



Cadette Trail Adventure



Test out your grit by taking on a challenge that builds your endurance and strength. (Both physical and mental!) In this badge, you'll decide whether to complete a long-distance trail run or hiking challenge. Imagine the sweet taste of victory when you complete your goal!

It's your choice—so get started by exploring both of your options with your Girl Scout friends or family members.

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 and learned the skills to do a long-distance trail run or take three separate challenging trail hikes.



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

STEP
1 Choose your outdoor adventure

Which adventure do you want to do to earn this badge? Do you want to plan and go on a long-distance trail run? Or would you rather take on a trail-hiking challenge? Before you make your choice, take this step to explore both of your options.

ADVENTURE OPTIONS

- **Long-Distance Trail Running:** You will train to build endurance for running a long distance at a comfortable pace. Aim for a three-mile distance.
- **Trail-Hiking Challenge:** You will train for and complete all three of the trail challenges listed below. Plan to do these on three different days and aim for each hike to last an entire day (minimum six hours on the trail).
 1. A trail covering significant elevation changes. Aim for a minimum 2,000-foot cumulative elevation gain, meaning you add the total of all your elevation gains along the trail.
 2. A trail covering a great distance. Aim for a minimum of 10 miles.
 3. A trail on a terrain different from previous hikes you’ve done (such as desert, rocky, steep, meadows, multiple stream crossings, or higher elevation). Just make sure it’s a day trip; aim for a minimum of six hours on whichever type of trail you choose.

CHOICES—DO ONE:

- ☐ **Talk to an expert trail runner and hiker.** Find out what they like best about their sport. Which one are you more interested in trying for yourself? Share your thoughts with your family or Girl Scout friends.

OR
- ☐ **Watch a video or read a book about trail running and hiking.** Find a story about one female runner and one female hiker. You can watch videos or read books. Outdoor organizations and retail websites are excellent resources for videos featuring women with inspirational long-distance trail running and hiking stories. Which one 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 trail running and hiking.** (See “Adventure Options” above.) Do your own research too! Then decide on one you like best and pitch why you selected it to your family or Girl Scout friends.





“I was 25 the first time I ran a trail all by myself to the top of a mountain. I only had a map and my own two feet. When I reached the top I felt so proud and accomplished. I had the summit all to myself: no one was there to witness it, only me.”

—Hillary Allen,
outdoor professional

STEP 2 Plan and prepare

You decided on a long-distance trail-running or a trail-hiking challenge adventure. Now take this step to make it happen!

TO COMPLETE THIS STEP, MAKE SURE YOU:

- **Pick your destination.** Consider the following:
 - Difficulty of the trail, including elevation changes, altitude, distance, and terrain
 - Fitness level needed for the trail
 - Ideal time of year, keeping the weather in mind
 - Water sources along the trail
 - Wildlife along the trail
 - Remoteness of the trail
 - Access to outside assistance in the event of an emergency
 - Travel distance to the trail. If you need to stay overnight, look for lodging and available activities in the area. (Check with your council for travel guidelines.)
- **Explore your destination.** Look online for trail reports from fellow hikers and trail runners. 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.
- **Plan some activities to do along the trail.** Mix up your run or hike by adding in some activities along the way. Write down your ideas on a notecard, put clear tape over your notecard or put it in a plastic baggie, and attach it to the outside of your backpack or water bottle. Be as creative as you'd like!
- **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 it? You and your troop or group may want to use Girl Scout Cookie™ earnings.

CHOICES—DO ONE:

- ☐ **Know the language for your adventure.** We've given you some terms to know for your outdoor adventure on page 6; add more to the list.

OR

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

OR

- ☐ **Find out about common trail injuries.** Research the types of injuries that could happen on your outdoor adventure. Some possible options: frostbite if it's cold, heat stroke if it's hot, a sprained ankle, or dehydration. What can you do to avoid injuries or respond to them if they happen? Take this knowledge and apply it to safety in your training plan in Step 4.

Think Big

If you're in a location where there are few challenging trails, why don't you and your troop save up your Girl Scout Cookie money and plan a trip to your ideal location?

WORDS TO KNOW

for Trail Running and Hiking

- **Backcountry:** An isolated area without roads
- **Blaze:** A colored marker, usually painted or nailed to a tree, used to help guide hikers/runners along the trail.
- **Cairns:** A human-made pile of rocks found along a trail, marking the trail's path
- **Chafing:** Skin that becomes irritated, usually from rubbing against clothes. To prevent, apply a thin layer of lubricant on these areas, wear longer shorts, or use talcum powder.
- **DOMS** (delayed onset muscle soreness): Pain or stiffness felt in your muscles one to three days after a run or hike. Light training or going for a walk can help you feel better.
- **Pronation:** Natural side-to-side movement of your foot as you run or hike. Overpronation (rolling your foot inward) and supination (rolling your foot outward) can lead to injuries. Having the right running/hiking shoes—
- and inserts, if needed—can help you reduce injury.
- **Recovery:** A break, like when you slow to a walk or jog while you are running at a fast pace, or when you stop to catch your breath while on a hike. Listen to your body and take recovery breaks whenever you need to. Never push through serious discomfort or pain.
- **Switchback:** A steep trail that zigzags
- **Time control plan (TCP):** Determining where you should be on the trail at certain points of the day, taking into account elevation changes, fitness level, weather, and terrain.
- **Trailhead:** Starting point of a trail, usually marked with a sign
- **Warm-up:** Light movements, like stretches and easy jogging, that you do before more strenuous exercise. You warm up to help prepare your body and to prevent injuries.

If the Shoe Fits

A decent trail-running shoe or hiking boot will help prevent injuries, give you much-needed comfort, and boost your performance. Make sure to get the right fit; ask a footwear specialist for help.

Tip: Shop later in the day! That's when your feet swell, which means you'll get shoes big enough to fit right.



STEP

3 Gather your gear

Be prepared with the right gear for your adventure! Try to borrow gear from family or friends so you don't need to buy it.

BEFORE YOU BEGIN: TEN ESSENTIALS FOR OUTDOOR ADVENTURES

- Use this list to help create a checklist of things you might need for your outdoor adventure. And add things too! For example, you might need a backpack for your hike.
 - Proper clothing and footwear
 - Sun protection
 - Water
 - Food
 - First-aid kit
 - Navigational tools
 - Lightweight portable shelter
 - Light source
 - Fire starter
 - Repair kit

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?

OR

- ☐ **Try out your gear.** If you're running or hiking with a daypack or new shoes, take a trial trek around your neighborhood.

OR

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

Best Fuel for Trail Running or Hiking

- Trail mix
- Oranges
- Bananas
- Frozen grapes
- Applesauce squeeze packets
- Water in reusable bottle





Training Tips

- Aim for doing cardio workouts (walking, jogging, running, hiking, cross-training) two to three times a week for six weeks before your outdoor adventure to help build endurance.
- Practice good form for trail running and hiking. Keep your eyes on the trail ahead of you, hold your body tall (try not to slouch), swing your arms up and down, keep your feet under (not in front of) your body, and use a shorter stride.
- Practice deep abdominal breathing. Put one hand on your stomach and feel it rise and fall with each breath. Imagine that when you inhale you are filling up a balloon. As you exhale, the balloon collapses.
- After you run or hike, be sure to stretch out the muscles in your lower body.
- For trail running, run on unpaved surfaces at least once a week. Run up and down hill while increasing your distance over time.
- **For more fun:** Find an app to log your workouts and keep track of your progress.

STEP

4 Set a goal and train for your adventure

Get mentally and physically ready for your adventure. Set a goal and make sure to practice positive self-talk!

TO COMPLETE THIS STEP, MAKE SURE YOU:

- **Use the training tips.** Referring to the list on this page, come up with a training plan and put together a schedule.
- **Follow safety tips.** Train only with a trusted adult or friend. Make sure another adult (one who is not with you), knows your route and the estimated time you should return home.
- **Practice your navigational skills.** See some suggestions on page 9.
- **Practice your first-aid skills.** Learn how to respond to emergency medical situations that can arise, such as sprains, cuts, and sunburn.

CHOICES—DO ONE:

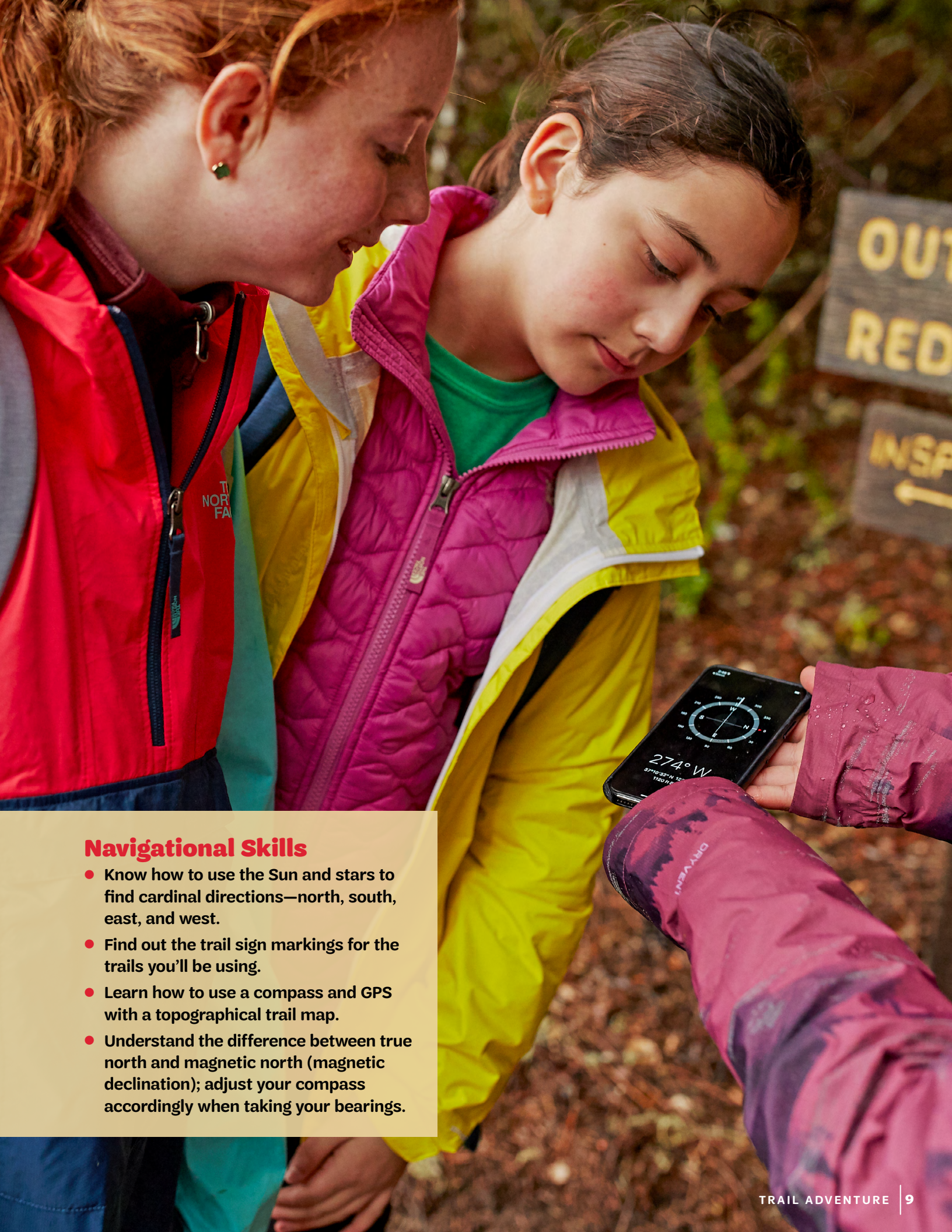
- ☐ **Take a practice run or hike.** Do a practice run around your block or school track with an experienced trail runner, or take a practice hike with an expert hiker. Observe what they do and ask for tips about your form.

OR

- ☐ **Get expert training tips.** Ask a running coach or experienced hiker to give you tips on goals and training. Or go online to search websites for outdoor organizations, publications, and retail stores that offer valuable information and advice.

OR

- ☐ **Get your mind in shape for your adventure.** Physical fitness is just one part of your adventure—you'll want to prepare mentally too. This can mean creating an image in your mind of what you want to achieve, then imagining the adventure from start to finish. Try watching a video of a great run or an exciting hiking adventure and use that for your model. Pick a positive saying for your outdoor adventure. It could be something like "I can do it," "I've got this," or "I am strong." Repeat this saying out loud or silently to yourself as you are training and on your adventure. It will help you focus if things get difficult. Always be positive about your performance, even in your imagination!



Navigational Skills

- Know how to use the Sun and stars to find cardinal directions—north, south, east, and west.
- Find out the trail sign markings for the trails you'll be using.
- Learn how to use a compass and GPS with a topographical trail map.
- Understand the difference between true north and magnetic north (magnetic declination); adjust your compass accordingly when taking your bearings.



Cross-Training

Cross-training involves combining exercises to work different parts of the body. Here are some ways you can cross-train:

- Do yoga for flexibility.
- Work out at a gym or outdoor circuit-training course.
- Take a personal fitness class.
- Hop on a bike and go for a ride.
- Swim laps.
- Dance.
- Play sports like soccer, basketball, and tennis.
- Find a cross-training workout video or app to follow.
- Use your environment to strength train. You can lift canned goods from your pantry, help your parents carry groceries, or stand on one foot while brushing your teeth.

STEP 5 Go on your outdoor adventure

You've planned and trained—now you're ready for your outdoor adventure! Make it memorable by keeping an adventure journal, shooting videos of your experience, or trying a new activity along a trail.

BEFORE YOU BEGIN YOUR ADVENTURE, REVIEW THIS CHECKLIST:

- **Safety:** Always run or hike with a 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 you're expected to return
- **Permission:** Get permission slips, if needed, from your Girl Scout council, parent, or guardian.
- **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.

CHOICES—DO ONE:

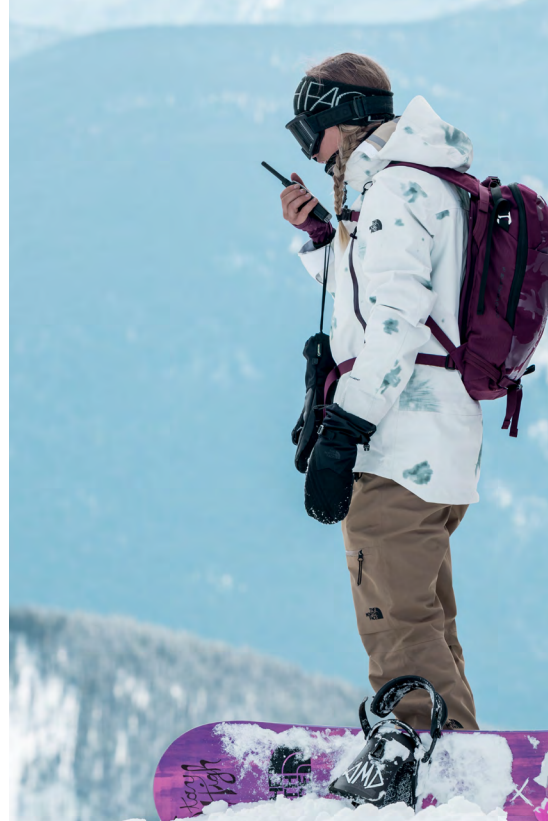
- ☐ **Create your action portfolio.** Have a friend or family member take action photos or videos of you from your training sessions and on your adventure. Afterwards, analyze your technique and form and see what you would improve. You can also use the images or videos to show others how it's done

OR

- ☐ **Engage and explore.** Your outdoor adventure is about more than just accomplishing the activity. While you're on your adventure, try something new—like exploring nature, trying out a camping skill, or doing an activity a different way.

OR

- ☐ **Keep an adventure journal.** How far did you run or hike? What did you like most about running on the trail or hiking? 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.



“My favorite thing to do when hiking is to talk [with a buddy] about what we see. Notice the leaves, flowers, rocks. Feel the wind change direction or see the Sun come out from behind the clouds. Make note of a landmark and how different it looks when you're farther away or closer. This passes the time and it's fun to see what your hiking buddy sees that you miss. It also helps you stay alert and aware of your surroundings, which is very important in the outdoors.”

—Amanda Hankison,
professional snowboarder

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

- Teaching a friend how to practice good form when running or hiking
- Showing a sibling how to use a compass and GPS with a topographical trail map
- Teaching a family member how to respond to trail injuries, such as sprains, cuts, and sunburn

I'm inspired to:

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

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