Cadette Trail Adventure Badge—Meeting 1

**Badge Purpose:** Cadettes begin preparing for a 3-mile trail run or a trail hiking challenge that includes a trail covering significant elevation challenges, a trail covering a great distance, and a trail on a new type of a terrain.

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

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<tr>
<th>Time</th>
<th>Activity</th>
<th>Materials Needed</th>
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| 15 minutes | Getting Started  
• Girls recite the Girl Scout Promise + Law | ☐ (Optional) Girl Scout Promise and Law poster  
☐ (Optional) Girl Scout Daisy song lyrics poster |
| 25 Minutes | Explore What You Will Do  
• Girls discover various adventure options | ☐ Books, magazines, or articles (printed) on outdoor adventures  
☐ Pencils or pens  
☐ Paper or notebooks |
| 20 Minutes | Learn About Common Trail Injuries  
• Girls learn about trail injuries and how to prevent and treat them | ☐ Books or articles about trail running or hiking that include safety and injury information  
☐ Pencils or pens  
☐ Paper |
| 25 Minutes | Plan and Prepare  
• Girls discuss how they will plan and prepare for their adventure | ☐ Whiteboard or large sheets of paper  
☐ Markers  
☐ Materials collected about your adventure destination |
| 5 Minutes | Wrapping Up | ☐ (Optional) Make New Friends song lyrics poster |

**Note to Leaders/Adults**

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 trail run or day hikes in order to earn this badge. Make proper accommodations prior to working on this badge.

**Welcome**

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

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

**Activity #1: Explore What You Will Do**

Badge Connection: Step 1

Materials Needed: Books, magazines, or articles (printed) on outdoor adventures, pencils or pens, paper or notebooks

Prep Needed:
- Purchase, reserve from your local library, and/or borrow from a friend books and magazines about Adventure
- Print articles about outdoor adventure

1. Pass out a book, magazine, or article to each girl. Give everyone 5-10 minutes to look through the examples of outdoor adventures.
   a. Have everyone make a list of 2-3 activities they are interested in participating in.
2. Ask each girl to share 1-2 activities they are interested in and why.
3. Have the girls brainstorm what goals and type of adventure they would like to participate in, allow 10 minutes for this. Encourage girls to list, write, or draw out their goals to brainstorm.
   a. For goal setting, have everyone focus on at least three goals in the categories of a physical goal (i.e. drinking enough water), a mental goal (i.e. learning new plants while they hike), and an emotional goal (i.e. cheering on their troop as you hike).
4. Come together as a group and have everyone share their personal goals.
5. As a group, discuss what adventure you would like to go on between a trail run and trail hike.
6. Discuss and brainstorm group goals during your adventure and how you can achieve them.

**Activity #2: Learn About Common Trail Injuries**

Badge Connection: Step 2

Materials Needed: Books or articles about trail running or hiking that include safety and injury information; pencils or pens; paper

Prep Needed:
- Purchase, reserve from your local library, find articles online, and/or borrow from a friend books and magazines that include wilderness medicine and first aid.
1. Give each girl one of the first aid books or resources and assign an injury to each person (if needed, double up on injury assignments if you have more girls in your troop than injuries). You could also do this activity in pairs or small groups, while maintaining physical distancing.
   - Blisters
   - Sprains
   - Cuts
   - Hypothermia
   - Dehydration
   - Sunburn
   - Bug Bites

2. Allow 5-10 minutes for each person/group to read and review the injury, how to treat it, and prevention practices
3. Come together as a group and have each girl/group highlight important information for the trail injury they learned about.

**Activity #3: Plan and Prepare for Your Hike**

**Time: 25 Minutes**

**Badge Connection:** Step 3

**Materials Needed:** Whiteboard or large sheets of paper; Markers; Materials collected about an adventure destination

**Prep Needed:**
- Purchase, print, and/or reserve or borrow guidebooks, maps, and/or articles about different trails in your area.

1. On a whiteboard or large sheets of paper, write: Destination, Day & Time, and Budget.
2. Have the girls look over any destination materials you brought to the meeting.
   a. To allow for appropriate social distancing, pass out examples and have girls read aloud options to avoid crowding when reading the materials.
   b. Ask them to make note of the location and cost.
   c. Return to the whiteboard for planning.
3. Let's decide where we'll be going, then see how we will get there. (Write down the girls' ideas but also offer the guidance they'll need. Keep it a girl-led group effort.)
4. As a group, discuss date and time for your trail adventure.
5. Next, come up with a budget.
   a. Make a list of all the things that will cost money on our adventure.
   b. What will we need for food or gear?
   c. How will we pay for it all?

**Wrapping Up**

**Time: 5 Minutes**

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

Close the meeting by singing Make New Friends.