

# Troop and Family Self-Led Outdoor Activities

Due to the pandemic, we've had to modify and scale back many of our in-person Outdoor Events and Programs. So we've put together this list of ideas for your Troop or Family to enjoy the outdoors safely. All girls and troops must follow GSWNY COVID guidelines during these activities. Please see [gswny.org](http://gswny.org) for the guidelines.

## Spotlight on NEW Outdoor Badges!

**TRAIL ADVENTURE BADGE SERIES:** These badges encourage girls to safely explore various types of trails and to continue to challenge themselves. These are great for girls that are brand new to hiking or even the most advanced hiker. We highly suggest keeping track of your adventures to use towards the **mileage patches** as well.

**ECO BADGE SERIES:** These badges will teach girls how to "Leave No Trace" (low to no impact on the land) during their outdoor adventures. With the recent overuse of public lands, leaving no trace is more important than ever.

## Girl Scouts Love Hiking

Planning on doing some hiking this year? Keep track of your mileage and then order your patches. There are **5, 10, 50 and 100 mileage patches**. Other mileages may be available upon request.



Order yours through our shops. See GS Love State Parks Patch below left for shop info.

## Girl Scouts Love State Parks Patch

Did you register for GS Love State Parks and visit the park on Sept 12 or 13? Don't forget to order your patch by emailing these shop locations:  
BUFFALO: [shop.buffalo@gswny.org](mailto:shop.buffalo@gswny.org),  
JAMESTOWN: [shop.jamestown@gswny.org](mailto:shop.jamestown@gswny.org),  
LOCKPORT: [shop.lockport@gswny.org](mailto:shop.lockport@gswny.org)  
ROCHESTER: [shop.rochester@gswny.org](mailto:shop.rochester@gswny.org)

The shop staff will make arrangements for payment and curbside pick-up. Patches are \$1.50.



## Fall Nature Photo Contest

Put your photography skills to the test. There will be one prize category for girls and one for adults for each of the below.

- Family Nature Selfie or Portrait
- Fall Foliage
- Fall Composition

### Prizes for each category (girls and adults):

- **Best Family Nature Selfie/Portrait -**  
\$15 Gift Card to GSWNY Shops
- **Best Fall Foliage -**  
\$15 Gift Card to GSWNY Shops
- **Best Fall Composition -**  
\$15 Gift Card to GSWNY Shops

Contest begins Oct. 1, 2020. Completed entries must be received by Nov. 30, 2020. See below for additional rules. Winner to be announced by social media and email on Dec. 7, 2020.

## Family Pumpkin Carving Contest

Carve or paint a pumpkin! The design can be your choice, but must include a Girl Scout trefoil and must say GSWNY on it somewhere. There will be one prize category for girls and one for adults.

### Prizes for each category (girls and adults):

- **1st place** - \$20 Gift Card to GSWNY Shops
- **2nd place** - \$10 Gift Card to GSWNY Shops
- **3rd place** - \$5 Gift Card to GSWNY Shops

Contest begins Oct. 1, 2020. Completed entries must be received by Oct. 25, 2020. See right for additional rules. Winner to be announced by social media and email on Nov. 2, 2020.

### ADDITIONAL RULES FOR BOTH CONTESTS:

Submit photos and completed entry details for each contest to [outdoor@gswny.org](mailto:outdoor@gswny.org). All prizes will be mailed to the winners.

Entrants must be registered for the 2020-2021 Girl Scout year starting Oct. 1, 2020.

Girl entrants must supply name, troop #, age/grade, and contact info. Adult entrants ages 18+ must supply name, and contact info, plus indicate they are an adult.

# Girl Scouts of Western New York and the Western New York Hiking Challenge



## WNY Hiking Challenge

We're partnering with Outside Chronicles to offer the extraordinary WNY Hiking Challenge to Girl Scout families at a discounted rate of \$15! Choose **Girl Scout** during registration to receive the discounted rate.

Visit [outsidechronicles.com/registration](https://outsidechronicles.com/registration) to register today!

## WNY Hiking Challenge Rocker Patch

Take it to the next level and add a rocker patch. Once you've completed the WNY Hiking Challenge, use the reflection below for your Girl Scout level/grade level to think about this challenge. Email your name, grade level, and answers to [outdoor@gswny.org](mailto:outdoor@gswny.org). Once you have received confirmation of completion from the Outdoor Department, you can use this verification to purchase the rocker patch from our GSWNY shops. Rocker patches are .96 cents each.

## Reflections Questions

► **DAISY/BROWNIE (GRADES K-3) REFLECTION:** What was your favorite thing about hiking? What didn't you like about the Challenge? What were 3 cool things you saw when you were hiking? How did you choose which hikes you would do? What did you take with you on your hikes? How did you stay safe on the trail? Did you play any games while you hiked? What were they? How did you make sure your body was ready for a hike?

► **JUNIOR/CADETTE (GRADES 4-8) REFLECTION:** How did you decide which hikes you wanted to do? How did you prepare for the weather? What activities did you do along the trail? How did you "Leave No Trace" while you were hiking? What did you do to prepare for your hike? What did you bring with you? How did your physical fitness effect your hike? How can you physically train or prepare for hiking?

► **SENIOR (GRADES 9-10) REFLECTION:** What did you do to plan and prepare for your hikes? What goals did you set for yourself before you started this challenge? Does physical fitness play a role in hiking? Do you feel like you could use these hiking skills on a 2-3 day backpacking trip? What would be different about hiking in this challenge and a backpacking trip and how would you prepare for those differences?

► **AMBASSADOR (GRADES 11-12) REFLECTION:** How did you feel the WNY Hiking Challenge challenged you? What goals did you set for yourself before you started this challenge? Do you feel like you could use these hiking skills on a multi-day backpacking trip? How would a backpacking trip differ from this type of day hike? What type of planning and preparation would you need to do? Would you do another hiking or outdoor challenge if it was offered?

You will receive a completion confirmation email that can be used as verification with the GS Shops for the purchase of the patch. You can purchase this patch for curbside pick-up by emailing these shop locations: [shop.buffalo@gswny.org](mailto:shop.buffalo@gswny.org), [shop.jamestown@gswny.org](mailto:shop.jamestown@gswny.org), [shop.lockport@gswny.org](mailto:shop.lockport@gswny.org) or [shop.rochester@gswny.org](mailto:shop.rochester@gswny.org) and the shop staff will make arrangements for payment and pick-up.

## Other Fun Fall Outdoor Activities

- Go on a color hike. Nature puts on an amazing show in the fall. How many colors can you find?
- Tour an orchard, corn field maze or pumpkin patch.
- Research how to dress for fall hikes. The weather can be unpredictable and it's important to be prepared.
- Carving a pumpkin for the contest from the front of this flyer? Research how to dry and eat the seeds as a healthy snack!

**Questions about Girl Scouts, outdoor programming, summer camp, or more?** Check out [www.gswny.org](http://www.gswny.org) or contact our friendly Customer Care Team at 1-888-837-6410 or [customer care@gswny.org](mailto:customer care@gswny.org).