

Activity 1: As Girls Arrive

Time Allotment

10 minutes

Materials

For an indoor meeting:

Sheets of paper

Markers, crayons

Steps

On a hike? Have girls (on their own or in teams) prepare a trail sign from rocks, sticks, and leaves on the trail.

For an indoor meeting: Have girls draw a trail sign that they remember from last meeting. It might be the danger sign (triangle), go this way (arrow), end of the trail (circle), or whatever they want!

Activity 2: Opening Ceremony

Time Allotment

15 minutes

Materials

Girl Scout Promise and Law

Steps

Girls gather in a circle.

SAY:

Welcome to the second Hiker badge meeting. At the end of this meeting, you'll earn your Hiker badge!

Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

Can you show us what trail sign you drew and what it means? How would you create that sign on an actual trail? That's right, by using rocks or pinecones and sticks!

Keep It Girl-Led Tip

Ask girls if they have any ideas about how they want to do their Hiker badge ceremony at the end of this meeting. They don't have to decide now, but let them know the badge ceremony can be up to them.

Activity 3: Pack My Gear

Time Allotment

15 minutes

Materials

For a hike:

Note to volunteer: Don't worry if you can't provide everything on this list, just pack what you can.

Backpack

Reusable water bottle with water
Emergency space blanket
Pocketknife
Flashlight
Waterproof matches
Extra hiking socks
Whistle (in case you get lost)
Sunscreen
Bug repellent
Sunglasses
Hat
Notebook with pencil
Watch, compass (optional)
Basic first-aid kit with band-aids, tissues, hydrogen peroxide (small bottle), antibiotic cream (packet or tube), and antiseptic wipes
Trail mix snacks in baggies, enough for each girl, ahead of time

For an indoor meeting:

Catalogs or newspaper inserts of sporting store with camping and hiking items
Tape or glue sticks
Paper
Poster board or white board with markers

Steps

On a hike? As you take each item from your backpack, **SAY:**

I packed items that are important to have on a hike. As I take out each item, call out what you think it is and what it's used for.

Note to volunteer: Hold up items one-by-one and give girls a chance to identify each. Use these prompts if needed:

Backpack (to keep all my items together and dry)

Reusable water bottle (always have enough water -important for when you get thirsty)

Emergency space blanket (this is for a longer hike, in case you get lost and it's cold)

Pocketknife (very handy for cutting trail brush or opening cans)

Flashlight (to help see in the dark)

Waterproof matches (to light a fire; waterproof is in case it's raining)

Extra hiking socks (always be prepared in case your other socks get wet or holes)

Whistle (in case you get lost)

Sunscreen (to protect from the sun)

Bug repellent (to protect from bug bites)

Sunglasses (to shade your eyes when it's sunny out)

Hat (to protect from the sun and to keep warm when it's cold)

Notebook with pencil (in case you want to take notes about trail observations)

Watch, compass (to find your location)

Basic first-aid kit with band-aids, tissues, hydrogen peroxide, antibiotic cream, and antiseptic wipes (in case you get hurt along the trail)

Trail mix snacks in baggies (healthy snacks to keep your energy up)

SAY:

Now you'll create a survival kit. Imagine you are stranded on a trail for several hours. Choose five items from this backpack that you think you will need the most.

Have girls pick the five items as a team. Make sure to ask the questions from the discussion below.

For an indoor meeting: Divide girls into three teams.

SAY:

Just like you can't play sports without the right equipment (playing soccer without a ball would be pretty tough!), you can't hike without the right gear. What would you pack for a hike?

What kind of clothes would you need for a cold day? A warm one? What kind of shoes would be best for your hike? Would you need a backpack? What should you have in your first-aid kit? What will you carry your water in to keep it cool?

As you think about these things, put together a packing list by cutting out items you see in catalogs and newspaper inserts. You need to prepare for a hike on a very warm day. You will be gone for at least 4 hours. Even if you don't find an item in a catalog or newspaper, write or draw what you think you need down on your list. At the end, we'll compare all three lists.

Once girls are done, ask them to call out their items as you write each on a poster board or whiteboard. Check off the things all three groups decided on and have girls talk about the usefulness of each item.

Did anyone think about taking a map? Why should you take a map?

How about a compass? Why would you need one?

What kind of shoes did you pick? What about socks?

What will you wear to cover your head? Remember, it's warm out!

What is in your first aid kit? Sunscreen? Bug spray? Band-Aids?

How will you keep your water cool?

Is your backpack light or heavy?

What things should you avoid? Like, would you wear flip-flops? Or bring a messy snack?

Activity 4: Scavenger Hunt

Time Allotment

20 minutes

Materials

For a hike:

Note to volunteer: You'll be planting objects that would not normally be found on a trail. We've provided some ideas, but feel free to use your imagination about what to plant along the trail. You can also plant some of the items from your backpack. Just make sure the objects are easy enough to spot, and that you remember where you planted them to make sure you collect everything after the activity.

Plastic Easter eggs (for hunt)
Small toys (such as action figures, for hunt)
A pair of sunglasses (for hunt)
Colored pencil or marker (for hunt)
Note pad or paper and pens, enough for each girl

For an indoor meeting:

Note pad or paper and pens, enough for each girl
Outdoor items, such as smooth stones, sticks, leaves, pinecones

Steps

On a hike?:

Make sure each girl has a note pad or paper and pencil.

SAY:

You are about to go on an Unnatural Hike to test your power of observation. Along the trail, you will find hidden objects that don't belong on the trail. When you find an item, don't pick it up, just take notes or draw a picture of what the object is and where you found it.

When girls have located all the items, **SAY:**

*What was it like trying to find the items?
Was it easy or hard to draw or describe where you found the item?
Did you end up drawing a map of the trail where you found the items?
Would someone else be able to use your map to find items on the trail?
What would the trail be like if everyone left behind these items?
What would you do if you saw items on a trail, like litter?*

For an indoor meeting:

Make sure each girl has a note pad or paper and pencil.

SAY:

You are about to test your powers of observation. Around the meeting area, you'll find hidden objects. All you know is that they come from outdoors. When you find an item, don't pick it up, just take notes or draw a picture of where you found it.

When girls have located all the items, **SAY:**

*What was it like trying to find the items?
Was it easy or hard to draw or describe where you found the item?
Did you end up drawing a map showing where the item is?
If someone needed to find the item just using your drawing or description, would they be able to?*

Activity 5: Trail Mix Snack

Time Allotment

15 minutes

Materials

For a hike:

Girls will bring their own snacks and water but plan to pack some extra snacks and water just in case.

For an indoor meeting:

Small baggies, enough for each girl

Large bowls or baggies to mix ingredients

Steps

On a hike?: Have girls enjoy the snacks they brought for the hike. Make sure they have enough water.

For an indoor meeting: Have girls pour their snack ingredients into large bowls or baggies. If they want to have different combinations, that's up to them! Once ingredients are mixed, girls can use smaller-size baggies to take their helping. Remember to do this ahead of time if you're planning to take the girls on an actual hike.

SAY:

This yummy handmade trail mix is what you could take on a hike. Do you remember Carry Out What You Carry In from Leave No Trace? What would that mean for your snack baggie? Is it possible to reuse your baggie after your hike? Why is it a good idea to take a healthy snack and keep your energy up on a hike?

Activity 6: Take Action Pause**Time Allotment**

10 minutes

Time allotment

10 minutes

Materials

Paper

Pencil or Pen

Steps**SAY:**

Part of being a Girl Scout is helping people. How would you help people with what you've learned earning this badge?

Keep It Girl-Led Tip

Give girls time to answer this question. They may want to brainstorm a bit.

If girls need prompts, you could suggest one of the following to get them started - but then step back and see how many ideas they can come up with on their own.

Possible ideas:

Make a Leave No Trace video that focuses on littering on a trail.

Put on a show-and-tell for school about how to prepare and eat healthy for a hike.

Draw posters or make booklets about how important it is to pack the right gear and drink water for a hike; give copies to the school library to hand out.

SAY:

Remember, we're going to keep a list of all the Take Action ideas you come up with this year as you earn badges. When it's time to decide on a Take Action project, we'll have the list to remind us of all your good ideas.

Activity 7: Closing Ceremony

Time Allotment

5 minutes

Time allotment

5 minutes

Materials

Hiker Badge, one for each girl

Steps

Girls form a friendship circle and get their Hiker badge.

SAY:

Now you know what it means to go on an adventurous hike. You learned about maps and trails.

You created your own trail signs and made a healthy snack. You found out what gear to pack and what Leave No Trace means.

What do you think is the best thing about hiking?

If you were talking to a friend, what would you tell her she needs to know about hiking?

Keep It Girl-Led Tip

When girls have a conversation about earning their badge, they understand what they've learned and remember it. Ask questions and let them talk about their hiking experience any way they want. Let girls come up with their own Hiker badge ceremony.