

## CADETTE TRAILBLAZING BADGE – MEETING 2

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

**Activity Plan Length:** Time varies depending on length of hike

Time	Activity	Materials Needed
5 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
10 minutes	Bandana Bonanza <ul style="list-style-type: none"> <li>Explore the many uses of the basic bandana.</li> </ul>	<input type="checkbox"/> Bandana(s)
15 minutes	Dress for Success <ul style="list-style-type: none"> <li>Learn how to dress for your trailblazing adventure for maximum comfort.</li> </ul>	<input type="checkbox"/> (Optional) Several types of hiking/camping clothing items
20 minutes	Cathole Relay <ul style="list-style-type: none"> <li>Find out what a cathole is and practice digging them in a fun relay.</li> </ul>	<input type="checkbox"/> Trowels or small hand shovels <input type="checkbox"/> Rocks (to fit in a hand) <input type="checkbox"/> (Optional) Phone or computer with internet access
Varies	Hit the Trail <ul style="list-style-type: none"> <li>Go on your trailblazing adventure!</li> </ul>	<input type="checkbox"/> The 10 Essentials packed in a well-planned backpack <input type="checkbox"/> Other personal items as needed

### Getting Started

Time: 5 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

### Activity #1: Bandana Bonanza

Time: 10 minutes

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

Materials Needed: Bandana(s)

- If you've ever been to an outdoor store, then you know that there is a specific piece of gear for nearly every possible need you could have on the trail (and even some items for needs you didn't know existed yet!). Don't fall into the trap of buying lots of expensive gear for your adventure before you explore the myriad of ways that a basic, inexpensive bandana (or large square of woven fabric) can be used on the trail. Girl Scouts



frequently carry this useful piece of cloth, and it's not just a fashion statement! Tie one on the outside of your backpack and you'll be ready for almost anything.

2. Form a circle, either seated or standing. Pass a bandana around and take turns holding it. Each person should come up with a possible use for the bandana on the trail (and demonstrate, if possible). Get creative!
3. Here are some ideas to get you going:
  - Sun protection
  - Mark a trail
  - Bag
  - Cold compress
  - Mask to keep pollen or smoke out
  - First aid
  - Washcloth/towel
  - The list goes on!

## Activity #2: Dress for Success

Time: 10 minutes

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

Materials Needed: (Optional) Several types of hiking/camping clothing items

1. Dressing for hiking, camping, and backpacking seems easy enough: you just want to be sure you're comfortable. But there are a couple of important things to call out for dressing for the trail. (Hint: fashion isn't one of them!)
2. Just like in Activity #1, you do not need to spend a lot of money on high-tech clothing. But by making a few strategic choices before you head out, you'll save yourself discomfort and potential pain on the trail.
3. Optional: Look at several types of hiking/camping clothing items made from different fabrics. Try spritzing water on a polyester/nylon/wicking fabric and then on a cotton item and see what happens.

DON'T	DO
Wear cotton. Avoid it completely if possible. It doesn't dry well, so any moisture it absorbs (sweat, rain) will stay there and make you miserable. Cotton is also a bad insulator: if it's wet, you will be uncomfortable or cold or both. Don't wear jeans either. Denim is cotton. And even though your favorite jeans may be super comfortable for regular days, they're not versatile enough for the trail.	Choose wicking fabrics like polyester and nylon. They will wick moisture away from your skin and dry quickly. You'll be a lot happier. Yoga pants or tight spandex clothing items are a decent option, but keep in mind that you may notice more mosquito bites wearing tight spandex clothing. (Mosquitoes love spandex!)
Wear dark colors.	Choose light-colored clothing so you'll stay cooler in the sun. Most importantly though, choose light-colored clothing so you'll be able to see ticks to pluck them off your clothes before they attach to your skin.
Wear cotton socks. Same as above for cotton clothing.	Choose wool or poly-blend socks. Yes, even in the summer! Wool is a miracle fiber that keeps you warm OR cool. It's definitely at the top of the moisture-wicking fabric hierarchy. Be sure to pull your socks up over your pant cuffs too. It may not be the highest fashion, but it keeps the ticks from crawling up the insides of your pant legs. And you can say that "being prepared" is your fashion style!
Wear Crocs, sandals, open-toed shoes, or flimsy shoes.	Choose hiking shoes, or sturdy tennis shoes that tie. Depending on the trail, and how much weight you are carrying in your pack, you may want ankle support too. Hiking boots would be the best choice in those cases. If your boots are new or borrowed, be sure to break them in by wearing them around the house before your adventure to avoid unwanted blisters.



## Activity #3: Cathole Relay

Time: 20 minutes

Badge Connection: Step 2 – Get your body and your teamwork skills ready and Step 4 – Gain some trailblazing know-how

Materials Needed: Trowels or small hand shovels; rocks (to fit in a hand); (Optional: phone or computer with internet access)

Prep Needed:

- You should gather at a playground or beach with sand, or do this activity in an area where you have permission to dig small holes in the dirt (the holes will be filled).
- 1. Many nature areas have restrooms and outhouses strategically placed along hiking trails, so you can take care of business on your adventures. But what if you have to use a toilet and there isn't one around? Knowing where to go in the woods and *how* to go in the woods will make your trailblazing adventure that much more comfortable, since you'll be able to remove that worry and just focus on the fun.
- 2. You'll want to find a spot that is at least 200 feet from any water sources, trails or campsites. Finding a nice bush or tree for some privacy is a good idea too.
- 3. The third Leave No Trace principle (from Meeting 1) is "dispose of waste properly." This means human waste too. You'll need to pack toilet paper, plastic bags, and a trowel (small hand shovel) on your adventure to be truly self-sufficient in the woods. And if you pack it in, you'll have to pack it out. Used toilet paper should be placed in plastic bags until you can dispose of it in a garbage can. Don't forget to pack the hand sanitizer!
- 4. When going #2, you'll need to dig a "cathole." For this activity, practice digging catholes as a group and turn it into a relay race (no need to actually use the catholes for the relay!). Divide up into two teams, and take turns running back and forth digging a hole that is at least 6" deep and 6" wide, dropping a rock in the hole, and covering your hole back up again. Ideally, you should feel comfortable standing on your cathole when you're done!
- 5. Optional: Watch this video for a great tutorial on how to dig catholes, and how to pack the necessary supplies in your backpack. [bit.ly/cathole](http://bit.ly/cathole)

## Activity #4: Hit the Trail

Time: varies

Badge Connection: Step 5 – Head out on the trail

Materials Needed: The 10 Essentials packed in a well-planned backpack; other personal items as needed

1. You've done your planning and your research and now it's time to hit the trail! Have fun on your trailblazing adventure!

## Wrapping Up

Time: 5 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.

