



Brownie Snow **OR** Climbing Adventure



Would you rather ski along trails on a cross-country winter adventure, or learn climbing skills on an artificial wall, indoors or outdoors? In this badge, you get to choose. Set goals for yourself to see what you're made of!

Steps

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Train for your adventure
5. Go on your outdoor adventure

Purpose

When I've earned this badge, I will have planned and learned the skills for cross-country skiing or rock climbing on a climbing wall.



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

STEP 1 Choose your outdoor adventure

What kind of adventure are you craving? Do you want to glide on cross-country skis along a snowy trail? Or do you prefer the thrill of rock climbing? Get started by exploring both of your options.


ADVENTURE OPTIONS

- ▶ **Cross-Country Skiing:** You will learn the skills you need for cross-country skiing, and, then, go skiing on a trail.
- ▶ **Rock Climbing:** You will learn and practice rock-climbing skills on an artificial climbing wall. The wall can be indoors or outdoors.

CHOICES—DO ONE:

- Watch or read something about cross-country skiing and rock climbing.** Go online with an adult to find a book, article, or video about cross-country skiing and climbing. It could be a story about a girl who traveled a great distance on cross-country skis, or a video about a rock climber. When you're finished, think about what you watched or read. Which one are you more excited to try?

OR

-  **Create a mood board.** On a poster board, draw pictures and write words about cross-country skiing and rock climbing. If you have old magazines, you can cut and paste pictures on your board too. When you're done, talk to your friends or family about which of the two adventures you think you'd enjoy more and why.

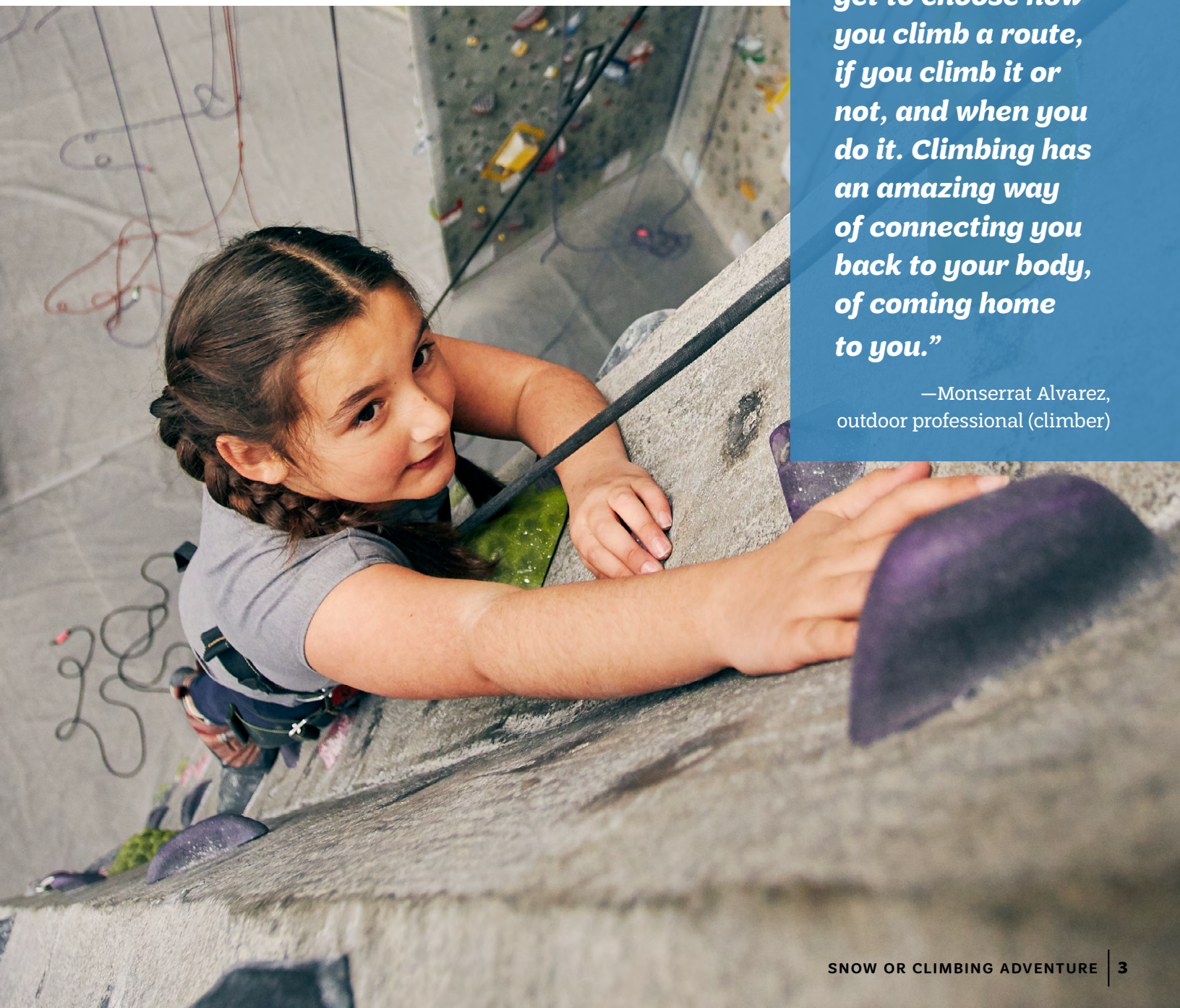
OR

☐ **Act out what you will do.** Play the game Freeze to act out the two activities. Tell a friend or adult that you will act out something and have them call “freeze” after 15 seconds. First, pretend you are skiing. Do things like shuffle, glide, and kick yourself forward on imaginary snow. Then freeze when it’s called out. When they say “unfreeze,” you change up the scene. Pretend to put on a harness and begin climbing on a climbing wall. Play the game again by doing different skiing and climbing moves. Which one was more fun to act out?



“Climbing is an act of freedom. You get to choose how you climb a route, if you climb it or not, and when you do it. Climbing has an amazing way of connecting you back to your body, of coming home to you.”

—Monserrat Alvarez,
outdoor professional (climber)





STEP 2 Plan and prepare

You decided on a cross-country ski or rock climbing adventure. Now you have some planning to do!


BEFORE YOU GO:

- ▶ **Pick a place.** Where will you go cross-country skiing or rock climbing? How will you get there?
- ▶ **Pick a day and time.** Find a day that will work for your adventure. How much time will you need?
- ▶ **Come up with a budget.** Make a list of all the things that will cost money on your adventure. What will you need for food, travel, and gear? You and your troop or group may want to use Girl Scout Cookie™ earnings, especially if you'll need to travel far for your adventure.

CHOICES—DO ONE:

- Know the language for your adventure.** Take out books from the library or go online with an adult to find out what these basic terms for your adventure mean. And add more to the list! **For cross-country skiing:** basic stride, herringbone, sidestepping, and wedge. **For rock climbing:** belayer, carabiner, crux, figure eight knot, harness, and top-rope climbing.

OR

-  **Practice team communication.** Whether you are cross-country skiing or climbing, you will need to communicate with other people. Send your friends messages without talking or writing! Use gestures, facial expressions, or sign language. Come up with a code for things you agree on, like thumbs up means you're OK.

OR 

- ☐ **Talk to an expert cross-country skier or rock climber.** Find out what they do to prepare for a trip.

STEP 3 Gather your gear

Part of being prepared is making sure you have the right gear for your adventure.

BEFORE YOU BEGIN: GEAR YOU MIGHT NEED

- ▶ **For rock climbing:** Climbing rope, harness, helmet, chalk (for your hands) and chalk bag, climbing shoes, belay device, carabiner*
- ▶ **For cross-country skiing:** Skis, ski boots, ski poles, backpack for gear, insulated sitting pad (optional), hand/foot warmer packets (optional)*

CHOICES—DO ONE:

- ☐ **Visit an outdoor adventure retailer.** Ask someone who works there about your checklist. Find out how and why each item is used. Make sure to ask what else should be on the list. For example, what type of shoes are best for rock climbing? If you're cross-country skiing, do you need ski goggles or sunglasses?

OR

- ☐ **Talk to an expert cross-country skier or rock climber about gear.** Write down your questions in advance. Find out what the must-have gear is for your adventure. How much water and what types of snacks should you pack? What other questions can you ask?

OR

- ☐ **Compare and share.** Bring the gear you think you'll need to a troop meeting to share and compare. Do you know an adult with experience in your outdoor adventure who could help guide your meeting?

**An adult instructor might provide these items for you, but you still need to learn all about them in this step.*



Checklist for Outdoor Adventures

Use this list to help make a checklist of things you might need for your outdoor adventure. And add things too!

- ▶ Proper clothing and footwear
- ▶ Sun protection
- ▶ Water
- ▶ Food
- ▶ First-aid kit
- ▶ Form of shelter
- ▶ Light source
- ▶ Repair kit



Yoga Poses



Cobra pose:

Lie on your stomach. Place your hands flat next to your shoulders, and, then, lift your head and shoulders off the ground.

Cat pose:

Get down on your hands and knees in an all-fours position, round your back, and tuck your chin into your chest. Pretend you're a cat!



Tree pose:

Stand up straight on one leg. Bend the other leg and place the bottom of your foot on the inside of your thigh or calf. Hold the pose as long as you can.



Downward dog pose:

Start on your hands and knees. Make sure your palms are flat and your arms straight. Then slowly straighten your knees and lift your hips. Relax your head between your arms. Then, lower your knees back down to the floor.

STEP

TO COMPLETE THIS STEP, MAKE SURE YOU:

- ### CHOICES—DO ONE:

- OR** 

- OR**

- ## Parts of Your Cross-Country Ski

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Training Tips

- Get a good night's sleep before your adventure.
- Eat a healthy meal before you go.
- 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, jump rope, or dance. You can even get exercise by playing tag. Just move!
- Before you ski or climb, warm up your muscles with some light exercises. You might try jumping jacks, jogging in place, arm circles, and raising your knees up high.
- Pick a positive saying. It could be something like “I can do it,” “I’ve got this,” or “I am strong.” Repeat this out loud or silently to yourself as you are training and on your adventure.
- If you’re going climbing, start practicing! You can do this at a playground on ladders, domes, cargo nets, and rock walls:
- Keep your arms straight when possible (hang like a monkey).
- Look for foot holds directly under you.
- Take small steps.
- Focus on foot placement before your hand placement.
- Keep your body relaxed.
- After you ski or climb, be sure to stretch out all the muscles in your body.

GAMES TO PLAY

For Rock Climbing

Octopus. Climb up the wall to a spot where you are comfortable. Then, shout out “Octopus!” letting a friend on the ground know to watch you. While keeping your hands and one foot where they are, move your other foot around to see how many holds you can touch. Your partner can count out loud as you go. Can you reach farther than you thought?



For Cross-Country Skiing

Red Light, Green Light.

Take turns being the traffic police for your friends on skis. Say “green light” and have them ski toward you. Then, say “red light” for them to stop. Give them to the count of three to stop before having them go back to the start line. This is a great way to practice moving on your skis!



STEP 5 Go on your outdoor adventure

More Games to Play for Rock Climbing

Colors: While you are climbing, have a friend call out the color of the holds you can use while you climb. Then, switch and do the same for your friend.

for Cross-Country Skiing

Mark your path. Use cones or other objects to create a path to practice your turns and change direction. Look for spots along your path to try certain skills like falling down and getting up, skiing uphill with the herringbone technique, and turning at the bottom of a hill.

Make your adventure a lifetime memory—add fun games, take photos, or keep a journal!

BEFORE YOU BEGIN YOUR ADVENTURE, REMEMBER:

- ▶ **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
 - ▷ What time you're expected to return
- ▶ **Permission:** Get permission slips, if needed, from your Girl Scout council, parent, or guardian.
- ▶ **Gear check:** Make sure you have all the gear from Step 3 with you, including snacks and water in reusable containers and a first-aid kit.
- ▶ **Weather:** Always check the weather before leaving.
- ▶ **Practice your skills:** Read through the "Skills Practice" lists. When you arrive at your adventure spot, do what's on this list before you take off on your adventure.



CHOICES—DO ONE:

☐ Find out how to shoot an action video. Before you go, practice with 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.

OR

☐ Play games while practicing your skills. (See “Games to Play.”) Games are a great way to practice your skills and have fun at the same time!

OR

☐ Keep an adventure journal. Capture your thoughts about the adventure. What do you want to remember? What do you want to improve next time? How did you feel using ski poles or wearing climbing shoes? Did they help? What did you like most—and least—about cross-country skiing or rock climbing? You can write notes in a journal or record your experiences on a smartphone voice recorder.

For More FUN: With an adult’s help, look for a journal or goals app.

Skills Practice
for Rock Climbing

- Learn how to properly fit your harness and helmet.
- Learn and use climbing commands. Find out which ones are used where you’ll be climbing.
- Complete a test climb: Go on belay, climb up the wall a few feet, let go of the climbing holds, and be lowered to the ground. This way you’ll know what it feels like if you let go of the holds while climbing.
- Practice your climbing form as you climb up the wall.

for Cross-Country Skiing

- On flat ground, put on ski boots, attach them to skis, and go for a walk. Practice turning and getting up from the ground.
- Practice using your skis to move in a forward motion. Climb up and come down a small hill and be able to slow down and stop.


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

- Teaching a friend how to do some yoga poses
- Showing my family how to train for a skiing or climbing adventure
- Teaching a younger girl how to play an adventure game

I'm inspired to:

This outdoor high adventure opportunity is brought to you by The North Face®.

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