

GSWNY Outdoor Adventure Training Sequence: Guide to Skills & Milestones

DEGREES	TOUCHSTONE	1 ST DEGREE		2 ND DEGREE	3 RD DEGREE
		CABIN	TENT		
GSUSA OUTDOOR PROGRESSION	Look Out Move Out Meet Out	Move Out Explore Out Cook Out Sleep Out	Explore Out Cook Out Sleep Out	Camp Out Adventure Out	Adventure Out
GSUSA High Adventure Badge Requirements	<ul style="list-style-type: none"> ✓ DAISY ✓ Go on a 1 mile hike on a trail 	<ul style="list-style-type: none"> ✓ BROWNIE ✓ 3 hikes 	<ul style="list-style-type: none"> ✓ JUNIOR ✓ 3 hikes, 3-4 miles ✓ 3+ hrs 	<ul style="list-style-type: none"> ✓ CADETTE: ✓ 3 trail challenges: ✓ 10+ miles ✓ 2000ft elev. gain ✓ 6+ hrs on rough terrain 	<ul style="list-style-type: none"> ✓ SENIOR: ✓ 3 day, 2 night backpacking OR ✓ 1 night snow camping trip ✓ AMBASSADOR: ✓ 5 day, 4 night backpacking OR ✓ 3 day winter backpacking
GSWNY Outdoor Program Requirements	<ul style="list-style-type: none"> ✓ DAISY+ ✓ Full day outside 	<ul style="list-style-type: none"> ✓ BROWNIE+ ✓ Overnight ✓ Cabin ✓ On property 	<ul style="list-style-type: none"> ✓ JUNIOR+ ✓ Overnight ✓ Tent ✓ On property 	<ul style="list-style-type: none"> ✓ CADETTE+ ✓ Weekend ✓ No cabin, no cars ✓ On or off property 	<ul style="list-style-type: none"> ✓ SENIOR/AMBASSADOR ✓ Multi-day ✓ Backpacking ✓ Off property

The new GSWNY Outdoor Adventure Training Sequence provides a non-limiting, guided path to outdoor adventures with programs designed to build skills for Girl Scouts who want a truly rigorous approach to moving through the GSUSA Outdoor Progression! The sequence includes: Ace Adventurer, Trailblazer and Master Camper program sequences which complement each other. The sequence encourages girls to challenge themselves with programs of increasing difficulty (defined as “degrees”), however there are no mandated conditions to progress; Move at your own pace through the degrees. Take the Readiness Self-Assessments between each degree to see where you fit in. Once you feel proficient with skill milestones for each, you can decide how to test your own limits. Girls graduating to the degree of Expert will have opportunity for an adventure of a lifetime with an epic 5 day, 4 night backpacking trip!

GSUSA PROGRESSION LEVELS & SKILL SETS

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	Get Outside Daisy & up	1. Sleep Out		2. Camp Out Cadettes & Up	3. Adventure Out Senior & Ambassador
		Cabin Brownies +	Tent Juniors +		
Leave No Trace	<ul style="list-style-type: none"> - Introduce concept into all programming. 	<ul style="list-style-type: none"> - Awareness of LNT principles with reminders from adults. 	<ul style="list-style-type: none"> - Awareness of LNT principles with reminders from adults. 	<ul style="list-style-type: none"> - Know & practice LNT principles with prompting from adults. 	<ul style="list-style-type: none"> - Know & practice LNT principles without prompting/help from adults.
Hiking	<ul style="list-style-type: none"> - Learn the basics needed to hike. - Go on a ½ mile nature walk. 	<ul style="list-style-type: none"> - Learn what to bring & wear on a hike - Watching your surroundings. - Go on a 1 mile nature walk. 	<ul style="list-style-type: none"> - Help pick out a half day hike. - Help prepare a packing list. 	<ul style="list-style-type: none"> - Plan & carry out a full day hike. 	<ul style="list-style-type: none"> - Plan & carry out a multi-day backpacking trip.
Camping	<ul style="list-style-type: none"> - Spend a full day at Camp. 	<ul style="list-style-type: none"> - Camping overnight in a cabin. 	<ul style="list-style-type: none"> - Tent/car camp for a full weekend in a GSUSA camp or state/county park. 	<ul style="list-style-type: none"> - Tent camp for a full weekend in a primitive site no car camp grounds. 	<ul style="list-style-type: none"> - Be able to hike into and camp in the backcountry for multiple days.

<p>Outdoor Cooking</p>	<ul style="list-style-type: none"> - Have a carry-in/carry-out meal or snack outside. - Be able to help clean up. 	<ul style="list-style-type: none"> - Help prepare a meal outside. (coal/stick cooking, foil dinners) - Wash personal dishes & some troop dishes with assistance using 3 bucket dish line. 	<ul style="list-style-type: none"> - Create meal ideas. - Assisted shopping for meals. - Cooking meals outside, with help as needed (2 burner & tin stoves). - Setup dish line, to wash dishes with supervision. 	<ul style="list-style-type: none"> - Create meal ideas. - Create shopping & gear lists with little help. (Intro to carrying group gear dynamics) - Cook a meal outside fir and/or pack stoves - Intro to ash & coal dish cleaning method (no soap) 	<ul style="list-style-type: none"> - Shopping, prep, cooking, cleaning independently - Mastery of group gear carrying dynamics
<p>Fire Building</p>	<ul style="list-style-type: none"> - Introduction to fire safety & basic fire principles (edible fire). 	<ul style="list-style-type: none"> - Continuation of fire safety - Assisted fire-building with matches. - Knowing 3 structures for fire building - Disappearing a fire (LNT) 	<ul style="list-style-type: none"> - Build a 1-match fire with assistance - Knowing 5 types of kindling - Maintain campfire with close supervision. 	<ul style="list-style-type: none"> - Build, light, & maintain campfire with little supervision. - Using 5 types of kindling - Intro to alternative fire-starting methods (friction fire). 	<ul style="list-style-type: none"> - Build, light, & maintain campfire with no supervision. - Proficient with Alternative fire-starting methods - Friction fires (proficient; can make their own kit)
<p>Knots</p>	<ul style="list-style-type: none"> - Basic lashing to make a teepee stand with assistance 	<ul style="list-style-type: none"> - Basic lashing, square knot & clove hitch 	<ul style="list-style-type: none"> - Knowing the 3 groupings of knots & what they are used for. - Taught line 	<ul style="list-style-type: none"> - Proficiency in demonstrating the 6 knots & lashings. - Taught Line - Bow Line 	<ul style="list-style-type: none"> - Advanced knots & be able to teach others - Sheep Shank - Sheep Bend

Map & Compass	<ul style="list-style-type: none"> - Know what a compass is & its uses. - Know the 4 points on a compass. 	<ul style="list-style-type: none"> - Identify major landmarks on a map. - Cardinal directions. - Be able to follow simple coordinates using a compass. 	<ul style="list-style-type: none"> - Navigate using a map & compass bearing. - Topo maps - Magnetic vs. true North 	<ul style="list-style-type: none"> - Navigate using a topo map, orient map, & determine compass heading 	<ul style="list-style-type: none"> - Triangulation - Aidless Navigation
Sharps	<ul style="list-style-type: none"> - Use of butter knives with assistance. - Learning 5 rules of sharp safety 	<ul style="list-style-type: none"> - Slicing, peeling with assisted use of cooking knives. - Knowing 5 rules of sharp safety 	<ul style="list-style-type: none"> - Independent use of small kitchen knives. - Intro to straight blades, hatchets and saws with close supervision. 	<ul style="list-style-type: none"> - Use of knife carving - Saws - Hatchets & axes supervised 	<ul style="list-style-type: none"> - Use knives, saws axes and hatchets independently. - Can teach 5 rules of sharp safety
First Aid & Emergency Preparedness	<ul style="list-style-type: none"> - Can recognize an emergency & find an adult for help. - Understands 911 - Can tend to scrapes with band aid 	<ul style="list-style-type: none"> - Can recognize an emergency & find an adult for help. - Can assist with basic care using a first aid kit. 	<ul style="list-style-type: none"> - Knows contents of a first aid kit. - Awareness of splints, sprains & burn care. 	<ul style="list-style-type: none"> - Is able to prepare first aid kit - Can attend to sprains cuts and burns with supervision. 	<ul style="list-style-type: none"> - Proficiency in administering first aid until medical care arrives. - Can stabilize fractures. - Can perform CPR.