



## Cadette Eco Trekker

**Pillar:** Outdoors

**Purpose:** When you've earned this badge, you'll have learned the skills for minimizing your impact on the environment while planning and taking an outdoor trek.

**Girl Scout Cadettes will earn their badge by:**

- 1) **Watch this Girl Scout video** to cover most of the steps then do the activities below to expand your experience! Learn to make minimal impact on a trek. (Discover)
 

<https://www.youtube.com/watch?v=KstaXew-qGM&feature=youtu.be>

  - a) Learn to Leave no Trace with this Girl Scout video: <https://www.youtube.com/watch?v=t0qqe7czlz8>
  - b) Make a Leave no Trace resource for another troop to spread the word about how to be good stewards of the environment while out on adventures. Use this template or design your own: <http://feverdreams.net/swaps4free/SWAPS/Booklet/leavenotrace>.
- 2) **Plan an eco trek with a purpose. (Discover)**
  - a) Plan an outing with your troop or family to a local or state park. Create a day pack packing list for all who will participate. Share what you have learned about LNT principals with all participants.
  - b) Reserve a site at Tongawood for day use and request a wetland guide. (<http://girlscoutsksmo.doubleknot.com/facilitycalendar/2772>) Go on the hike to learn about our camp wetlands. When you get home, research wetlands and their importance in the environment. Learn about who makes their home in the wetlands, plants and /or animals, and how they play a role in the ecosystem. Identify plants, animals, and insects with the free *iNaturalist* app!
- 3) **Practice an eco skill on your trek. (Connect)**
  - a) Do you know what MREs are? Find out! You can purchase MREs at a local store that sells camping gear. Purchase a couple, make them, and have your family/troop do some taste testing!
  - b) Learn to make your own homemade MRE's! Go shopping and look for things that are filling, individually packaged, have high protein/caloric content, and/or marked with "just add water." Nuts, trail mixes, dried fruit, nut butter packets, instant oatmeal, instant noodle/rice side dishes or soups, granola protein bars, pouches of chicken or tuna, hot chocolate mix, drink mix, and tea bags all make the grade! Pack an MRE and take it on your trek. Try using a personal camp stove to boil water for your meal instead of building a fire. Here is a video that can inspire you! Don't have a vacuum sealer? No problem! Just pack your meal in a reusable container! [https://www.youtube.com/watch?v=OxTY\\_9pMw0](https://www.youtube.com/watch?v=OxTY_9pMw0)
- 4) **Make a difference on your trek. (Connect, Take Action)**
  - a) Connect to your area, identify a problem, and do something about it.
  - b) Plan to clean-up on your trek or find a clean-up activity in your community to get involved with.
- 5) **Make a difference after your trek. (Take Action)**
  - a) Spread awareness! Tell your story and inspire others to be involved by creating a blog, a posting series on your social media, a video or infographic about the problem you identified, what you did to help solve the problem and the importance of others doing their part!

**When you're finished:** Congratulations, you have earned your badge! Purchase it by emailing [shopdept@gsksmo.org](mailto:shopdept@gsksmo.org) or at <https://www.girlscoutshop.com/Cadette-Eco-Trekker-Badge>



Are you enjoying our Girl Scouts Virtual monthly programming? You can purchase the main patch for \$3.00: <https://www.girlscoutshop.com/GSKSMO-Virtual-Main-Patch> and the outdoor bar for \$2.00: <https://www.girlscoutshop.com/GSKSMO-Virtual-Bar-Outdoors> **Get the main patch and all nine bars for \$20.00** (each of the nine bars celebrate the month's theme) - <https://www.girlscoutshop.com/GSKSMO-Virtual-All-Patch>



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-  GS BIRTHDAY
-  OUR PLANET
-  CELEBRATE

