



Junior

Snow **OR** Climbing Adventure

**You
Choose!**



This adventure is your choice! You might like the thrill of skiing or snowboarding down a slope. Or you might prefer the excitement of climbing a tree with ropes and a harness. Whichever choice you make, let the adventure begin!


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 learned the skills—and experienced—downhill skiing, snowboarding, or recreational tree climbing.

OR 

 **Act out what you will do.** Play a game of charades with friends or family members. Without speaking, have them guess your moves as you act out different things you would do on your adventure. For skiing or snowboarding, glide down a hill, make turns, and catch air. For tree climbing, climb high and look down, pull yourself from imaginary branch to branch, use your harness and ropes. When you're done, talk to your friends or family about which of the two adventures you think you'd enjoy more and why.





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Slope Sliding Trail Ratings:

- **Green circle:**
Easiest
- **Blue square:**
Intermediate
- ◆ **Black diamond:**
Advanced; not
recommended
for this badge
- ◆◆ **Double-black
diamond:** Expert
only; not for this
badge



► **Use this to help create a checklist** of what you might need for your outdoor adventure. And add things too!

- ▶ Proper clothing and footwear
- ▶ Sun protection
- ▶ Water
- ▶ Food
- ▶ First-aid kit
- ▶ Navigational tools
- ▶ Form of shelter
- ▶ Light source
- ▶ Fire starter
- ▶ Repair kit

- ▶ **Recreational Tree Climbing:** Climbing rope, harness, helmet, carabiners, cambium saver, accessory cord, and ascenders*
- ▶ **Slope Sliding:** Downhill skis, boots, and poles; snowboards and boots; snow goggles; and snow helmet*

☐ **Visit an outdoor adventure retailer.** Ask someone who works there about your list of essential gear. 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

- ☐ **Talk to an expert skier, snowboarder, or tree climber about gear.** Jot down your questions in advance. Find out what the must-have gear is for your adventure. Or how much water and the types of snacks to pack. Anything else?

OR

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

Training Tips

- ▶ Get a good night's sleep before your adventure.
- ▶ Eat a good meal before you go.
- ▶ Be active. Skiing and climbing are full body workouts! For the month before your adventure, do something active for 30–60 minutes at least three days a week. Run, walk, bike, swim, play soccer, jump rope, or dance. You can even play games like tag or capture the flag. Anything that gets you moving!
- ▶ Before you ski or climb, do some jumping jacks, jogging in place, and arm circles to help warm up your muscles.
- ▶ After any strenuous exercise, be sure to stretch out all the muscles in your body.
- ▶ 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 it out loud or silently to yourself as you train and on your adventure. It will help you focus if things get difficult.
- ▶ For tree climbing: Know the knots and hitches used, and practice them.

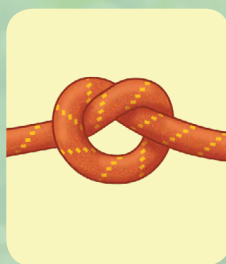
Knots and Hitches for Tree Climbing



clove hitch



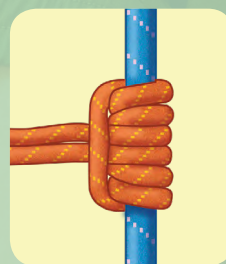
anchor hitch



overhand knot



Blake's hitch



Prusik knot



SKILLS PRACTICE for Recreational Tree Climbing

- ▶ Learn how to properly fit your harness and helmet.
- ▶ Learn and use safety commands. Find out which ones are required by the instructor (or venue) you're using.
- ▶ Complete a test climb. Connect your harness to the tree climbing system, climb up a few feet, let go of the ropes, feel how the system catches you, and then lower yourself to the ground. This way you'll know what it feels like if you let go of the ropes while climbing.



“I think the best part of outdoor adventures is the friendships you form while outside. There’s something different about those relationships. They become really special.”

—Hadley Hammer,
professional
big mountain skier

STEP 5 Go on your outdoor adventure

Make it a lifetime memory—add fun games to your adventure, take action photos or videos, or keep a goal journal.

BEFORE YOU BEGIN YOUR ADVENTURE, REVIEW THIS:

- ▶ **Safety:** Always be with a buddy when you’re outdoors. 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 and what time to expect you to return.
- ▶ **Plan:** For skiing/snowboarding, know the plan for what you will do at the ski resort. Know what chairlifts and trails you can use, what group you will be with, and the time and place you will check-in with your group.
- ▶ **Permission.** Get permission slips beforehand, if needed, from your Girl Scout council, parent, or guardian.
- ▶ **Gear check:** Make sure you have all the gear from Step 3, including snacks and water in reusable containers and a first-aid kit.
- ▶ **Weather:** Always check the weather before leaving.
- ▶ **Practice your skills:** Read through your “Skills Practice” list. When you arrive at your adventure spot, do what’s on this list before you take off on your adventure.

CHOICES—DO ONE:

- ☐ **Shoot an action video.** Before you go, practice on a smartphone or video camera. On the day of your adventure, take videos of you and your group. Tell the story of your adventure with your video.



OR

☐ **Take your skills up a notch.** For slope sliding: Take a ski or snowboard lesson to improve your skills. Then take what you learned and hit the slopes! For tree climbing: Have your instructor demonstrate how to set up the climbing rope, how to protect the tree, and how to know what tree limbs to use. Can your instructor show you any new knots? Show them the knots you’ve been practicing!

OR

☐ **Keep an adventure journal.** Record the details of your adventure, including how you met your goals and what you want to improve next time. How did you feel using ski poles or wearing climbing shoes? Did they help? What did you like most—and least—about skiing, snowboarding, or tree climbing? You can write notes in a journal or record your experiences on a smartphone voice recorder.

For More FUN: With an adult’s help, look for a journal or goals app.

A photograph showing a row of five young adults sitting in deep snow. They are all wearing winter gear, including helmets and goggles. From left to right: a person in a light blue jacket, a person in a white and black patterned jacket, a person in a pink jacket, a person in a dark blue jacket, and a person in a red jacket. They are all smiling and looking off-camera to the right. The background consists of snow-covered trees under a bright sky.

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goals app.

A group of young women are sitting in a line in the snow, wearing ski helmets and goggles. They are all looking towards the left side of the frame. The woman on the far left is wearing a light blue jacket. The woman next to her is wearing a white jacket with black and blue patterns. The woman in the center is wearing a white jacket with a red stripe. The woman next to her is wearing a pink jacket. The woman on the far right is wearing a red jacket. They are all smiling and appear to be enjoying the day. The background is a snowy mountain slope with trees in the distance.

- ▶ Practice putting your gear on. On flat terrain with your boots on, practice putting on and taking off your skis/snowboard.
- ▶ Practice falling and getting back up. On flat terrain with your skis/snowboard on, practice falling over and getting yourself back up from the ground.
- ▶ Practice on the bunny hill. This is a slope with a gradual decline, great for beginners to practice on. As you come down the hill, practice turning left and right, slow yourself down, and come to a complete stop at the bottom.
- ▶ Take a spin on a run marked with a green circle. This is the easiest run; do this once you feel comfortable.
- ▶ Take a lesson. If you can, plan to take a ski/snowboard lesson when you arrive at the slopes. This will help teach you skills and give you the confidence to ride the slopes.

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

- Teaching a younger girl how to train for an outdoor adventure
- Showing a friend how to practice visualization, meditation, or positive self-talk
- Planning an outdoor adventure for my family to go on together

I'm inspired to:

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

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