

## AMBASSADOR ULTIMATE RECREATION CHALLENGE BADGE

**Badge Purpose:** When you've earned this badge, you'll have planned and taken five adventures that transform and challenge you.

**Activity Plan Length:** This badge will need to be completed at your own pace.

Activity	Materials Needed
Adventure Inventory <ul style="list-style-type: none"> <li>Take a look at where you've been and what might come next!</li> </ul>	<input type="checkbox"/> Adventure Inventory sheet <input type="checkbox"/> Pen/pencil
Chart Your Course <ul style="list-style-type: none"> <li>Plan your Ultimate Recreation Challenge Adventures.</li> </ul>	<input type="checkbox"/> Computer with internet access <input type="checkbox"/> Calendar <input type="checkbox"/> Map <input type="checkbox"/> Paper <input type="checkbox"/> Pen/pencil
Get Your Feet Wet <ul style="list-style-type: none"> <li>Go on a Water Adventure.</li> </ul>	<input type="checkbox"/> Computer with internet access <input type="checkbox"/> Gear for your water adventure
Combination Adventure <ul style="list-style-type: none"> <li>Combine two of the adventures you've always wanted to go on.</li> </ul>	<input type="checkbox"/> Computer with internet access <input type="checkbox"/> Gear for your adventure
Out There, But Near <ul style="list-style-type: none"> <li>Plan a unique, different, or interesting adventure in a place that isn't too far from home.</li> </ul>	<input type="checkbox"/> Computer with internet access <input type="checkbox"/> Gear for your adventure
Wrapping Up <ul style="list-style-type: none"> <li>Reflect on your ultimate adventure experiences.</li> </ul>	<input type="checkbox"/> Journal <input type="checkbox"/> Pen/pencil

### Activity #1: Adventure Inventory

Materials Needed: Adventure Inventory sheet; pen/pencil

- Using the Adventure Inventory sheet, check off the types of recreational adventures you have experienced already. If you have embarked on adventures that aren't on the list, make sure to add them!
- Notice the adventures you haven't gone on yet. Highlight or circle the ones that interest you most and add any others that interest you.



## Activity #2: Chart Your Course

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Materials Needed: Computer with internet access

Prep Needed:

- To earn this badge, you'll be embarking on three separate adventures: one water adventure, one combination adventure, and one offbeat adventure close to home. First, you'll need to research some options. Look ahead to activities #3 – 5, and when you've selected the geographic location for each adventure, begin step 1.
1. Draw or print out a map that encompasses the geographic area that your adventures will take place in. Chart your course on the map with arrows, lines, and any other symbols to help denote which adventure will take place first, when you'll go, how far and by what mode you'll need to travel, and what you'll be doing when you're there!
  2. Use a calendar and plan the dates of your adventures with enough time to prepare before they take place, including goal dates for preparation steps.

## Activity #3: Get Your Feet Wet

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Badge Connection: Step 3 – Dive into an ultimate water adventure

Materials Needed: Computer with internet access; gear for your adventure

Prep Needed:

- Reference your Adventure Inventory. What water activities are you interested in trying? You can choose something completely new (e.g. Stand Up Paddleboarding for the first time) or take an existing skill a step further (e.g. Trying a more challenging swim race).
  - Research possibilities for the water activity of your choice in the location you'd like to go. Check out Parks and Recreation websites for the area or Statewide resources like this Minnesota State Water Trails website: <https://www.dnr.state.mn.us/watertrails/index.html>
1. Once you choose your adventure, research what preparation is needed for your water adventure. Use all of your available resources to plan your adventure including, Girl Scouts Safety Activity Checkpoints, internet resources, relevant books, expert individuals and organizations in the field, and your troop leaders.
  2. Here are some questions to consider and/or ask an expert:
    - What gear do I need? Can I rent or borrow it?
    - How much will it cost? How will I pay for this adventure?
    - Do I need to learn or practice certain skills before I go?
    - Do I need to train physically before I go?
    - Who will I go with? Would it be helpful to go with an expert (like an outfitter or qualified instructor or through a Girl Scout council event)?
    - How will I know when I'm ready for my adventure? Create some measurable goals for yourself that you'll be able to reference to measure your progress as you prepare.
  3. Go on your water adventure!

## Activity #4: Combination Adventure

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Badge Connection: Step 1 - Experience an ultimate adventure on a trail and Step 2 – Take the ultimate camping trip

Materials Needed: Computer with internet access; gear for your adventure

Prep Needed:

- Refer to the Adventure Inventory sheet. Think of creative ways you could combine two or more things on the list (for example, Canoeing + Camping, Snowshoeing + Winter Camping, Mountain Biking + Orienteering.)



1. Once you've chosen your dual adventure, research what preparation might be needed. Use all of your available resources to plan your adventure including, Girl Scouts Safety Activity Checkpoints, internet resources, relevant books, expert individuals and organizations in the field, and your troop leader.
2. Here are some questions to consider:
  - What gear do I need? Can I rent or borrow it?
  - How much will it cost? How will I pay for this adventure?
  - Do I need to learn or practice certain skills before I go?
  - Do I need to train physically before I go?
  - Who will I go with? Would it be helpful to go with an expert (like an outfitter or qualified instructor or through a Girl Scout council event)?
  - How will I know when I'm ready for my adventure? Create some measurable goals for yourself that you'll be able to reference to measure your progress as you prepare.

## Activity #5: Out There, But Near

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Badge Connection: Step 4 – Go on the ultimate offbeat adventure and Step 5 – Do an ultimate recreation challenge unique to your area

Materials Needed: Computer with internet access; gear for your adventure

1. Research the area that you live or go to school. Find out what it is known for—the deep snow? A steep hiking trail? Is it the home of a state park? Rock climbing capital of the world?
2. Take a look at your Adventure Inventory sheet again. Is there something that you haven't done that seems downright “out there” for you? Did you write an additional idea down on the blank spaces?
3. Find a way to plan your “out there” adventure near your home or school.
4. Once you choose your adventure, research what preparation might be needed. Use all of your available resources to plan your adventure including, Girl Scouts Safety Activity Checkpoints, Internet resources, relevant books, expert individuals and organizations in the field, and your troop leader.
5. Here are some questions to consider:
  - What gear do I need? Can I rent or borrow it?
  - How much will it cost? How will I pay for this adventure?
  - Do I need to learn or practice certain skills before I go?
  - Do I need to train physically before I go?
  - Who will I go with? Would it be helpful to go with an expert (like an outfitter or qualified instructor or through a Girl Scout council event)?
  - How will I know when I'm ready for my adventure? Create some measurable goals for yourself that you'll be able to reference to measure your progress as you prepare.

## Wrapping Up

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Reflect on all three of your adventures in a journal. What did you learn? Revisit your Adventure Inventory and check off your new skills. How can you share your skills with younger Girl Scouts or your family?

## More to Explore

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- Field Trip Ideas:
  - Take a wilderness first aid course.
  - Participate in an outdoor skills training at a local outdoor store, through your service unit, or through the Girl Scout River Valleys council.



- Speaker Ideas:
  - Invite a park ranger to your troop meeting to talk about their job.
  - Invite a Professional Outdoor Guide to your troop meeting to talk about their day-to-day duties.

*Did you know? By completing this activity plan, you will earn your Ultimate Recreation Challenge badge as well as the Adventure Club patch!*



## My Adventure Inventory

Take an inventory of the exciting adventures you've gone on so far and take note of all the fun things that are left to do!

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| <input type="checkbox"/> Day hike                  | <input type="checkbox"/> Bird-watching         | <input type="checkbox"/> Snorkeling              |
| <input type="checkbox"/> Multi-day hike            | <input type="checkbox"/> Horseback riding      | <input type="checkbox"/> Scuba Diving            |
| <input type="checkbox"/> Geocaching                | <input type="checkbox"/> Vaulting              | <input type="checkbox"/> Water-skiing            |
| <input type="checkbox"/> Orienteering              |  | <input type="checkbox"/> Wakeboarding            |
|  |  | <input type="checkbox"/> Jet skiing              |
| <input type="checkbox"/> Outdoor Cooking           | <input type="checkbox"/> Zip Lining            | <input type="checkbox"/> White-water rafting     |
| <input type="checkbox"/> Backyard Camping          | <input type="checkbox"/> Indoor Rock Climbing  | <input type="checkbox"/> Surfing                 |
| <input type="checkbox"/> Campground Camping        | <input type="checkbox"/> Outdoor Rock Climbing |  |
| <input type="checkbox"/> Camping at a hike-in site | <input type="checkbox"/> Ice climbing          | <input type="checkbox"/> Canoeing (still water)  |
| <input type="checkbox"/> Beach camping             | <input type="checkbox"/> Indoor skydiving      | <input type="checkbox"/> Kayaking (still water)  |
| <input type="checkbox"/> Canoe Camping             | <input type="checkbox"/> Caving                | <input type="checkbox"/> Stand Up Paddleboarding |
| <input type="checkbox"/> Primitive Camping         |  | <input type="checkbox"/> Canoeing (moving water) |
| <input type="checkbox"/> Backcountry Camping       | <input type="checkbox"/> Bike on trails        | <input type="checkbox"/> Kayaking (moving water) |
| <input type="checkbox"/> Desert Camping            | <input type="checkbox"/> Mountain biking       | <input type="checkbox"/> Sea kayaking            |
| <input type="checkbox"/> Winter Camping            | <input type="checkbox"/> Bike race             |  |
|  | <input type="checkbox"/> Rollerblade           | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Snowboarding              | <input type="checkbox"/> Rollerblade Race      | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Downhill Skiing           | <input type="checkbox"/> Skateboarding         | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Ice Skating               |  | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Cross-country skiing      | <input type="checkbox"/> Fishing               | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Snowshoeing               | <input type="checkbox"/> Fly Fishing           | <input type="checkbox"/> _____                   |
|  | <input type="checkbox"/> Ice Fishing           | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> 5K Trail Race             | <input type="checkbox"/> Archery               |  |
| <input type="checkbox"/> 10K Trail Race            |  |  |
| <input type="checkbox"/> Mud/Obstacle Run          | <input type="checkbox"/> Swimming              |  |
| <input type="checkbox"/> Multi-day Trail Race      | <input type="checkbox"/> Tubing                |  |

