

## Ambassador Snow or Climbing Adventure

### Activity Choice Descriptions

Walk your girls through the activity choices and let them decide which ones they like best.

#### Meeting 2 Activity Choices

##### Gather Your Gear

**Visit an Outdoor Adventure Retailer:** Visit an outdoor adventure retailer to talk about the gear you'll need, why, and how to use it. This is not a buying trip, just a fact-finding mission.

**Research Your Gear Online:** In separate teams or as a group, research the gear you will need, how it is used, and how to get it.

**Compare and Share:** Bring gear from home, if you have any, to compare and share with the group. This includes clothing, too. As a group, decide what you can share, and what can be borrowed rather than bought.

##### Set a Goal and Train for Your Adventure

**Practice Mind Training:** Athletes often use things like visualization, meditation, and positive self-talk to help them feel energized, calm, or focused. Look at books, printed articles, or go online to find a method that interests you.

**Take a Yoga or Pilates Class:** Yoga and Pilates helps develop balance, flexibility, and strength. Take a class as a group or on your own..

**Get Expert Training Tips:** Talk to invited guest about how to train for your adventure. Come up with a list of questions..

#### Meeting 3 Activity Choices

##### Go on Your Outdoor Adventure

**Create an Action Portfolio:** Shoot video footage of each other to help create a group—or solo—action portfolio.

**Engage and Explore:** While on your snow camping or climbing adventure, take time to try something new—like talking to a nature ranger and finding out what they do, learning a new camping skill, or taking some extra time to explore nature.

**Keep an Adventure Journal:** Write notes in a journal or record yourself talking about your experience. What do you want to remember and improve for next time?