



Trail Adventure

Pillar: Life Skills, Outdoor

When you've earned the Trail Adventure Badge you'll have planned and learned the skills for a trail hike or day hikes.



What type of an adventurer are you? Do you like seaside escapes or camping under the stars? Do you prefer a trip with large groups or a solo expedition? Going on a trail adventure is a great way to explore something new and to challenge yourself. It's a good way to relax, make memories with the people you love, enjoy nature and visit places you have not visited before.

Juniors will follow these steps to earn their badge:

1. Choose your outdoor adventure (**Discover**)

What type of outdoor adventure would you like? A day hike? An overnight hike? A bike ride? Will this be with your family? Your troop? Start with a local hike and then plan a bigger trip farther away.

Below are links to local trails in the area to get you started:

- a. Kansas State Parks: <https://ksoutdoors.com/State-Parks/Locations>
- b. Missouri State Parks: <https://mostateparks.com/find-a-park>
- c. Trails in Kansas City, MO: <https://www.alltrails.com/us/missouri/kansas-city>
- d. Virtual tours of National Parks: <http://bit.ly/2Wu7KiA>

2. Plan and prepare (**Discover, Connect**)

- a. Map out your adventure: <https://www.komoot.com/plan/@39.0169000,-94.3137000,9z>
- b. Make a list of what you need for your outdoor adventure.
- c. Don't forget to check the weather!
- d. REI has great resources to help you prepare: <https://www.rei.com/learn/expert-advice>
- e. Learn the 7 principles of Leave No Trace <https://lnt.org/why/7-principles>
 - a. Leave No Trace: <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Leave-No-Trace1.pdf>
 - b. Bring a plastic bag and pick up trash while you hike.

3. Gather your gear (**Connect, Take Action**)

- a. Once you have gathered all your supplies, pack everything you need in your backpack
- b. Will you need food? Water? Is this a day hike? Overnight hike?

4. Set a goal and train for your adventure (**Discover, Take Action**)

- a. Set a goal. How far do you want to go? What skills do you need for your trip? Do you already possess those skills? How do you gain those skills?
- b. Most of the skills needed for trail adventures can also be tied to parts of our GSKSMO Outdoor Challenge Patch Program. <https://www.gsksmo.org/en/events/virtual.html>
 - I. First Aid + Packing: <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/First-Aid-Packing1.pdf>
 - II. Knots + Knives: <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Knots-Knives1.pdf>
 - III. Fire + Cooking: <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Fires-Cooking1.pdf>
 - IV. Navigation: <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Navigation1.pdf>



- V. Here is a great video resource to help you train:
<https://www.youtube.com/watch?v=lrESF9eecxk>

5. Go on your outdoor adventure (**Connect, Take Action**)

- a. Practice a new skill while on the trail! Learn about pacing, resting, and rhythm skills
- b. We might be social distancing, but that doesn't mean you can't enjoy nature!

Congratulations, you have earned your badge! You can purchase now at <https://www.girlscoutshop.com/junior-trail-adventure-badge>.

You can purchase your Girl Scout Virtual main patch and bars at gsksmo.org/orderpatches.

