

## CADETTE TRAILBLAZING BADGE – MEETING 1

**Badge Purpose:** When you've earned this badge, you'll know how to take a safe and fun overnight backpacking trip.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
10 minutes	Getting Started <ul style="list-style-type: none"> <li>Begin the meeting by reciting the Girl Scout Promise + Law</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
20 minutes	Your Adventure Checklist <ul style="list-style-type: none"> <li>Plan your trailblazing adventure.</li> </ul>	<input type="checkbox"/> Phone or computer with internet access <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
20 minutes	Good Ol' Raisins & Peanuts (GORP) <ul style="list-style-type: none"> <li>Have fun making a snack for the trail and enjoy a Girl Scout tradition along the way.</li> </ul>	<input type="checkbox"/> Chex cereal <input type="checkbox"/> M&Ms <input type="checkbox"/> Pretzel thins <input type="checkbox"/> Mini marshmallows <input type="checkbox"/> Nuts (or shredded coconut or corn nuts) <input type="checkbox"/> Cheerios <input type="checkbox"/> Popcorn (popped) <input type="checkbox"/> Goldfish crackers <input type="checkbox"/> Animal crackers <input type="checkbox"/> Chocolate, butterscotch, or peanut butter chips <input type="checkbox"/> Kix cereal <input type="checkbox"/> Raisins <input type="checkbox"/> Large mixing bowl <input type="checkbox"/> Large mixing spoon <input type="checkbox"/> Plastic zip sandwich bags <input type="checkbox"/> Girl Scout GORP ceremony <input type="checkbox"/> Camping Meal Plan worksheet
20 minutes	The 10 Essentials <ul style="list-style-type: none"> <li>Learn how to pack the most important items in your backpack so you'll be prepared for anything.</li> </ul>	<input type="checkbox"/> Optional: assorted hiking/backpacking gear and backpacks
10 minutes	Leave No Trace <ul style="list-style-type: none"> <li>Explore the 7 Leave No Trace principles so you can take care of the earth on your adventures.</li> </ul>	None
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster



## 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: Your Adventure Checklist

minutes

Time: 20

Badge Connection: Step 1 – Start planning your adventure

Materials Needed: Phone or computer with internet access; maps; paper; writing utensils

- Whether you're choosing a backpacking trip, car- or cabin-camping trip, or an extended day hike, planning is the first order of business! There are three major steps in planning your trailblazing experience.
  - Step 1: Book your site.** Think about where you want to camp or hike:
    - How will you get there? How long will it take to travel to the site?
    - When will you go? Get your calendars out!
    - What's the best season to go to that site? Seasons to avoid? Pay attention to water sources and hunting regulations/seasons. Call a park ranger or expert on the area to ask what the site is like during the time you want to visit.
    - Do you need a reservation for camping? Do you need to register with park rangers or other officials for an extended day hike in that area?
    - Are there natural features of the site (like lakes, waterfalls, rock formations, etc.) that you want to see? Get a map of the site and find out how you can hike to those features.
  - Step 2: Make lists.** You'll learn about some important lists like the 10 Essentials and the 7 Leave No Trace principles in this activity plan, but you'll also need to make lists for:
    - Packing gear (personal gear and group gear)
    - Meal planning (don't forget the s'mores ingredients!)
    - Emergencies (make a list of people who need to know where your group is going and when you are due to return)
  - Step 3: Prepare.** Wait, isn't that what you're doing right now? Yes! But you'll also need to work together as a group to learn new skills to help prepare you for camping and hiking that can make your experience easier (and more fun), and keep you safe.
- Spend some time exploring maps, possible sites, calendars, and working out details of your trip!
- Check out these websites for information on local natural areas to explore. Be sure to explore regional park systems in your counties too.
  - Minnesota State Parks: [dnr.state.mn.us/state\\_parks/index.html](http://dnr.state.mn.us/state_parks/index.html)
  - Minnesota State Natural Areas: [dnr.state.mn.us/snas/guidelines.html](http://dnr.state.mn.us/snas/guidelines.html)
  - Wisconsin State Parks: [dnr.wi.gov/topic/parks](http://dnr.wi.gov/topic/parks)

## Activity #2: Good Ol' Raisins & Peanuts (GORP)

Time: 20 minutes

Badge Connection: Step 3 – Create your menu

Materials Needed: Chex cereal; M&Ms; pretzel thins; mini marshmallows; nuts (or shredded coconut or corn nuts in case of allergies); Cheerios; popcorn (popped); Goldfish crackers; animal crackers; chocolate, butterscotch, or peanut butter chips; Kix cereal; raisins; large mixing bowl; large mixing spoon; plastic zip sandwich bags; Girl Scout GORP ceremony; Camping Meal Plan worksheet

Prep Needed:

- Print the Girl Scout GORP ceremony and the Camping Meal Plan worksheet (at the end of this activity plan).



1. This is a fun traditional Girl Scout ceremony that makes a delicious trail snack for everyone!
2. Place the large mixing bowl in a central location, like on a table that everyone can stand around for the ceremony.
3. Read the ceremony script as you place items from the list in the bowl to make a giant batch of GORP (“Good Ol’ Raisins and Peanuts”). Take turns reading the script and putting food items in the bowl. There are no “correct” measurements for this recipe—GORP is made to taste!
4. Mix it up and divide among the plastic bags for a snack on the trail.
5. If you’re planning a backpacking trip or overnight camping trip, be sure to spend time planning your meal menus too. Use the Camping Meal Plan worksheet at the end of this activity plan to map out your food for the trip.

## Activity #3: The 10 Essentials

Time: 20 minutes

Badge Connection: Step 4 – Gain some trailblazing know-how

Materials Needed: (Optional) Assorted hiking/backpacking gear and backpacks

1. Backpackers and hikers have used the 10 Essentials list as a baseline for what to pack for outdoor adventures for decades. The 10 Essentials is a concrete list of items to pack on your adventure, but it’s also a philosophy that goes hand-in-hand with the Girl Scout motto: *be prepared*. You may find yourself using some of your 10 Essentials items frequently when you hike, and some not at all. But the point is that you are ready for anything that may come your way.
2. When used correctly, the 10 Essentials list ensures that you can answer “yes” to these questions:
  - Can you respond positively to an accident or emergency?
  - Can you safely spend a night (or more) outside?
3. If you’re just going on an extended day hike, it may be tempting to leave some things from the 10 Essentials out of your backpack—who needs a flashlight in the daytime?!—but you should always try to be prepared. If a sudden storm comes on and brings dark rain clouds, you may want that flashlight in the middle of the afternoon!
4. Review the 10 Essentials list below and discuss why you think each item might be helpful on a hike or backpacking trip.
  - **Map**
  - **Compass**
  - **Sunglasses and sunscreen**
  - **Extra clothing (including insulation like a jacket or rain gear)**
  - **Headlamp/flashlight**
  - **First-aid supplies**
  - **Firestarter**
  - **Matches**
  - **Knife**
  - **Extra food and water**
5. Even if you pack all these items every time you head out on the trail, the most essential item to have on your adventure is your brain! Knowledge of how to use the items in your backpack is what will help you the most. Be sure to practice using your gear, and ask an adult to help you as you learn fire-starting and knife skills.
6. Optional: Try packing a hiking daypack or a backpacking backpack with the 10 Essentials. Your goal is to bring enough items so that you’re fully prepared, but not so much that you can’t lift or carry the pack. Test different combinations of items to see what’s comfortable and what makes you feel prepared and ready for anything.

## Activity #4: Leave No Trace

Time: 10 minutes



Badge Connection: Step 4 – Gain some trailblazing know-how

Materials Needed: None

1. The 7 Leave No Trace principles can teach us how to take care of the environment wherever we are, from our backyards to our wild areas. Girl Scouts always leave places better than we found them, so it's easy for Girl Scouts to embrace the 7 Leave No Trace principles on outdoor adventures.
2. Review the 7 Leave No Trace principles:
  - **Plan ahead and prepare** – know the site regulations, plan for extreme weather and emergencies
  - **Travel and camp on durable surfaces** – use established trails and campsites
  - **Dispose of waste properly** – pack it in, pack it out
  - **Leave what you find** – take only photos, leave only footprints
  - **Minimize campfire impacts** – keep fires small, use fire rings, properly extinguish all fires
  - **Respect wildlife** – observe from a distance, never feed wildlife
  - **Be considerate of other visitors** – remember the Girl Scout Law

## Wrapping Up

Time: 10 minutes

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

Close the meeting by singing Make New Friends and doing a friendship circle.

## More to Explore

- Field Trip Ideas:
  - Visit an outdoor store to talk to the experts about gear and preparing for your trip. Outdoor stores often rent gear and offer free classes on backpacking and hiking basics.
  - Reserve a River Valleys Troop House or camp: [camp.girlscoutsvr.org/rentals/](http://camp.girlscoutsvr.org/rentals/)
  - Try backyard camping if you're new to sleeping outdoors.
- Speaker Ideas:
  - Invite a naturalist or park ranger to speak to your group about preparing for outdoor adventures.
  - Connect with older Girl Scouts who have hiked and camped together to learn from their experiences.



## Girl Scout GORP Ceremony

Today, we will create a nifty snack to nourish our bodies that symbolizes how many ways Girl Scouting nourishes our spirits.

With our words and our actions, we show that we care. We try our best to be fair and square.  
**So, we will begin with CHEX.**

Girl Scouts come in all colors, from cities and towns. Every Girl Scout's a sister, no matter how she looks or how she sounds.  
**So, we will add M&Ms.**

Some of us are tall, and some of us are small. When we get together, size doesn't matter at all.  
**So, we will add PRETZEL THINS and MINI MARSHMALLOWS.**

Sometimes, we are nutty. We love to joke and play. We'd love to put a Girl Scout smile into everyone's day.  
**So, we will toss in NUTS.** (*or shredded coconut or corn nuts, in case of nut allergies*)

When we get together, we make circles so round. It's our never-ending friendships to which we are bound.  
**So, we will roll in CHEERIOS.**

When we're planning and working, we just don't stop. We keep ourselves busy, all around we will pop.  
**So, we will pop in POPCORN.**

Girl Scouts respect living things, big and small. The earth is our home, and there's room here for all.  
**So, we will release GOLDFISH and ANIMAL CRACKERS into the mix.**

It was 1912 when Juliette Low started us off. And like the girls from way back then, we are "chips off the old block."  
**So, we will drop in CHIPS.** (*chocolate, butterscotch, peanut butter, etc.*)

We get a kick out of learning and doing new things. When we get together with friends, we love to sing.  
**So, we will kick in KIX.**

When we were Daisies and Brownies, we were fresh, new, and rare. But now we are Cadettes, and have experience to share.  
**So, we will put in RAISINS.**

Now we stir to the left, and we stir to the right.  
We mix it together with all our might.  
May this GORP mix nourish us on our adventures together.  
May our Girl Scout sisterhood last through all kinds of weather.



# Camping Meal Plan

Day	Breakfast	Lunch	Dinner	Snacks/Drinks

## Grocery List

Breakfast

Lunch

Dinner

Snacks

Drinks

Other

*Don't forget: salt/pepper, ketchup/mustard, sugar/creamer, and cooking oil*