

Brownie Trail 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 and how to use it. This is not a buying trip; it's just to help you learn about your gear.

Talk to an Expert: Interview an invited guest—an expert trail runner or hiker—about the gear you'll need for your adventure.

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.

Train for Your Adventure

Take a Practice Run or Hike: Running? Do a practice run around your block or on a school track. Hiking? Take a short hike. You'll have a trusted adult with you, of course!

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

Visualize Your Adventure: Athletes often use visualization to help them feel energized, calm, or focused. First, find a quiet spot and take deep breaths. Then picture yourself on your adventure, from start to finish. Talk about it with the group afterwards.

Meeting 3 Activity Choices

Go on Your Outdoor Adventure

Shoot an Action Video: Using a phone or video camera, record the scenery, interviews with each other, or anything else you want to remember.

Play an Adventure Game: Come up with fun games you can do while running or hiking, and play them on your adventure.

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?