**JUNIOR TRAIL ADVENTURE BADGE – MEETING 1**

**Badge Purpose:** When girls have earned this badge, they will have planned and learned the skills for trail running or three separate day hikes.

**Activity Plan Length:** 1.5 – 2 hours

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Materials Needed</th>
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</table>
| 10 minutes | Getting Started  
* Girls recite the Girl Scout Promise + Law. | ☐ (Optional) Girl Scout Promise and Law poster |
| 15 minutes | Trail Running or Day Hikes?  
* Girls will create mind maps to decide which outdoor adventure they’d like to go no. | ☐ Paper  
☐ Writing utensils |
| 15 minutes | On Your Trail Mark, Get Set, GO!  
* Girls will learn about and follow trail markers. | ☐ Trail markers |
| 15 minutes | Where to Go?  
* Girls decide which local, regional, or state park they’d like to visit to go on their trail adventure. | ☐ None |
| 25 minutes | Warm Up and Train  
* Girls prepare their bodies to go on their trail adventure. | ☐ Outdoor gear (day pack, snack, water, proper clothing/footwear) |
| 10 minutes | Wrapping Up | ☐ (Optional) Make New Friends song lyrics poster |

**Note to Adults/Leaders**

Girl Scouts River Valleys has developed in-person meeting and activity guidance for troops and service units in the midst of COVID-19. We understand that allowing in-person meetings and events to resume may bring up many emotions. Some may feel excited and ready to get back together, while others may not feel as ready, but we empower you to connect with your families and volunteers to decide what is best for you and your group. Be sure to review Girl Scouts River Valleys’ In-Person Activity Guidance before any troop meeting or activity, available on our [Coronavirus (COVID-19) Updates page](#).
During all activities, girls and adults should maintain physical distance (at least six feet) from each other. You can mark spots for each girl using tape, cones, hula hoops, etc. Be sure to follow mask guidance from Girl Scouts River Valleys and any state/local mask requirements.

It is best if troop members do not share materials and supplies. If the troop provides the materials, bring enough for each girl to use or own or sanitize between uses. You may also choose to have girls bring materials from home (ex: bringing their own pencils and markers).

Girls will need to go on a practice trail run or day hike in order to earn this badge. Make proper accommodations prior to working on this badge.

**Getting Started**

Time: 10 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

**Activity #1: Trail Running or Day Hike?**

Time: 15 minutes

Badge Connection: Step 1 — Choose your outdoor adventure

Materials Needed: Paper and writing utensils (one per girl)

Prep Needed:

- Before girls arrive at the meeting, mark off socially distanced spots, then place a sheet of paper and a writing utensil at each spot.
- For examples of mind maps:
  - Joys of Late Spring and Summer mind map (https://hubaisms.files.wordpress.com/2019/05/the-joys-of-late-spring-and-summer-1.png)

1. What kind of adventure do girls want to try? Offer girls two options:
   - Trail running: You’ll train to run on a trail for a distance that challenges you. For beginners, we’ll start at a distance of one mile.
   - Day hikes: You’ll train for and go on three different types of hikes.

2. Then, create mind maps for each activity to see which one girls would prefer to try. Have each girl grab two pieces of paper and a writing utensil, then spread out on an open area so they’re socially distanced. After everyone’s sat back down, explain what a mind map is.

3. A mind map is a visual way to organize and take in information. Every mind map starts off with a central idea, with other ideas and information radiating or branching out from that central idea. To start your mind map, write down “Trail running” in the middle of your paper. Then draw lines from “Trail running” with whatever comes to mind when you think about that word. Encourage them to be as creative as they can be—don’t limit themselves to words, draw and doodle on their mind maps!

4. Create a mind map for each activity. Then have girls share what they came up with, and then vote on which activity they’d like to prepare for and try.

**Activity #2: On Your Trail Mark, Get Set, GO!**

Time: 15 minutes

Badge Connection: Step 2 — Plan and prepare
Materials Needed: Trail markers
Prep Needed:
- Print out the set of trail markers.

1. Hold up one of the trail markers and ask girls if they’ve seen signs on these when they’re out in the woods. Explain that when they go for their trail run or hike, they might see signs like these on the trail. They’re called trail markers (or blazes) to help hikers follow a specific path. Each sign has a different meaning.
2. Go through the meaning of each different trail marker:

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<table>
<thead>
<tr>
<th>CONTINUE STRAIGHT</th>
<th>START OF TRAIL</th>
<th>RIGHT TURN</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Symbol" /></td>
<td><img src="image2" alt="Symbol" /></td>
<td><img src="image3" alt="Symbol" /></td>
</tr>
<tr>
<td>END OF TRAIL</td>
<td>LEFT TURN</td>
<td></td>
</tr>
</tbody>
</table>
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3. Then have girls spread out on a starting line to play a Simon Says-like game where they have to follow the trail marker for directions on how to move.
4. Explain the rules of the game:
   - You’ll hold up a trail marker and girls will have to interpret that trail marker and move one step in that direction. For example, if you hold up “straight,” they take one step forward; if you hold up “right turn,” they should take one step to the right. Hold up “Trail start” to begin the game, and “Trail end” to end the game. Play a few rounds and let girls take turns being the one holding up the trail markers!

**Activity #3: Where to Go?**

Time: 15 minutes

Badge Connection: Step 2 – Plan and prepare
Prep Needed:
- Before your troop meeting, decide on a few local, regional, or state parks that are accessible to you and your troop. The parks should have trails that will enable your girls to earn the Trail Adventure badge while they’re there whether they decide to go for a trail run or go on a hike (look for a variety of terrains, interesting sites, etc.)
1. After girls have decided which activity they’d like to do, offer the different options of local, regional, or state parks that they can visit to go on their trail run or hikes.
2. Go through each option and have girls weigh in on pros and cons, and keep budget in mind too (does the troop have enough funds to go to a more distant park, or should they stick closer to home?)
3. Take a final vote to decide where to go. This will be the location of your second meeting for the Trail Adventure badge.

**Activity #4: Warm Up and Train**

**Time: 25 minutes**

**Badge Connection:** Step 3 – Gather your gear and Step 4 – Set a goal and train for your adventure

**Materials Needed:** Outdoor gear (day pack, snack, water, proper clothing/footwear)

**Prep Needed:**
- Before the meeting, send a reminder to girls and families asking them to bring outdoor gear and wear proper footwear to the troop meeting.

1. Just like you wouldn’t wear a brand-new pair of hiking boots on a long hike, you don’t want to go full speed ahead without warming up your muscles first.
2. Lead girls through some warm-up exercises. Make sure girls are socially distanced (at least six feet apart).
   - **Jumping jacks**
   - **Arm circles:** Stand straight with your feet about shoulder-width apart, knees softly bent. Raise and extend your arms straight out from your sides. Slowly rotate your arms forward, making small circles clockwise. Repeat counterclockwise.
   - **Butt kicks:** Stand straight with your feet about shoulder-width apart, knees softly bent. Start kicking your feet up until your heels touch your butt, pumping your arms at the same time. Continue for 60–90 seconds.
3. Have girls put on their hiking boots/trail running shoes and day packs. Lead them through a short hike around the open field or through the neighborhood. If possible, add in some hills (up and down). Tell girls to focus on their bodies to pinpoint which muscles they’re engaging during each portion of the hike.
4. After you return to your starting point, ask girls to call out some muscles they use. Use the chart to review which muscle groups they use when hiking or trail running:
Wrapping Up

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends.