



Senior

Snow **OR** Climbing Adventure

**You
Choose!**



To earn this badge, you will choose an adventure where you spend a night in nature. You'll challenge yourself by camping out in the snow and exploring the winter wilderness, or you'll advance your rock-climbing skills on a two-day trip. Whatever you decide, you'll use your training, skills, and Girl Scout teamwork to make it an unforgettable adventure.

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 take an overnight snow camping trip or a two-day outdoor climbing trip.



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

STEP 1 Choose your outdoor adventure

Are you ready to experience a winter campout, or would you rather advance your skills on an outdoor climbing trip? It's your choice, so get started by exploring both of your options.

ADVENTURE OPTIONS

- ◆ **Snow Camping:** You will go snow camping overnight in a designated camping area, such as a local state park or campground. This badge is not meant for backcountry camping where there are hazardous conditions such as avalanches, whiteouts, and steep terrain.
- ◆ **Outdoor Climbing:** You will go on a two-day climbing trip where you will climb and belay using a top-rope climbing system, rappel, and do gear safety checks. 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—you can climb at any skill level while earning this badge.
- ◆ **Earned Snow or Climbing Adventure as a Cadette?** If you did outdoor climbing to earn your Cadette Snow or Climbing Adventure badge, focus your energy on rappelling and gear safety checks while still advancing your climbing and belaying skills. Ask other climbers what you can do to help advance your technique!

CHOICES—DO ONE:

- ☐ **Talk to an experienced winter camper and an expert outdoor climber.** 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 videos or read about snow camping and outdoor climbing adventures.** Find a story about one female snow camper 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 camping and outdoor climbing.** Do your own research too! Check out online guides or books that give you background on snow camping and outdoor climbing. Then decide on one you like best and pitch why you selected it to your family or Girl Scout friends.

STEP 2 Plan and prepare

You decided on a snow camping or climbing adventure. Now take this step to make it happen!

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 camping: four-season tent, down and synthetic materials, gaiters, igloo, quinzee, sleeping bag liner, snow shovel, and snow stakes
For outdoor climbing: Anchor, belay, class, crux, harness, rappel, rating, 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 expert outdoor climber.
- OR** -----
- ☐ **Find out about common injuries for your adventure.** Research what injuries can happen on your outdoor adventure. Some possible options are: frostbite if it's cold, a sprained ankle, or dehydration. What can you do to avoid injuries or respond to them if they happen?

Location Guide: Things to Consider

- ◆ Difficulty of the camping/climbing 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.)



Test Drive Your Adventure Wear

From base layers to middle layers to outside layers, your clothing will help keep you comfortable on your adventure. You want to be warm, but not too warm. Put on your layers and go for a walk around your neighborhood or a local park on a cold day. How do you feel? Too hot? Too cold? Adjust your layers and give it another go. Find what works for you before you head out for your adventure.



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 Camping:** Ski poles, snowshoes, snow shovel, snow claw, and a snow saw.* (**Note:** Be sure to find out about layering for warmth. This means wearing base, middle, and outer layers including gloves, socks, and hats. Also find out what kind of sleeping bag and pad you need to stay warm at night.)
- ◆ **Climbing:** Climbing rope, rope bag, harness, helmet, chalk and chalk bag, climbing shoes, different types of carabiners, webbing, belay and rappel devices, and an accessory cord.*

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

- ☐ **Go online to find out the gear you will need.** Use your 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?

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



“Fill an insulated bottle with hot water [shut it tight]. Stuff the bottle in your sleeping bag. When you are ready for bed, your bag will be nice and warm. Also, stuff your sleeping bag with the clothes you will wear the next day.”

—Brittany Leavitt,
outdoor professional



STEP 4 Set a goal and train for your adventure

Training and preparation are keys to your success in any challenge. Put together a daily training schedule and stick to it!

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 a different 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 camping or outdoor climbing adventure from start to finish. 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, endurance, and strength you'll need for snow camping 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.





SKILLS PRACTICE for Snow Camping

- ◆ **Practice using snowshoes.** Try walking in a pair of snowshoes or with a snow traction device attached to your boots.
- ◆ **Test out your sleeping bag.** Set up your tent and test out your sleeping bag. Pop up your tent in a backyard (yours or a friend's) on a cold afternoon. Are you too cold? What happens if you add:
 - ◆ Your middle layer of clothing?
 - ◆ A sleeping bag liner or fleece blanket?
 - ◆ Other clothing items in your sleeping bag to take up the dead air space? Spend the afternoon trying different ways to stay warm so you'll be prepared when you go on your adventure.
- ◆ **Learn about cold weather cooking.** 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?
- ◆ **Practice using snow tools.** Go online and look for instructional videos showing you how to properly use a snow saw, snow shovel, and snow claw (optional). With an adult or friend, practice your skills. Try cutting blocks of snow and scooping snow. Use these tools when you practice building your snow shelters.
- ◆ **Build snow shelters.** Meet with an experienced camper to find out about snow shelters used for winter camping (tent, quinzee, igloo, and snow trench). What are the pros and cons of each? Choose two shelters to try in your backyard (or a friend's) or at a local park. Just make sure camping is permitted in the area beforehand. Which one will you use on your outdoor adventure?



SKILLS PRACTICE for Outdoor Climbing

- ◆ **Practice your climbing techniques.** Learn about and practice climbing techniques such as edging, smearing, palming, 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. Find out what the rappeler uses to connect to the rope and different types of belay methods used to ensure the climber's safety.
- ◆ **Learn how to perform gear checks.** Find out how climbers check their gear before their climbing adventures. How do you check a climbing rope to ensure it is safe? How about a carabiner? Belay device? Harness? Helmet? Webbing?
- ◆ **Practice, practice, practice!** Aim for two to three sessions on an artificial climbing wall to practice the skills in this list before your climbing trip.

Know your knots

Watch videos showing how to tie knots that are used in climbing and rappelling. Then practice on a piece of rope.



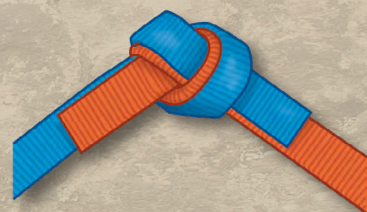
double fisherman's knot



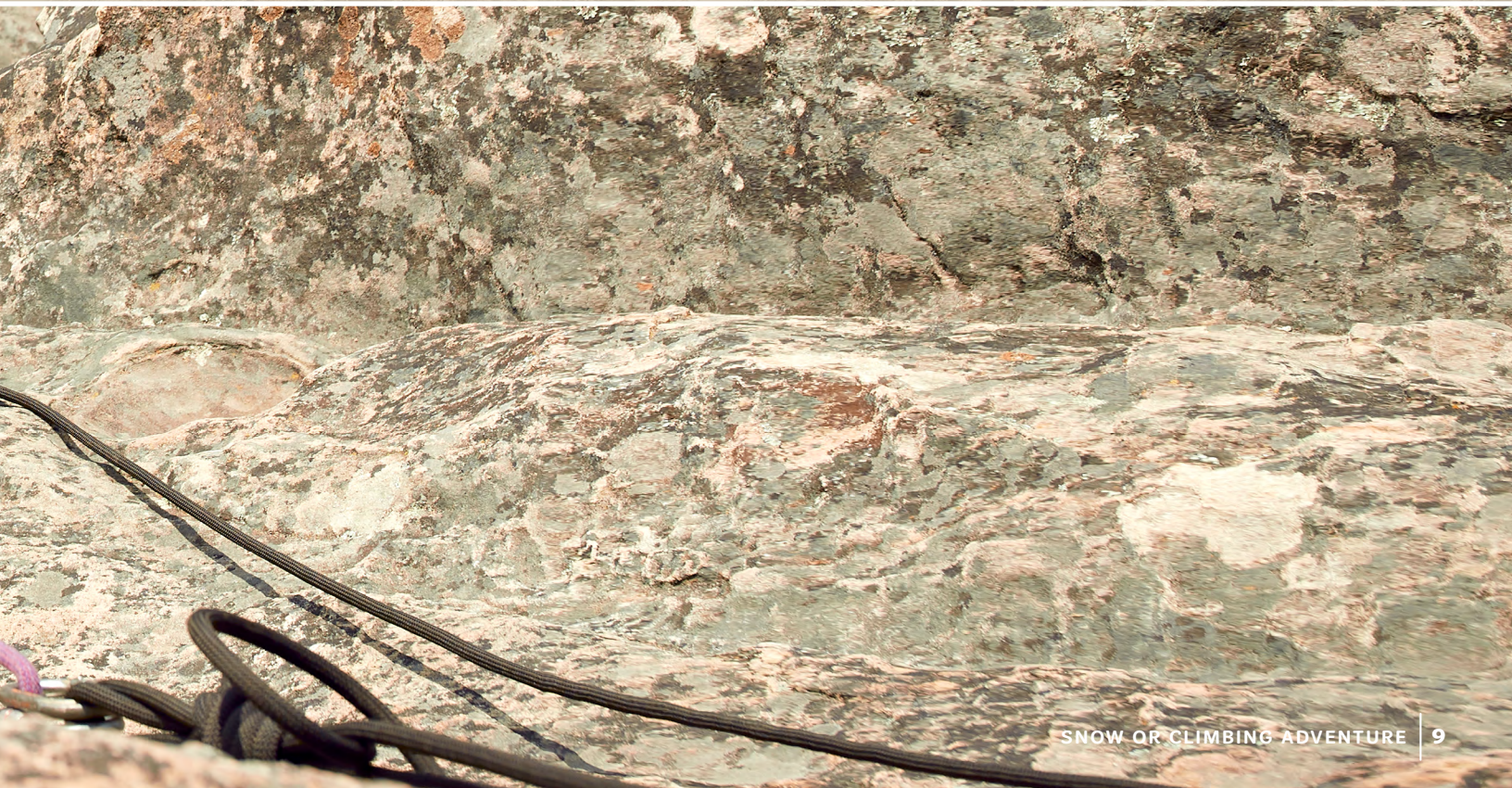
Munter hitch



overhand bend



water knot





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

STEP 5 Go on your outdoor adventure

You've planned and trained—now you're ready for your outdoor adventure! Everything you've worked for has brought you to this day, to this moment. If you think you can do more, take it up a notch. Aim to be the best you can be!

BEFORE YOU BEGIN YOUR ADVENTURE, REVIEW THIS CHECKLIST:

- ◆ **Safety:** Always be with a buddy when you're outdoors.
- ◆ **Permission:** Get permission slips beforehand, if needed, from your Girl Scout council, parent, or guardian.
- ◆ **Do a 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 out something new—like talking to a nature ranger about what they do or cooking up a special meal on an outdoor stove.

OR

- ☐ **Keep an adventure journal.** How far did you climb? What did you like most about camping 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.



Risk Management Plan

With your troop or family, write a risk management plan and leave a copy with at least one person you trust who will not be on the outing. Include the following in your plan:

- ◆ Full name, date of birth, and guardians of everyone on the outing
- ◆ Two emergency contacts for each girl on the trip, including names and phone numbers
- ◆ Important medical information for anyone on your outing, such as allergies, medications, conditions, and the like
- ◆ Trip itinerary, including names, addresses, and phone numbers of all locations. If you're in a campground, highlight where you plan to camp on a map.
- ◆ Check-in times and the designated person you will be checking in with. Also come up with a plan for what to do if a check-in is missed.
- ◆ Phone numbers and addresses for the area's emergency contacts, such as sheriff's department, park office, fire department, nearest hospitals, and so on.



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

- Teaching my siblings how to create a risk management plan
- Being prepared to offer first aid on outdoor adventures
- Acting as a mentor for a girl who wants to start skiing, snowboarding, or climbing

I'm inspired to:

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

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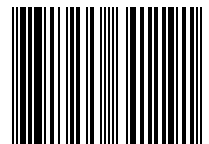
First published in 2019 by GSUSA
420 Fifth Avenue, New York, NY 10018-2798
www.girlscouts.org

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Printed in the United States

UPC 64119



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