# Cadette Trail Adventure Badge—Meeting 2

**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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<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 |
| 15 Minutes | Keep an Adventure Journal  
• Girls create and learn about keeping an adventure journal | □ Notebooks or journals, one for each girl  
□ Pencils or pens  
□ (optional) Smartphones with voice recorders |
| Time Varies | Trail Adventure Hike  
• Girls explore and hike | □ Any outdoor gear needed (day pack, water bottles, sun protection, etc.) |
| 20 Minutes | Cadette Trail Adventure Award  
• Girls receive their Trail Adventure Award | □ Cadette Trail Adventure badge, one for each girl |

## 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](https://www.girlscouts.org/coronavirus/

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: Keep an Adventure Journal

Badge Connection: Step 4
Materials Needed: Notebooks or journals, one for each girl; Pencils or pens; (optional) Smartphones with voice recorders

1. Pass out journals or notebooks to each girl or have each girl bring her own.
2. Discuss that with this journal, they can keep track of their thoughts while on their adventure or afterwards—it’s up to them.
3. Allow 10-15 minutes for pre-hike journal time. Girls can rewrite their personal and group goals, reflect on any hopes and fears they may have, or write down the logistical information about their hike (location, terrain, etc.).
4. Ask the group if anyone would like to share from their journal.

Activity #2: Trail Adventure Hike

Badge Connection: Step 5
Materials Needed: Any outdoor gear needed (day pack, water bottles, sun protection, etc.)

1. As you explore and hike, take breaks every 15-20 minutes for water.
2. Halfway through your hike, take a snack and reflection break.
3. During your reflection break, have everyone participate in a 5-10-minute solo sit.
   a. Girls should be spread out by themselves but close enough to the group that you can appropriately supervise them.
   b. The solo sit should be silent (or as silent as possible) and encourage everyone to focus in on their senses in the surroundings. What can you hear? What can you see? What can you smell? What can your touch near where you are sitting?
   c. After the solo sit is complete, have the group come together while still maintaining 6 ft a part. Ask the group about their senses and what they noticed.
4. Continue your hiking adventure stopping for breaks as needed for hydration, rest, and exploration.

Wrapping Up: Cadette Trail Adventure Award

Badge Connection: Step 6
Materials needed: Cadette Trail Adventure badge, one for each girl

1. Gather in a circle to receive their Cadette Trail Adventure badges.
2. As a group discuss the following debrief questions:

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a. What did you find the most challenging?
b. Did you accomplish your goal? If so, do you have a new one you want to try?
c. What did you like most about earning this badge?
d. Talk a little bit about the girls' specific experience, noting anything that stands out—particularly any challenges they overcame or personal growth you observed. Make sure each girl has a chance to talk about her experience.

3. Congratulate the girls on earning their Cadette Trail Adventure badge, and hand one badge out to each girl.