

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 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 by emailing our shops:

BUFFALO: shop.buffalo@gswny.org,
JAMESTOWN: shop.jamestown@gswny.org,
LOCKPORT: shop.lockport@gswny.org
ROCHESTER: shop.rochester@gswny.org

Virtually Outdoors: Virtual Outdoor Program Series

All of these events are hosted over Zoom and will always be 6:30-7:30pm.

The below skills sessions include a Zoom meeting with an experienced GSWNY Outdoor Team Member, a package in the mail with everything you will need to participate, and a fun patch. All below programs cost \$10 per person.

Animal Tracks:

Daisies, Brownies, & Juniors

Tuesday, February 16

OR Wednesday, March 24

Fire Building:

Daisies, Brownies, & Juniors

Wednesday, January 27

OR Wednesday, April 28

Hiking & Leave No Trace:

All Ages

Wednesday, January 13

OR Wednesday, March 10

Knot Tying 101: All Ages

Tuesday, January 5

OR Wednesday, February 24

Leading Campfire Songs:

Cadettes, Seniors, & Ambassadors

Tuesday, January 19

OR Tuesday, April 20

Orienteering:

Juniors, Cadettes, Seniors, & Ambassadors

Wednesday, February 10

OR Tuesday, April 6

Outdoor Cooking:

Juniors, Cadettes, Seniors, & Ambassadors

Tuesday, February 2

OR Wednesday, April 14

Senior/Ambassador/Adult Trip Planning Series

\$15 per person

With this three-part series, we will cover everything you need to know to plan, prepare, and pack for your next backpacking or canoeing trip, and even provide you with some helpful tips and tricks for added comfort in the woods without breaking the bank.

Participants will receive an invitation to join 3 instructional Zoom meetings (March 2, 16, and 30, all from 6:30-7:30pm) and a package in the mail with everything they will need to participate.

Seniors and Ambassadors will earn components of the Trail Adventure Badge. Adults will earn Level 1 Troop Camping.

Register for any of these programs today at gswny.org by clicking eBiz!

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



WNY Winter Hiking Challenge

WNY Winter Hiking Challenge: We're partnering with Outside Chronicles again to offer the extraordinary WNY Winter Hiking Challenge to GS families at a discounted rate of \$15!

<https://outsidechronicles.com/winter>



WNY Hiking Challenge

We have also been granted an extension for the 2020 WNY Hiking Challenge for any Girl Scouts who have already registered or would like to register for that challenge and continue working on it through the summer of 2021. (Note, you would receive the 2020 patch upon completion of the 2020 challenge.)

www.outsidechronicles.com/registration

www.outsidechronicles.com/challengepayment

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. 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?

► **ADULT REFLECTION:** As an adult, how does hiking impact your life? What goals do you set for yourself before any hike or at the beginning of a hiking season? When you are hiking, what are the things you focus on? (Nature around you, thoughts of work or home, challenges you want to overcome, etc.) How will you share your love of hiking with Girl Scouts and others?

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, shop.jamestown@gswny.org, shop.lockport@gswny.org or shop.rochester@gswny.org and the shop staff will make arrangements for payment and pick-up.

Questions about Girl Scouts, outdoor programming, summer camp, or more? Check out www.gswny.org or contact our friendly Customer Care Team at 1-888-837-6410 or customer care@gswny.org.