

# Get Outdoors Challenge Checklist

Get outside, track points and earn badges.

*Make sure to check the Safety Activity Checkpoints **before** starting any activities.*

## Animals

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- 10** Find a bird's nest (*but don't touch it!*)
- 10** Go birdwatching
- 10** Hunt for insect homes (*but don't touch them!*)
- 20** Learn and identify a bird and its call
- 20** Meet a horse or paint a pony
- 20** Spot and identify three kinds of flying insects
- 30** Find and identify three sets of animal tracks (*practice safety*)
- 30** Participate in an equestrian ground lesson
- 30** Play the Web of Life game
- 30** Watch bats take flight
- 40** Learn about different ecosystems (*in water and on land*)
- 50** Dissect and examine owl pellets
- 50** Go horseback riding
- 50** Grow butterflies from eggs

## Community Service

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- 10** Clean up a park, playground or other outdoor area
- 10** Participate in a charity walk/run
- 20** Build and put up your own bird feeder
- 20** Teach other girls and practice the seven principles of Leave No Trace (**A & G**)
- 20** Volunteer at an outdoor community service event
- 30** Build and put up a bat house
- 30** Volunteer at a community garden
- 40** Build a pollinator garden
- 40** Plant a tree or flower that's native to your area
- 50** Participate in a trail restoration/improvement project
- 100** Participate in a Girl Scout camp service weekend

## Learn About the Outdoors

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- 10** Learn about fire safety
- 10** Learn about outdoor clubs or groups in your area
- 10** Learn about sun safety
- 10** Learn about wildfire prevention
- 10** Learn how to identify a tree by its leaves or bark
- 10** Learn to identify trailmarkers
- 20** Learn about water safety
- 20** Learn and identify three species of native or invasive plants
- 20** Learn the seven principles of Leave No Trace
- 30** Learn a stream's ecology

## Outdoor Cooking

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- 10** Cook your food on a stick or skewer
- 20** Cook on an outdoor grill
- 20** Cook with a camp stove
- 20** Cook with pie irons over an outdoor fire
- 30** Build and cook with a buddy burner
- 30** Cook with foil packets on an outdoor fire
- 40** Cook with a solar oven
- 50** Cook with a box oven
- 50** Cook with a Dutch oven

## Outdoor Fun

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- 10** Build a sandcastle
- 10** Create art inspired by nature
- 10** Create your own outdoor game
- 10** Find your way through a labyrinth

A = Adults   G = Girl   \* = Jamboree Activity

# Get outside, track points and earn badges.

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- 10** Fly a kite
- 10** Go geocaching
- 10** Make leaf prints or rubbings using fallen leaves
- 10** Play a game of frisbee golf! (*or frisbee or golf*)
- 10** Play an outdoor game
- 10** Play in the snow
- 10** Read a book, paint or draw in the outdoors
- 10** Slingshots
- 10** Walk barefoot outdoors
- 10** Watch the sunrise or sunset
- 20** Attend a park ranger talk or hike and ask a question
- 20** Go on a night hike
- 20** Go trail running
- 20** Make your own stamp and go letterboxing
- 20** Participate in an outdoor scavenger hunt
- 20** Try a new outdoor sport
- 30** Go rock climbing or bouldering\*
- 30** Go slacklining
- 30** Have an outdoor movie night
- 30** Try outdoor yoga or meditation
- 40** Complete a ropes/challenge course, climbing tower or zipline\*
- 40** Play an exciting game of target paintball
- 40** Practice archery (*double points if you get a bullseye!*)\*
- 40** Riflery
- 40** Try go-karting
- 50** Complete an outdoor badge or journey
- 50** Learn about gun safety
- 50** Hatchet throwing (*Camp Maripai*)
- 50** Perform a flag retirement ceremony
- 100** Attend summer camp
- 10** Learn four knots\*
- 10** Learn about and identify different types of clouds
- 10** Learn about sanitation
- 10** Learn the formula for calculating distance from a lightning strike
- 10** Make and sail a paper boat
- 10** Make and use a sundial
- 10** Plan a hiking trip
- 10** Practice rolling or stuffing a sleeping bag
- 10** Practice setting up a hammock
- 10** Practice your whistle skills and learn what certain blasts mean
- 10** Sing a song outdoors
- 20** Build a survival shelter
- 20** Build and launch a rocket
- 20** Go hiking\*
- 20** Identify wild edible plants (*don't eat them!*)
- 20** Learn about and practice knife skills and safety
- 20** Learn how to use a GPS
- 20** Learn how to use a personal locator beacon
- 20** Make art using outdoor materials
- 20** Plan a backpacking trip
- 20** Practice lashing\*
- 20** Use a field guide to identify a plant, animal, or location
- 20** Use a star chart to identify constellations
- 20** Use binoculars, a telescope, or a magnifying glass to look at something up close
- 30** Become First Aid/CPR certified
- 30** Build and light a campfire\*
- 30** Earn or use Troop Camp Certification Level 1 (TCC1) (**A**)
- 30** Go cabin camping
- 30** Teach other girls about knife skills and safety
- 30** Track the phases of the moon for two weeks
- 40** Go tent camping\*
- 40** Lash something you can sit on
- 40** Navigate using a map and compass\*
- 40** Spend the night in a survival shelter

## Outdoor Skills

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- 10** Create your own rain gauge
- 10** Go stargazing
- 10** GSACPC Wild Wonders Outdoor Experience (*points for each earned charm*)

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# Get outside, track points and earn badges.

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- 50** Become Wilderness First Aid certified (**A & G**)
- 50** Earn or use Troop Camp Certification Level 2 (TCC2)(**A**)
- 50** Go backpacking overnight
- 50** Sleep under the stars (*cowboy camping*)

- 10** Have a water fight with sponges
- 10** Skip rocks on water
- 20** Boating (*motorized*)
- 20** Do a polar plunge
- 20** Find a local stream and determine what large body of water it flows to
- 20** Fly fishing (*learning how to tie a fly*)
- 20** Go pedal boating
- 20** Jump off a diving board
- 30** Go canoeing\*
- 30** Go fishing
- 30** Swim in an ocean, lake, or any natural body of water
- 30** Try tubing
- 40** Go kayaking
- 50** Go Scuba Diving or Snorkeling
- 50** Go stand up paddle boarding
- 50** Go surfing or boogieboarding
- 50** Go white water rafting
- 50** Try waterskiing

## Visit

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- 10** Attend a local outdoor sporting event
- 10** Visit a nature center
- 10** Visit an animal farm
- 10** Visit an outdoor equipment retail store
- 10** Visit your local farmer's market
- 20** Explore a botanical garden or arboretum
- 20** Visit a fish hatchery
- 30** Tour an outdoor historic area
- 30** Visit a wildlife preserve or sanctuary
- 30** Visit a zoo
- 30** Visit an aquarium
- 40** Visit a state, national, regional, county park or monument

## Water

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- 10** Go for a swim in a pool

Register your team and learn how to track your points by visiting [girlscouts.org/getout](https://girlscouts.org/getout)!

### Points Scale

500 points = Rocker  
1,000 points = Rocker  
1,500 points = Rocker  
2,000+ points = Rocker  
2,500+ points = Rocker

Don't forget to take photos as you go on your adventures!  
Visit [girlscouts.org/getout](https://girlscouts.org/getout) for updates. Share your adventures with fellow Girl Scout sisters on social media! Tag **GSACPC** and use **#gsoutdoors** for a chance to be featured! **Questions?** Email [getout@girlscoutsaz.org](mailto:getout@girlscoutsaz.org).

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