are finished:** Send a picture or video of your Girl Scout completing Step 4 to your **troop leader**. You have earned your badge!

Purchase your badge by emailing [shopdept@gsksmo.org](mailto:shopdept@gsksmo.org) or at [https://www.girlscoutshop.com/cadette-trail-adventure-badge?utm\\_campaign=National\\_Site&utm\\_medium=National\\_Site\\_Image&utm\\_source=Badge\\_Explorer](https://www.girlscoutshop.com/cadette-trail-adventure-badge?utm_campaign=National_Site&utm_medium=National_Site_Image&utm_source=Badge_Explorer)

Free shipping is being offered for both options.

