



Brownie Trail Adventure



Badge Overview

Through earning this badge, Brownies will learn how to go on an outdoor trail run or go on 3 different types of hikes.

Badge Components

1. Choose your adventure

Will it be outdoor trail running or will you experience 3 different kinds of hikes?

- If you choose trail running, you will be working to quicken your pace or walk less during your run?
- If you choose to roam for 3 types of hikes you can enjoy nature in a multitude of ways like a hike in the rain, urban hike through the town, a night hike looking for stars, or a photo hike where you take pictures as you go.

2. Plan and prepare

Now that you know which trail adventure you are going on, its time to get ready

- Think about what you will need for your adventure.
- What things should you always take hiking with you?
- Where will you go on your adventure?
- Will you need a budget to plan for any costs?

3. Grab your gear

Create a hiking pack with your necessities, remember to be prepared for weather, thirst, hunger, and an accidental scrape or cut. You will be the one carrying your pack so make sure you don't add in anything that is not necessary.

- Here's a [link](#) to recommended essentials for hiking.
- Here's a [link](#) to the Leave No Trace Principles

4. Train for your adventure

Before going on your adventure, you should always stretch and warm-up.

- Try out this [video](#) to get ready.
- Another part of training for a hiking adventure is practicing first aid. Ask your guardian to help you learn basic first aid like disinfecting a cut and applying a bandaid or wrapping a sore muscle with a bandage.

5. Go on your trail adventure

Time to head out for 3 trail runs in your community or 3 different types of hikes. Choose your hike types from the list above in Step 1, or visit one of these sites for more ideas:

- [7 kid-friendly games to play on trail walks and nature hike](#)
- [Fun hiking games for kids](#)

Materials

- Something to write with
- Something to write on
- Access to internet
- First Aid kit supplies
- Hiking gear

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

Click here for more information on how Girl Scout Badge-work supports Florida's educational standards.



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Include her name, troop# and the name of the badge she's working on and we'll feature her.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at <https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL> and we'll ship it for free.

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