



Senior Trail Adventure Badge

Pillar: Outdoors

Outcomes: Seeks challenges and learns from setbacks

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 your your adventure
 - <https://www.komoot.com/plan/@39.0169000,-94.3137000,9z>
 - Note any landforms or obstacles you might encounter
 - 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**. Congratulations, you have earned your badge!

Purchase this badge by emailing shopdept@gksmo.org or at https://www.girlscoutshop.com/senior-trail-adventure-badge?utm_campaign=National_Site&utm_medium=National_Site_Image&utm_source=Badge_Explorer

Free shipping is being offered for both options.

