

Senior 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, why, and how to use it. This is not a buying trip, just a fact-finding mission.

Talk to a Competitive Trail Runner or Backpacker: Interview an invited guest—a competitive trail runner or backpacker—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.

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.

Run or Hike with an Expert: Do a trail run with an experienced trail runner, or take a day hike with an expert backpacker. Observe what they do, ask for tips about your form, and find out about their best practices.

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

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 trail running or backpacking adventure, take time to try something new—like exploring nature, testing out a camping skill, or trying a different way of doing an activity.

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?