



## Junior Eco Camper Badge

**Pillar:** Outdoors

**Purpose:** When you've earned this badge, you'll have learned skills for minimal impact camping and know how to protect the environment when you go outdoors.

**Girl Scout Juniors will follow these steps to earn their badge:**

### 1. Learn the Leave No Trace principles (Discover)

- a. Teach the principles to your troop or family, explain why each principle is important.
- b. Make a fun video or book to teach your friends about Leave No Trace

### 2. Plan meals/snacks with the environment in mind (Discover, Connect)

- a. Prepare no trash snacks for your campout

No Bake Granola Bars (Makes 12 bars)

Ingredients

- 2 cups quick cooking oats
- 1 cup almond butter (peanut butter or sunflower seed butter)
- ½ cup sliced almonds (sub ½ cup coconut flakes for nut allergies)
- ½ cup mini chocolate chips
- ½ cup of raisins, dried cranberries
- ¼ cup honey (sub maple syrup or agave nectar)
- Optional: Salt and cinnamon

Directions

• In a large mixing bowl, combine all the ingredients (and a pinch of salt and cinnamon, if desired). If the almond butter is a bit stiff, zap it in the microwave for a few seconds to loosen it up. Line the 8 x 8 pan with parchment paper. Press the oat mixture into the pan.

• Place the pan into the freezer and let freeze for 20 – 30 minutes, or until firm. After the mixture has firmed, remove the bars from the pan and cut into squares. Pack into a reusable container to enjoy later!

### 3. Prepare a minimal impact campsite (Connect)

## Leave No Trace

Girl Scouts always leave a place better than they found it! As you earn this badge, keep the Leave No Trace Seven Principles in mind.

1. Know before you go
2. Choose the right path
3. Trash your trash
4. Leave what you find
5. Be careful with fire
6. Respect wildlife
7. Be kind to other visitors



a. In your backyard or living room practice setting up a campsite following the Leave No Trace principles

b. Make a vagabond stove and a buddy burner (ask an adult to help with this)

1. Check out this video on how to make a vagabond stove:  
<https://youtu.be/mRRPfPiUVuE>

#### 4. Have fun with Leave No Trace (Connect, Take Action)

a. Create a LNT game or a scavenger hunt to play with your family or troop

#### 5. Take a conservation hike (Take Action)

a. Create a photo journal using a digital camera or an electronic tablet or phone or use a sketch book and document wildlife and natural plants

**When you're finished:** Congratulations, you have earned your Junior Eco Camper badge! You can purchase by emailing [shopdept@gksmo.org](mailto:shopdept@gksmo.org) or at <https://www.girlscoutshop.com/Junior-Eco-Camper-Badge>

Are you enjoying our Girl Scouts Virtual monthly programming? Purchase the main patch for \$3:

<https://www.girlscoutshop.com/GSKS-MO-Virtual-Main-Patch> and the

outdoor bar for \$2:

<https://www.girlscoutshop.com/GSKS-MO-Virtual-Bar-Outdoors>

**Get the main patch and all nine bars for \$20** (each of the nine bars celebrate the month's theme):

<https://www.girlscoutshop.com/GSKS-MO-Virtual-All-Patch>

