

# BROWNIE HIKER BADGE

**Badge Purpose:** When girls have earned this badge, they will know how to be prepared to hit the trail for a hike.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls will recite the Girl Scout Promise + Law and sing the Brownie Smile song.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Girl Scout Brownie Smile song lyrics poster
20 minutes	Making a Plan <ul style="list-style-type: none"> <li>Girls will plan out a hike near their meeting space.</li> </ul>	<input type="checkbox"/> Map of area around meeting space <input type="checkbox"/> Writing utensils
10 minutes	Hiking Skills <ul style="list-style-type: none"> <li>Girls practice a new hiking skills and different roles for a walk.</li> </ul>	<input type="checkbox"/> Simple map of route <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
10 minutes	What to Pack? <ul style="list-style-type: none"> <li>Girls determine what they will bring with them on a hike.</li> </ul>	<input type="checkbox"/> Backpack <input type="checkbox"/> Items that you would take on a hike (ex. clothes suitable for weather, sturdy shoes, first aid kit, water, map, compass, snack, etc.) <input type="checkbox"/> Items that you would not take on a hike (ex. teddy bear, flip flops, laptop, messy snack, etc.) <input type="checkbox"/> Materials to make a healthy snack (ex. raisins, chocolate chips, nuts to make trail mix)
20 minutes	Hiking and Snack Chat <ul style="list-style-type: none"> <li>Girls go on their hike and enjoy a healthy snack.</li> </ul>	<input type="checkbox"/> Healthy Snack
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

## Getting Started

Time: 15 minutes

**Materials Needed:** (Optional) Girl Scout Promise and Law poster and (optional) Girl Scout Brownie Smile song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.

## Activity #1: Making a Plan

Time: 20 minutes

Badge Connection: Step 1 – Deciding where to go

Materials Needed: Map of the area around your meeting place; writing utensils

Prep Needed:

- Find and print out a map of the area around your meeting place.
1. Explain to girls that they will take a short walk near the meeting place to practice their hiking skills.
  2. Have the girls look at maps of the local area and see what is nearby.
  3. Discuss where it is safe to walk and where they should try to avoid (busy roads, etc.).
  4. As a group, have the girls plan a route for their short walk.
  5. During this activity, it's a good time to discuss with the girls why planning for a hike is important, since it helps them to be prepared. This is also a good time to talk about the Leave No Trace principles. It is not critical to cover all the principles, but it is great to have the girls pledge to "leave no trace" and help keep nature safe when exploring.

### Leave No Trace Principles

1. Plan ahead.
2. Stay on the trail.
3. Carry out what you carry in.
4. Leave nature as you find it.
5. Be careful with fire.
6. Respect wildlife.
7. Be considerate of other visitors.

## Activity #2: Hiking Skills

Time: 10 minutes

Badge Connection: Step 2 – Trying out a skill

Materials Needed: Simple map of route; paper; writing utensils

1. Now that you know where you will go on your walk (practice hike), talk about the roles girls will have on the hike. Divide the girls into 3 groups and assign each group one of the roles below.
  - **The Trailblazers** are in charge of directions and will trace the group's progress on the map as you go.
  - **The Plant Detectives** will write down all the plants that they see on the walk.
  - **The Animal and Bug Detectives** will write down all the animals and bugs that they see.
2. Have each group talk about what they will need to do and if they need any supplies to fulfill their role.

## Activity #3: What to Pack?

Time: 10 minutes

Badge Connection: Step 3 – Pick the right gear

Materials Needed: Backpack; items that you would take on a hike; items that you would not take on a hike; materials to make a healthy snack

Prep Needed:

- Spread all of the hiking/non-hiking items on a table.
  - Suggestions for hiking items: clothes suitable for weather, sturdy shoes, first aid kit, water, map, compass, etc.
  - Suggestions for non-hiking items: toys, flip flops, laptop, messy snack, etc.



- Trail mix is a great healthy snack girls can easily eat while they're hiking. Gather some dried fruit, nuts, seeds, and chocolate chips for girls to make their own trail mix.
- Gather the girls together and tell them you are going to decide what you need to pack for your walk (remind girls that this is the first Leave No Trace principle: Plan ahead).
  - Have the girls vote on whether they should or should not bring a certain item on a hike. Discuss the usefulness of certain items.
    - For example: Why should you take a map? Why should you avoid wearing flip flops?
  - When it comes to what snack to bring, you can have the girls think of what snack would be logical to take on a hike. It is important to bring something healthy, easy to carry and with not much waste. A good example is a "walking salad."
    - A walking salad is easy to carry and eat on a hike.
    - The girls can choose what they would like it to include.
    - Use a variety of raw fruits and vegetables (celery, carrots, etc.) wrapped in lettuce.
  - Have the girls prepare a snack and get ready for their hike.

## Activity #4: Hiking and Snack Chat

Time: 20 minutes

Badge Connection: Step 4 – Pack a snack for energy; Step 5 – Go on your hike!

Materials Needed: Healthy snack prepared in Activity #3

- Now that the route is planned and the girls are packed and ready to go, head out on your adventure!
- As you are walking, remind the girls that each group has their own job to do. If you have time you can play "I Spy." Start with the rainbow and try to find something in each color or use the alphabet and have the girls find things that start with each letter of the alphabet.
- While enjoying snack, here are some things for girls to talk about:
  - Can you list some of the Leave No Trace principles?
  - Why should we leave nature as we find it?
  - What does "be considerate of other visitors" actually mean?
  - How can we be good Girl Scouts and help nature?

## Wrapping Up

Time: 15 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

More to Explore

- Field Trip Ideas:
  - Visit a local park and use your hiking skills out on a trail.
  - Visit a Girl Scout camp to explore the trails.
- Speaker Ideas:
  - Invite a park ranger to your meeting.
  - Invite an older Girl Scout or family member that enjoys hiking to talk about their experiences.

