



**Junior**

# Snow **OR** Climbing Adventure



**T**his adventure is your choice! You might like the thrill of skiing or snowboarding down a slope. Or you might prefer the excitement of climbing a tree with ropes and a harness. Whichever choice you make, let the adventure begin!

## Steps

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

## Purpose

When I've earned this badge, I will have learned the skills—and experienced—downhill skiing, snowboarding, or recreational tree climbing.



**OR** 

**Act out what you will do.** Play a game of charades with friends or family members. Without speaking, have them guess your moves as you act out different things you would do on your adventure. For skiing or snowboarding, glide down a hill, make turns, and catch air. For tree climbing, climb high and look down, pull yourself from imaginary branch to branch, use your harness and ropes. When you're done, talk to your friends or family about which of the two adventures you think you'd enjoy more and why.







## Slope Sliding Trail Ratings:

- **Green circle:**  
Easiest
- **Blue square:**  
Intermediate
- ◆ **Black diamond:**  
Advanced; not recommended for this badge
- ◆◆ **Double-black diamond:** Expert only; not for this badge







# Training Tips

- ▶ Get a good night's sleep before your adventure.
- ▶ Eat a good meal before you go.
- ▶ Be active. Skiing and climbing are full body workouts! For the month before your adventure, do something active for 30–60 minutes at least three days a week. Run, walk, bike, swim, play soccer, jump rope, or dance. You can even play games like tag or capture the flag. Anything that gets you moving!
- ▶ Before you ski or climb, do some jumping jacks, jogging in place, and arm circles to help warm up your muscles.
- ▶ After any strenuous exercise, be sure to stretch out all the muscles in your body.
- ▶ Pick a positive saying for your outdoor adventure. It could be something like “I can do it,” “I’ve got this,” or “I am strong.” Repeat it out loud or silently to yourself as you train and on your adventure. It will help you focus if things get difficult.
- ▶ For tree climbing: Know the knots and hitches used, and practice them.

## Knots and Hitches for Tree Climbing



clove hitch



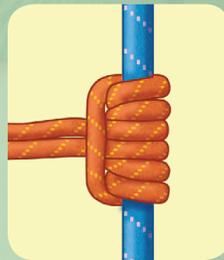
anchor hitch



overhand knot



Blake's hitch



Prusik knot



## **SKILLS PRACTICE for Recreational Tree Climbing**

- ▶ Learn how to properly fit your harness and helmet.
- ▶ Learn and use safety commands. Find out which ones are required by the instructor (or venue) you're using.
- ▶ Complete a test climb. Connect your harness to the tree climbing system, climb up a few feet, let go of the ropes, feel how the system catches you, and then lower yourself to the ground. This way you'll know what it feels like if you let go of the ropes while climbing.



*“I think the best part of outdoor adventures is the friendships you form while outside. There’s something different about those relationships. They become really special.”*

—Hadley Hammer,  
professional  
big mountain skier

## STEP 5 Go on your outdoor adventure

**Make it a lifetime memory—add fun games to your adventure, take action photos or videos, or keep a goal journal.**

### BEFORE YOU BEGIN YOUR ADVENTURE, REVIEW THIS:

- ▶ **Safety:** Always be with a buddy when you’re outdoors. Leave behind with an adult:
  - ▷ Emergency contact names and numbers of everyone going on the adventure
  - ▷ Where you are going, including trail names
  - ▷ How to reach you in case of an emergency and what time to expect you to return.
- ▶ **Plan:** For skiing/snowboarding, know the plan for what you will do at the ski resort. Know what chairlifts and trails you can use, what group you will be with, and the time and place you will check-in with your group.
- ▶ **Permission.** Get permission slips beforehand, if needed, from your Girl Scout council, parent, or guardian.
- ▶ **Gear check:** Make sure you have all the gear from Step 3, including snacks and water in reusable containers and a first-aid kit.
- ▶ **Weather:** Always check the weather before leaving.
- ▶ **Practice your skills:** Read through your “Skills Practice” list. When you arrive at your adventure spot, do what’s on this list before you take off on your adventure.

### CHOICES—DO ONE:

- Shoot an action video.** Before you go, practice on a smartphone or video camera. On the day of your adventure, take videos of you and your group. Tell the story of your adventure with your video.





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

- Teaching a younger girl how to train for an outdoor adventure
- Showing a friend how to practice visualization, meditation, or positive self-talk
- Planning an outdoor adventure for my family to go on together

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## *I'm inspired to:*

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