

Brownie Snow or Climbing Adventure

Training Tips

- Get a good night's sleep before your adventure.
- Eat a healthy meal before you go.
- 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, jump rope, or dance. You can even get exercise by playing tag. Just move!
- Before you ski or climb, warm up your muscles with some light exercises. You might try jumping jacks, jogging in place, arm circles, and raising your knees up high.
- Pick a positive saying. It could be something like “I can do it,” “I’ve got this,” or “I am strong.” Repeat this out loud or silently to yourself as you are training and on your adventure.
- If you’re going climbing, start practicing! You can do this at a playground on ladders, domes, cargo nets, and rock walls:
 - Keep your arms straight when possible (hang like a monkey).
 - Look for foot holds directly under you.
 - Take small steps.
 - Focus on foot placement before your hand placement.
 - Keep your body relaxed.
- After you ski or climb, be sure to stretch out all the muscles in your body.

Skills Practice

for Rock Climbing

- Learn how to properly fit your harness and helmet.
- Learn and use climbing commands. Find out which ones are used where you’ll be climbing.
- Complete a test climb: Go on belay, climb up the wall a few feet, let go of the climbing holds, and be lowered to the ground. This way you’ll know what it feels like if you let go of the holds while climbing.
- Practice your climbing form as you climb up the wall.

for Cross-Country Skiing

- On flat ground, put on ski boots, attach them to skis, and go for a walk. Practice turning and getting up from the ground.
- Practice using your skis to move in a forward motion. Climb up and come down a small hill and be able to slow down and stop.