



Ambassador

Snow **OR** Climbing Adventure



In this badge, you'll choose between two exhilarating outdoor adventures. You can put your self-reliance to the test by camping out on frozen terrain, navigating through fresh snow, and exploring the rugged winter wilderness. Or you can take your climbing skills to the next level on a multiday trip where you will boulder, top-rope, and rappel. Whichever you choose, you'll have a challenging, unforgettable experience in the outdoors.

Steps

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

Purpose

When I've earned this badge, I will have planned, prepared, and completed a three-day winter backpacking trip in the backcountry or a three-day outdoor climbing trip.





Courtesy: NPS

Try Multi-Pitch Climbing

A “pitch” in rock climbing is a section of a route on a cliff between two belay points that is climbed using a rope for protection. Multi-pitch routes are more than one pitch long and can range from two to three pitch climbs. Check out the National Climbing Classification System for rating difficulties and number of pitches in climbing.

STEP 1 Choose your outdoor adventure

Is a multiday snow trekking trip on your bucket list? Or do you dream about an adventure where you can put your climbing skills to the test? Explore both options, and then choose your outdoor adventure!

ADVENTURE OPTIONS

- **Snow Trekking:** You will experience a snowy adventure on a three-day winter backpacking trip in the backcountry. Backcountry trekking is a high-adventure experience and not to be taken lightly! If you’re traveling in an avalanche-prone area, you are required to take an avalanche safety course (AIARE 1 recommended) and have the necessary avalanche safety gear.
- **Climbing Adventure:** You will go on a three-day climbing trip where you will climb and belay using a top-rope climbing system, rappel, do gear safety checks, and practice setting up top-rope anchor systems. Aim for two to three practice sessions using an artificial climbing wall (indoor or outdoor) before your outdoor adventure. You can expand your climbing know-how without being an expert climber—climb at your skill level while earning this badge. Want to take things up a notch? See the “Try Multi-Pitch Climbing” box.

CHOICES-DO ONE:

- ☐ **Talk to an experienced snow trekker and outdoor climber.** Find out what they like best about what they do. Which one are you more interested in trying for yourself? Share your thoughts with your family or Girl Scout friends.

OR

- ☐ **Watch videos or read about snow trekking and outdoor climbing adventures.** Find a story about one female snow trekker and one female outdoor climber. You can read books and articles or watch videos. Outdoor organizations and retail websites are excellent resources for videos featuring women with inspirational high-adventure stories. Which activity are you more interested in trying for yourself? Share your thoughts with your family or Girl Scout friends.

OR

- ☐ **Explore what you will do for snow trekking and outdoor climbing.** Do your own research too! Check out online guides or books that give you background on snow trekking and higher-level rock climbing. Then, decide on one you like best and pitch why you selected it to your family or Girl Scout friends.

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more.

STEP 2 Plan and prepare

Now that you've decided on a snow trekking or climbing adventure, you're ready to lay the groundwork. Where do you plan to trek or climb? How far will you go? In this step, make sure all your plans and preparation are in place.

TO COMPLETE THIS STEP, MAKE SURE YOU:

- **Pick your destination.** (See "Location Guide.")
- **Explore your destination.** Look online for reports from other campers and climbers. Reach out to the land management agency overseeing the area, such as the Bureau of Land Management or National Park Service. The more you know about your destination, the better your experience will be.
- **Come up with a budget.** Make a list of all the expenses for your outdoor adventure. What will you need for food, travel, and gear? How will you pay for this? You and your troop or group may want to use Girl Scout Cookie™ earnings, especially if you need to travel far.

CHOICES—DO ONE:

- ☐ **Know the language for your adventure.** Go online to find out what these basic terms for your adventure mean. Then, add more to the list!
For snow trekking: four-season tent, avalanche transceiver, balaclava, down and synthetic materials, gaiters, igloo, probe, quinzee, sled, sleeping bag liner, snow shovel, and snow stakes

For outdoor climbing: anchor, belay, crux, harness, rating, multi-pitch climb, rappel, SERENE and ERNEST anchors, self-equalization anchor, static equalization anchor, and top-rope climbing

OR

- ☐ **Talk to an outdoor expert to get planning tips.** This could be an adventure travel planner, an outdoor retail expert, an experienced winter camper, or an expert outdoor climber.

OR

- ☐ **Explore the muscles used in snow trekking or rock climbing.** What are the main muscles used? What are the secondary muscles? Why is it important to train these muscle groups specifically? Take this knowledge and apply it to your training plan in Step 4.

Location Guide: Things to Consider

- Difficulty of the camping area, including elevation changes, altitude, distance, and terrain
- Fitness level needed
- Ideal time of year, keeping the weather in mind
- Water sources near the camping/climbing area
- Wildlife in the camping/climbing area
- Remoteness of the camping/climbing area
- Access to outside assistance in the event of an emergency
- Travel distance to the camping/climbing area (Check with your council for travel guidelines.)

Courtesy: NPS



Choosing a Tent

Not all tents are created equal! Find the one that works best for warmth and wind protection. Also consider the tent's weight and how it packs. Here are some basics:

- **three-season tent:**
For downpours and light snow
- **four-season tent:**
For heavy snowfall and high winds

**An adult instructor might provide these items for you, but you still need to learn all about them to complete this step.*

STEP 3 Gather your gear

Be prepared with the right gear for your adventure! What will you need to ensure a successful trip? Try to borrow gear from family or friends so you don't need to buy it.

BEFORE YOU BEGIN: ESSENTIALS FOR OUTDOOR ADVENTURES

- Use this list to help create a checklist of things you need for your outdoor adventure. And add things too! For example, for camping, you will need a backpack, tent, sleeping bag, and a portable stove to prepare food.
 - Proper clothing and footwear
 - Sun protection
 - Water
 - Food
 - First-aid kit
 - Navigational tools
 - Form of shelter
 - Light source
 - Fire starter
 - Repair kit
- **Snow Trekking:** Ski poles, snowshoes, cross-country skis, backcountry skis, split board, boots, snow shovel, snow claw, snow saw, and avalanche safety gear, if applicable.* (**Note:** Find out about the varieties of snowshoes, skis, and snowboards you can use in the backcountry. Learn about layering for warmth. Find out what kind of sleeping bag and pad you need to stay warm at night.)
- **Climbing Adventure:** Climbing rope, rope bag, harness, helmet, chalk and chalk bag, climbing shoes, different types of carabiners, webbing, belay and rappel devices, accessory cord, and Personal Anchor System*

CHOICES-DO ONE:

- ☐ **Visit an outdoor adventure retailer.** Ask someone who works there to go over your list of essential gear, and find out how and why each item is used. Make sure to ask what else should be on the list. Do you need any special gear or equipment for your adventure? For example, you'll need a bigger backpack for bulky clothes when winter camping. Will you plan on carrying skis or snowshoes? How about climbing gear?

OR

- ☐ **Go online to find out what gear you need.** Use the list of essential gear and find out what each item is used for and where and how to get it.

OR

- ☐ **Compare and share.** Bring essential gear to a troop meeting to share and compare. See if you can borrow gear from friends and family. Do you know an adult with experience in your outdoor adventure who can help guide your meeting?

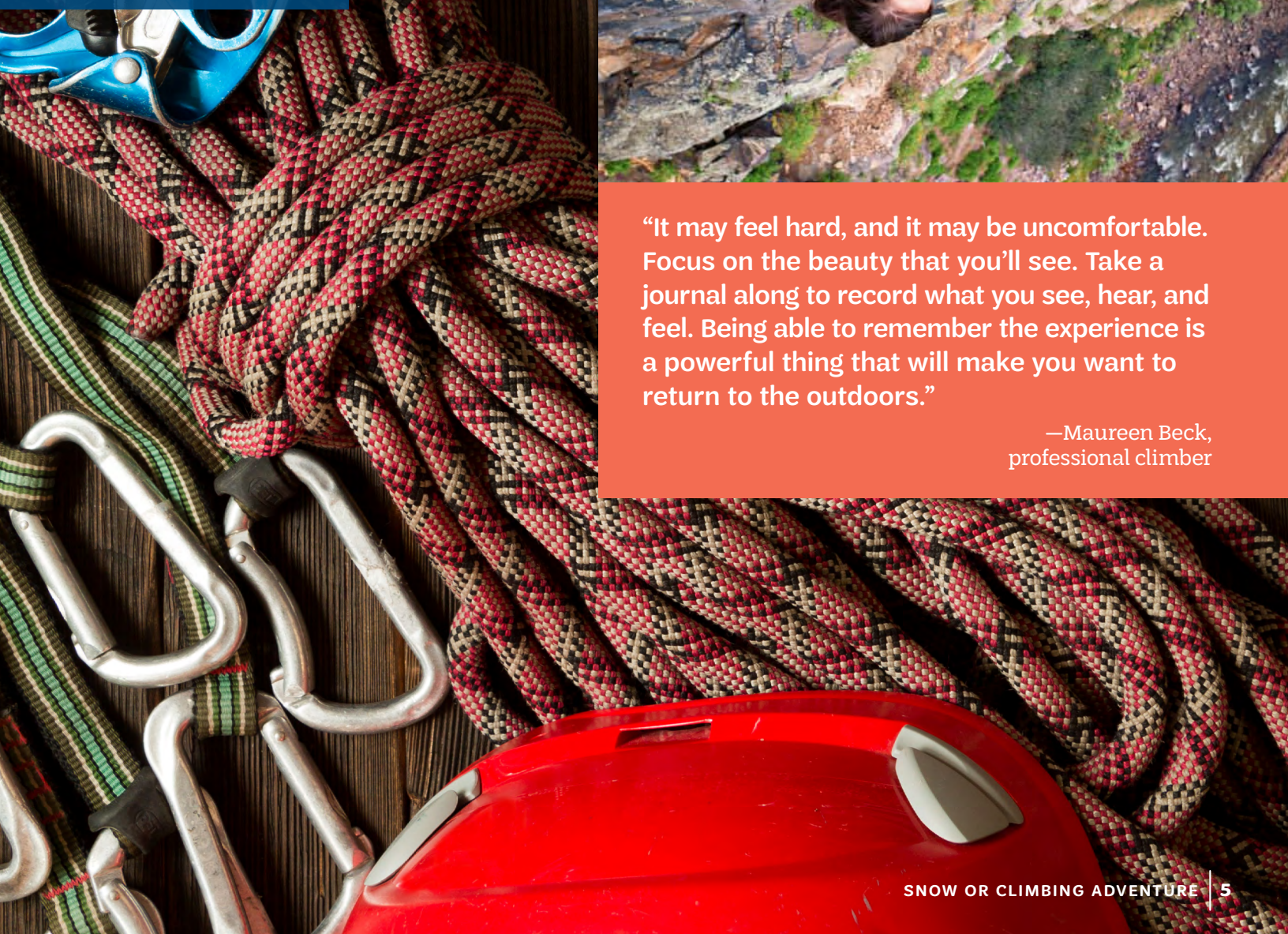
Charge Up

Make sure your batteries are charged up for your light sources, GPS, and other devices. Check your product's manual to make sure you have the right type of batteries and ones that are long-lasting. Consider bringing portable chargers, if possible.



“It may feel hard, and it may be uncomfortable. Focus on the beauty that you’ll see. Take a journal along to record what you see, hear, and feel. Being able to remember the experience is a powerful thing that will make you want to return to the outdoors.”

—Maureen Beck,
professional climber





STEP 4 Set a goal and train for your adventure

How far do you want to trek, and what challenges do you want to do along the way? Or what kind of climbing adventure are you seeking?

TO COMPLETE THIS STEP, MAKE SURE YOU:

- **Practice the skills for your adventure.** See “Skills Practice” lists.
- **Follow safety tips.** Train only with a trusted adult or friend. Make sure an adult (one who is not with you) knows your location and the estimated time you should return home.
- **Practice your first-aid skills.** Learn how to respond to emergency medical situations that can arise, such as sprains, cuts, frostbite, hypothermia, and sunburn.
- **Set a goal for what you want to achieve.** Write it down.

CHOICES—DO ONE:

- ☐ **Learn how mental imagery can help improve your outdoor adventure.** This means visualizing your snow trekking or climbing trip. Find an experienced winter camper or expert outdoor climber and ask them how they use mental imagery on their outdoor adventures. Incorporate mental imagery into your training. Always be positive about how you are performing, even in your imagination!

OR

- ☐ **Take a yoga or Pilates class at your school or local fitness area.** Yoga and Pilates can help you develop the balance, flexibility, and strength you'll need for snow trekking and outdoor climbing. Look for a free class being held outdoors at a park.

OR

- ☐ **Get expert training tips.** Ask an experienced snow camper or outdoor climber to give you tips on goals and training. Or go online to search outdoor organizations, publications, and retail websites that offer valuable information and advice.

STEP 5 Go on your outdoor adventure

All your planning and training has led up to this moment. You're ready to see how your hard work will make this an adventure to remember!

BEFORE YOU TAKE THIS STEP, REVIEW THIS CHECKLIST:

- **Safety:** Always train and go on outdoor adventures with at least one buddy. Leave behind with an adult:
 - Emergency contact names and numbers of everyone going on the adventure
 - Where you are going, including trail names
 - How to reach you in case of an emergency
 - What time to expect you to return.
- **Permission:** Get permission slips, if needed, from your Girl Scout council, parent, or guardian. Get permits, if needed, for the areas where you'll be snow camping or rock climbing.
- **Gear check:** Make sure you have all the gear from Step 3 with you, including snacks and water in reusable containers and a first-aid kit.
- **Weather:** Always check the weather before leaving. Be sure your gear and clothing choices are right for the weather. Check with the land management agency for the area of your adventure for updates on conditions.

CHOICES-DO ONE:

- ☐ **Create your action portfolio.** Have a friend or family member take action photos or videos of you from your training sessions and on your adventure. Afterwards, analyze your technique and form and see what you would improve. You can also use the images or videos to show others how it's done.

OR

- ☐ **Engage and explore.** Your outdoor adventure is about more than just accomplishing the activity. On your adventure, try something new—like exploring nature, a camping skill, or different way of doing an activity.

OR

Keep an adventure journal. How far did you climb? What did you like most about trekking in snow? What was hardest? What do you want to improve for next time? Write your notes in a journal or find a free app where you can document your journey, including how you felt at each phase of your adventure.

Outdoor Adventure Careers to Explore

Adventure education
professional
Biologist (marine, wildlife)
Camp administration
professional
Collegiate outdoor
recreation professional
Conservationist
Environmentalist
Geologist
Landscape architect
Naturalist/environmental
educator
Oceanographer
Park and recreation
professional
Park/forest ranger
Recreation guide
or instructor
Wilderness counselor/
therapist
Wildfire firefighter
Zoologist





SKILLS PRACTICE for **Snow Trekking**

- **Get comfortable with your trekking method.** For your trek, will you use snowshoes, cross-country skis, backcountry skis, or a split board? Do some practice runs so you know your gear is the right fit for you. For more fun: Pull a sled behind you while training so you can see how it feels. You can use a sled to help lighten your backpack load.
- **Practice cooking in cold weather.** Cook a meal outdoors in the snow at a local park or in a backyard (yours or a friend's). Make sure this is permitted in the area before you start! What type of stove and fuel will work best? What will your camp kitchen look like? What will you make?
- **Be prepared for the weather.** Besides proper clothing, what other methods can you use to protect against cold, wind, and sleet? How will you stay warm during the night? How can you dry your wet gear?
- **Review maps and routes.** Look at a topographical map of your destination and identify any danger zones. Is the trekking route you selected your safest option? What if the weather turns bad along the way? What are your evacuation options? Practice any navigational skills you may need, such as using GPS, a compass, and triangulation.
- **Review avalanche safety.** Review and practice the skills you learned in the avalanche safety course, if applicable.
- **Practice setting up snow shelters.** Find out the pros and cons of various snow shelters used for winter camping. Then, set up and build two types of snow shelters (tent, quinzee, igloo, or snow trench). Want to take it up a notch? Practice using snow saws, snow shovels, and snow claws.
- **Complete a one-night campout at a designated camping area.** Test your winter camping know-how by doing an overnight camping trip in the snow at a local park or campground. Just make sure camping is allowed in the area beforehand.





SKILLS PRACTICE for Climbing Adventure

- **Know your knots.** These knots are used to tie the climbing rope to your harness. Look online for videos showing how to tie these knots, then practice on a piece of rope.
 - barrel knot or double overhand backup knot
 - clove hitch
 - double fisherman's knot
 - figure eight on a bight
 - figure eight tie-in knot
 - girth hitch
 - Munter hitch
 - overhand bend
 - overhand loop on a bight
 - Prusik knot
 - water knot
- **Practice your climbing techniques.** Learn about and practice climbing techniques, such as heel hooking, smearing, pinch grips, and crimping.
- **Practice belaying.** Ask an expert rock climber to teach you how to belay. Safety note: Always have an adult as your backup belayer. She or he will hold on to the rope that feeds from your belay device.
- **Learn about rappelling.** Ask an expert climber to teach you about rappelling and walk you through a simulated rappel
- **Perform gear checks.** Learn about and practice checking climbing gear.
- **Set up anchor systems.** Ask an expert climber to teach you how to set up anchor systems for top-rope climbing. Safety note: Never climb on an anchor system that has not been reviewed by an experienced outdoor climber.
- **Practice, practice, practice!** Aim for two to three practice sessions on an artificial climbing wall (indoor or outdoor) to practice the skills in this list before your climbing adventure.

Now that I've earned this badge, I can give service by:

- Organizing a career fair to explore options related to outdoor adventures
- Teaching younger girls how to train for winter backpacking or outdoor climbing
- Organizing a “compare and share” gear event for other Girl Scout troops in your area

I'm inspired to:

This outdoor high adventure opportunity is brought to you by The North Face®.

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