



BADGE SUMMARY

Girl Scouts love to sing hiking songs, pack fun and tasty snacks, and hunt for sounds of animals and birds. Here's what you need to know to become a Brownie hiker - get ready for adventure!

- 1. Decide where to go
- 2. Try out a hiking skill
- 3. Pick the right gear
- 4. Pack a snack for energy
- 5. **Go on your hike!**

REQUIREMENTS/ STEPS COVERED DURING TRNERR PROGRAM: Steps 2, 3, 5

All steps can be self-guided by the troop leader or other adult in your troop.

LIMITATIONS: please stay on designated trails, remember all things are protected here so please leave what you find

TYPES OF TOURS AVAILABLE: self-guided, but please call to let us know you are coming. TRNERR staff can be available to help with your hike upon request to boost your confidence and/or outdoor skills.

LENGTH OF VISIT: approximately 1½ hours

GROUP SIZE: maximum 15 scouts (or 30 if self-quiding) with SafetyWise adult to scout ratio

ADVANCE PREPARATION BY LEADER

Get Up and Go Outdoors:

http://thinmint.sdgirlscouts.org/files/program/outdoors/Get Up and Go Outside.pdf

Step 1 - Decide where to go

 TRNERR education or visitor services staff can make some trail recommendations for you to choose from.

Step 2 - Try out a hiking skill.

REVIEW "leave no trace" principles with your girls at one of your meetings.

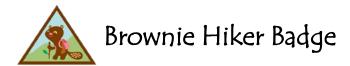
- We will go over these field manners before starting our hike.
- Review Get Up and Go Outside for ideas (Page 3).

Step 3 - Pick the right gear.

REVIEW the 10 Essentials + 2 with your girls at one of your meetings.

- We will quiz the girls on the 10 Essentials while on our hike but the girls should already have some or all these things with them in a backpack.
- Review Get Up and Go Outside for ideas (Page 4).

Step 4 - Leader will provide healthy trail snack or trail mix.





OPTIONAL STEPS THAT CAN BE SELF-GUIDED ON-SITE

All steps can be self-guided for this badge, but please call to let us know you are coming or if you need any advice. We also recommend that at least a few people in the group carry binoculars for bird-watching opportunities.

FOLLOW-UP STEPS TO COMPLETE THE BADGE AFTER YOUR VISIT: None