



# Adventure Camper

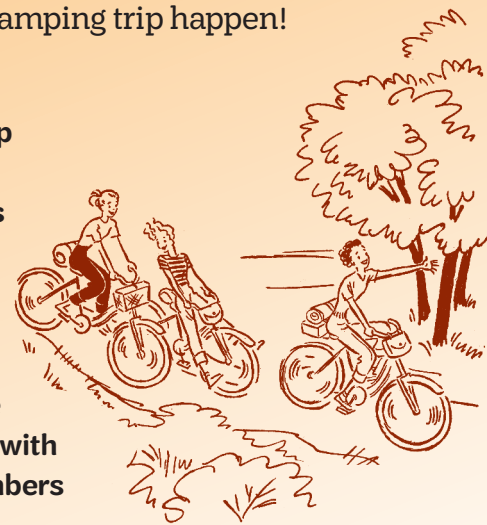
**W**hen you plan an adventure, like kayaking, mountain biking or rock climbing, you can combine it with overnight camping to make the most of your outdoor experience. Adventure camping requires minimal equipment and gear because you'll be active during the day and possibly moving campsites. Some adventure campers bring nothing but a sleeping bag, lightweight stove, some food, and a backpack. Whatever spells adventure for you, start by listing the things you want to do—then make your camping trip happen!

## Steps

1. Plan your adventure camping trip
2. Gather your camping gear
3. Plan and prepare your trip meals
4. Use a camping skill on your trip
5. Go adventure camping

## Purpose

When I've earned this badge, I'll have planned and gone on a camping trip with a group of Girl Scouts or family members that includes adventure activities.



*"I have lots of heroes: anyone and everyone who does whatever they can to leave the natural world better than they found it."*

—Sylvia Earle





## Ready? Before You Start This Badge . . .

### Choose your trip.

Research adventure trips and decide which one you'll do. Check out trips offered by your Girl Scout council or local outdoor groups. Then research where you can camp out while you're doing your adventure activities. If you're kayaking or mountain biking to new locations, you may have to find more than one place to camp.

### Make a plan.

Once you decide on your trip, take the steps to make it happen.

- ⚙️ **Come up with a budget** and figure out how to pay for your trip. What kind of money earning will you need to do? You and your troop or group may want to use your Girl Scout Cookie earnings.
- ⚙️ **Find out what special gear or equipment** you need for camping, such as fire-starting tools. Look into renting or borrowing gear.
- ⚙️ **Research your destination:** Will you be camping in the wilderness or in a designated campsite? How will you get there? Is the area prone to flash floods? What is the terrain? What types of wildlife are in the area, and will you need to keep an eye out for any nesting birds or animals at the time of your trip?
- ⚙️ **See what's available at your campsite or backcountry area**, and find out what's permitted. What campsite bathroom facilities are available? Are campfires allowed? Where is a water source nearby?

## STEP

# 1 Plan your adventure camping trip

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

Once you've figured out all the things in the "Before You Start This Badge" box, you and your group will talk to an adventure camping expert. Here are some questions you might ask.

- ☀ What type of permits, if any, will we need for our trip?
- ☀ What's the best way to find campsites for our adventure trip?
- ☀ What things are most essential for adventure camping that will keep the load light and allow us to move locations?
- ☀ What's the best way to purify water?
- ☀ Have you experienced any kind of emergencies on adventure camping trips? How did you handle them?
- ☀ What do you think of our budget? Is there anything we missed?
- ☀ What do you think of our gear list? Is there anything we missed?

## CHOICES—DO ONE:

- ☐ **Interview an adventure camping expert.** Before you go, get the scoop from someone who has experience with adventure camping. She or he could be a Girl Scout volunteer, older Girl Scout, teacher, or adult friend of the family. Find out what kind of adventure trip they took and where they camped out. Did they have to move campsites? Did they build fires or cook on a portable stove? What was the easiest and hardest part about adventure camping?

OR

- ☐ **Visit a sporting-goods store.** Talk to an outdoor retail expert about the gear they recommend for adventure camping. Find out about easy-to-carry gear for your clothing, eating, and sleeping needs. Are there cool new gadgets to check out, like a GPS watch, portable solar shower, or multi-purpose pocket tool? Remember, this is a research mission! You don't have to buy anything new; just get information.

OR

- ☐ **Talk to a park ranger or camp administrator.** Once you have your camping plan in place, contact a ranger, camp administrator or staff member in the area where you plan to camp. For example, you might go camping in the backcountry while you are mountain biking, or by a lake where you are canoeing. Get answers to your questions about resources in the area—from bathroom facilities to whether or not campfires are allowed.

## Leave No Trace

Learn and be prepared to use the Leave No Trace Principles to help protect the environment on your adventure trip:

☀ **Plan ahead** so you leave nothing behind. Get to know the area you'll visit. Repackage and store food in reusable containers.

☀ **Travel and camp on durable surfaces.** Walk only on existing trails and camp on surfaces that are already impacted or are durable enough to withstand repeated trampling.

☀ **Dispose of waste properly:** Carry out what you carry in—never dump anything on a campsite or into a water source. Bury solid human waste at least 200 feet from water, trails and camp—and at least 6–8 inches deep.

☀ **Leave nature as you find it—**don't collect or take anything from the outdoors.

☀ **Minimize campfire impacts:** Instead of using firewood and building campfires, pack a lightweight cooking stove and lantern.

☀ **Respect wildlife** by checking them out at a distance. Never approach, feed, or follow them.

☀ **Be considerate of other visitors.** Remember you're not alone in the wilderness. Keep your voices down and let nature be the loudest sounds you hear.

Want to become an expert? Complete a Leave No Trace trainer course at [www.lnt.org](http://www.lnt.org), and spread the word by sharing what you've learned with younger Girl Scouts!



# Adventure Camping Safety

⚙️ **Make sure you have a first aid kit, emergency plan, and list of emergency contact numbers.**

⚙️ **Investigate your camping area.** Look for signs of flash flooding, ant mounds, animal tracks, and dead or dying trees.

⚙️ **Know where to go for help.** Find out about park administrators or rangers who can help in an emergency. Be sure to check in with park staff or campground hosts before you go on your trip, so people know where you'll be in case of an emergency.

⚙️ **Don't assume you'll have cell service.** If you're far out in the wilderness, cell service may be unreliable. Look into cell service in the area where you'll be camping. (Some cell providers may have better service than others.) If service is spotty, make sure you can easily get to a place to make a call. Have emergency contact numbers with you at all times. Think about how you will charge your battery.

⚙️ **Take a wilderness first aid course.** Before you go, learn how to treat frostbite, hypothermia, dehydration, insect bites and heat stroke.



## Senior Adventurer Badge

Check out the **Senior Adventurer** badge, where you'll go on a multiday high-adventure challenge: rock climbing, spelunking, ice caving, skiing, canoeing, kayaking, biking, rafting—or a combination! You'll learn different skills with the **Adventurer** badge and **Adventure Camper** badge, so make it a point to earn both.

## National Parks Adventures

National Parks contain a treasure trove of places to camp out and go on adventures. The park service's main site ([nps.gov](https://www.nps.gov)) will lead you to places to start looking. There are trip suggestions for each region and information about permits, park use, and cost. For more inspiration, catch the awe-inspiring IMAX 3-D documentary "National Parks Adventure."



Photos, clockwise from top: Delicate Arch, Arches National Park, Utah; Everglades National Park, Florida; Crater Lake National Park, Oregon.

## STEP 2 Gather your camping gear

When you did your planning, you talked to someone and figured out what gear you need for your trip. Make your list and start collecting your items. (See the box on this page for some essentials.) Then do one of these things:

### CHOICES—DO ONE:

#### ☐ Exercise to build stamina and try

**out your gear.** Make sure you're in shape to walk some distance with your gear. Practice carrying your backpack with its full load for 15 minutes a day and build up to an hour. When you do, wear the same clothing—rain gear, long pants, wool socks—you will pack for your trip. Don't forget to break in your hiking shoes, especially if they're new!

OR

#### ☐ Compare-share-repair with your

**camp mates or troop.** Get together with your camping buddies to compare packing lists, see what's missing and what can be shared, and clean or repair any items. Make sure to test (and repair if needed) the water purifier, lanterns, headlamps, stove, and any other gear.

OR

#### ☐ Plan gear for a side trip.

If you're kayaking and want to take an afternoon hike, or on a biking trip and decide to do some rock climbing, what additional equipment will you need? Will you need a lightweight backpack to hold your water, snacks, and rock climbing gear? Add any additional items to your packing lists.



## Packing Essentials

No matter what type of camping you do, you'll want to bring these items along. Talk to your family before you go, to make sure you're not missing anything!

- ✓ Water in a reusable bottle, water purification gear
- ✓ Flashlight with extra batteries
- ✓ Long-sleeved jacket
- ✓ Poncho or raincoat
- ✓ Sun protection: hat with a brim, sunscreen, lip balm, and sunglasses
- ✓ First aid kit
- ✓ Any medications you may need (inhaler, EpiPen)
- ✓ Pocket knife (be sure to practice your knife skills before your trip)
- ✓ Emergency food (such as trail mix or granola bars)
- ✓ Trowel, plastic bags that zip, and toilet paper (to make a portable toilet, if needed)
- ✓ Whistle
- ✓ Appropriate shoes
- ✓ Matches in a waterproof container
- ✓ Bug spray
- ✓ Map of area and compass



## Food Safety, Storage, and Cleaning

**Reduce weight and waste** by leaving as much packaging at home as possible. You may want to repackage some foods into sealed plastic bags. If possible, try to group foods together by meal and day of trip. You can also print or write out cooking instructions to keep with your meals.

**Protect food (and anything else with a smell, like toiletries) from animals.** Unless you are carrying food for a hike, never keep any food in your backpack, tent, duffel bags, or elsewhere near your sleeping area. If you're staying at a campsite, store food in a designated rodent-proof area. If this is not available, check to see if food should be hung in trees or stored in a vehicle.

**Use three buckets or deep pans for dishwashing.** The first is for hot, soapy water; the second holds clean water for rinsing; the third is either for boiling water or cool water with a health department-approved sanitizing solution. Sanitize dishes by placing them in a net bag and immersing in boiling water for one minute, or according to the directions of the sanitizing solution. Hang the net bags to air dry.

Dirty dishwater should be filtered to remove food particles once the water has cooled. If you're staying at a campsite, follow their rules for disposal of your dishwater, or practice the Leave No Trace method of scattering strained dishwater instead of pouring it into the ground.

## STEP 3 Plan and prepare your trip meals

**Plan what you will eat and drink on your trip by considering your nutritional needs, any food allergies in your group, the weight and bulk of the food, and your budget. Then check your kitchen to see what you already have before shopping for the supplies you need. Find out if you will need to carry water or if the camping area has a water source. On your trip, try one of these things:**

### CHOICES—DO ONE:

☐ **Make a meal using a stove designed for backpacking.** You have some choices for ways to heat your food, whether it's in a pot or pan, wrapped in foil, or on a stick. A canister stove is small, lightweight, and quick to light. A wood-burning stove burns twigs in a canister-like contraption. A table stove is light and compact; some fold to fit in your pocket. Make a hearty meal on your stove, like pasta and spaghetti sauce.

OR

☐ **Prepare your adventure day-trip menu.** Plan and prepare your snacks, water, and food for your adventures. Whether you're kayaking on water, hiking a trail, or exploring caves, what will you pack for food?

OR

☐ **Make a buddy burner and vagabond stove and cook something on it.** This stove is made from tin cans, wax, and cardboard. Research different methods for how to make one and get it ready before you go. On your trip, use it to warm up stew or heat tea.













## STEP

# 4 Use a camping skill on your trip

In Girl Scouting, you learn classic camping skills to use for a lifetime, like how to build a fire, wield a pocketknife, read maps, and tie knots. The best way to get better at anything is to practice, so take your camping skills on the road and do one of these things.

### CHOICES—DO ONE:

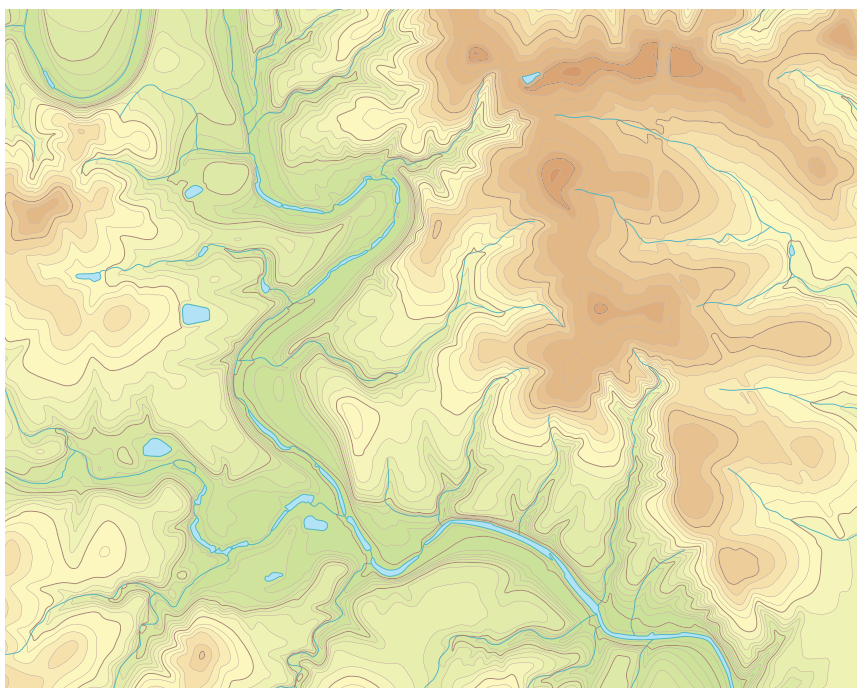
- ☐ **Use three essential knots around camp.** Find a way to use three different knots around camp. You might use knots to secure your tent anchors, put up a dunk line, or tie ropes together for a clothesline. Then take a photo to document your handiwork!

OR

- ☐ **Become a weather expert for your trip.** You can't control the weather, but you can be informed about it. Study the forecasts from the National Weather Service and chart a weather map that shows where you will be and what temperatures are expected. Learn about all the weather patterns in your area. What will you need for hot or cold camping conditions? Brush up on safety procedures for a flash flood, rain, lightning strike, high winds, wildfires, earthquakes and tornadoes.

OR

- ☐ **Hike a route using a topographical map and a compass.** A topographical map shows terrains, elevation, trees, vegetation and much more. Chart out a hike on a topographical map of a trail in your camp area and use a compass to navigate your route.



## CAMPING KNOTS



SQUARE KNOT



CLOVE HITCH



BOWLINE



## STEP

# 5 Go adventure camping

**Start by setting up your camp in three separate areas: one for sleeping, one for washing, and one for cooking. If you are not at a campsite with a bathroom, find secluded spots for a backcountry bathroom at least 200 feet from the trail or water source.**

### CHOICES—DO ONE:

- ☐ **Keep a journal of your trip.** You are not just camping, you are on an adventure! Make sure to document all you can with video, photos, or by writing in a journal. It can be something private or something you share.

OR

- ☐ **Teach Leave No Trace at camp.** Before you go camping, complete the “Online Awareness Course” on the Leave No Trace website, [www.lnt.org](http://www.lnt.org). While at camp, educate your adventure camp mates about the Leave No Trace Seven Principles. For example, when kayaking or canoeing, land or store your boat only on a shoreline with sand, gravel, or rocky beaches.

OR

- ☐ **Explore a native feature near your campsite and write a poem, song or story about it.** Identify a spot that your area is known for and explore it—it might be an odd-shaped rock formation, a very old tree, an abandoned camp lodge or a waterfall. Ask a camp ranger for ideas or find something yourself and write about it. You could describe how it looks or how it makes you feel—or make up a fictional story about something that could have happened there.

## Camp Fun

Have a friendly contest to see who can be the first to tie a dunk line, put up their tent, or purify a gallon of water.

Hold a storyteller circle with campers telling a scary, happy, or funny story. Or have each girl in the circle add to a story one sentence at a time.









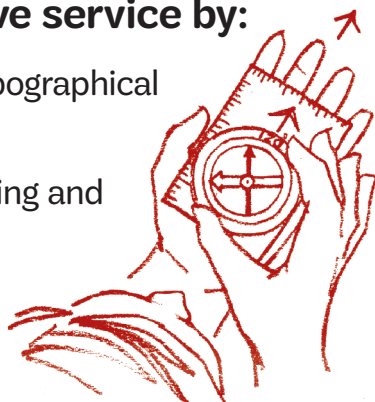
## Going on a Journey?

### Do some badge work along the way.

Part of the *MISSION: SISTERHOOD!* Journey is learning how to be a great friend to yourself by being healthy in mind and body. Practice these skills on your adventure camping trip by nourishing yourself with healthy food, respecting your body, and keeping your “self talk” as positive as you can.

### Now that I’ve earned this badge, I can give service by:

- Teaching my family members how to use a topographical map and a compass
- Organizing a drive to collect gently used camping and hiking gear for a youth organization
- Showing younger Girl Scouts how to make a buddy burner and vagabond stove



*I’m inspired to:*

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