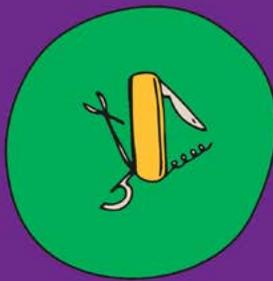
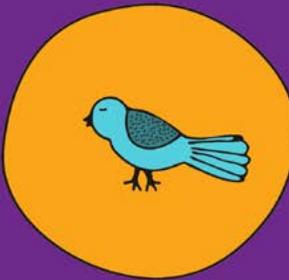
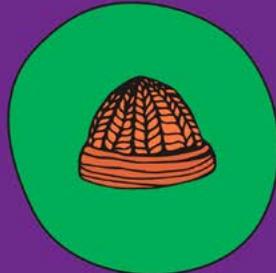
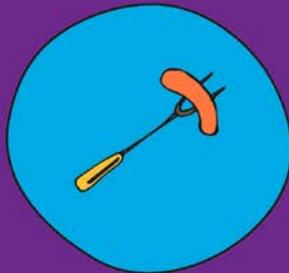


# Get Up and Go Outside!

Outdoor Adventures for Brownies and Juniors  
Girl Scouts San Diego





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## Easy as ...

1. Choose a nearby outdoor space
2. Collect permission slips and health histories
3. Pack your packs and go!

## Courage, confidence and character

Girls love spending time outdoors, exploring new places, and making memories. This guide will walk you through the steps to plan, prepare and have a fun experience in the outdoors. Invite your girls to get up and go outside!

Get outdoors and experience the five Girl Scout outcomes. When girls participate in Girl Scouts, they benefit in five important ways.

**Strong sense of self:** Girls have confidence in themselves and their abilities, and form positive identities.

**Positive values:** Girls act ethically, honestly and responsibly, and show concern for others.

**Challenge seeking:** Girls take appropriate risks, try things even if they might fail, and learn from mistakes.

**Healthy relationships:** Girls develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.

**Community problem solving:** Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create “action plans” to solve them.

## Outdoor adventure training and progression

You don't need special training or experience to take a walk, but the more you learn, the more you can do! Talk with other leaders who have taken their troops hiking. Reach out to your local naturalists or park rangers about leading your troop on hikes.

Increase your outdoor skills and knowledge by progressing to the one-day Wilderness Hiking Course. These skills will transfer into confidence, and a sense of safety, to share with your girls.

It's a good idea to hike all or part of the trail before taking the girls, as a “dress rehearsal.” Note any trail hazards, and find points of interest to share later with your girls. Running water and flat granite to play on are always a hit.

Girl Scouts San Diego offers two outdoor training series:

### Camping progression (for volunteers)

				
<b>1. Basic Overnights</b>	<b>2. Let's Camp</b>	<b>3. Let's Have a Campfire</b>	<b>4. Let's Cook Out</b>	<b>5. Let's Tent</b>

## Backpacking progression (for girls and volunteers)

1. Wilderness Hiking (grade 6 and up)
2. Basic Backpacking (grade 7 and up)
3. Advanced Backpacking (grade 8 and up)



## Leave No Trace

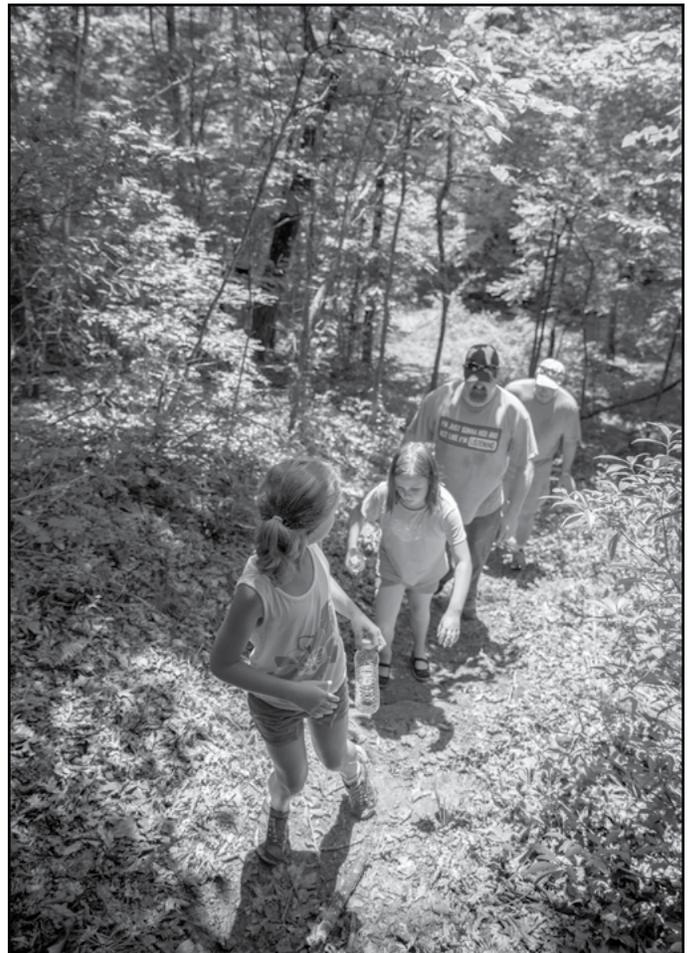
The seven Leave No Trace principles guide us in preserving and protecting our outdoor spaces. Your girls will be proud to know that their care of and respect for nature makes the world a better place. Listed below are girl-friendly, easy-to-remember phrases, and, following in parentheses, the official Leave No Trace principles.

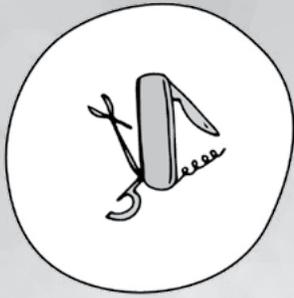
Please help your girls learn and remember:

1. Know before you go. (Plan ahead and prepare.)
2. Stay on the trail. (Travel and camp on durable surfaces.)
3. Take out your trash (and T.P.)  
(Dispose of waste properly.)
4. Take only pictures. (Leave what you find.)
5. Be careful with fire.  
(Minimize campfire impacts.)
6. Don't disturb animals. (Respect wildlife.)
7. Be friendly to others on the trail.  
(Be considerate of other visitors.)

## Hiking hints

- Hike short distances at first.
- Use a steady, rhythmic pace.
- Shorten steps going up an incline.
- Carry only what you can put in your pockets or backpack.
- When hiking single file, keep three to five feet apart to avoid falling rocks and whipping branches.
- One leader walks at the front of the line and one at the end of the line.
- Provide rest periods.
- Girls with a slower pace should walk in front of the other girls to keep the pace accessible.
- Take a first-aid kit and take care of first-aid needs immediately.
- Plan a definite purpose for each hike.
- Leave the natural area just as you found it, so no one will be able to tell you were there.





## The 10 Essentials

In the 1930s, the Mountaineers — a Seattle based hiking, climbing and conservation organization — came up with a list of 10 essential items no climber or hiker should be without. Experience rescuing others taught them that if hikers would just carry these essentials, they would be able to survive backcountry emergencies until help arrived.

Every hiker should carry these 10 Essentials at all times. They're what you need ....

### To find your way

1. Flashlight (with spare batteries and spare bulb, if applicable)
2. Topographical map (along with the ability to interpret the map)
3. Compass (and the knowledge to use it)

### In an emergency

4. Pocket knife
5. First-aid kit
6. Waterproof matches
7. Firestarter

### For your protection

8. Sun protection (hat, sunglasses, sunscreen and lip block)
9. Cold protection (extra clothing as the weather demands: sweatshirt, jacket, gloves, beanie, poncho)
10. Extra food and water (at least 2 quarts water, and an emergency stash of food)

### The “+2 Extra Essentials”

11. Toilet paper (hygiene kit)
12. Whistle (signal an emergency by blowing in series of threes)

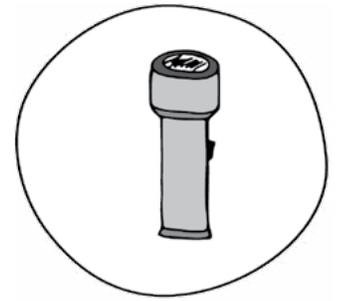
Most jurisdictions prohibit open fires in natural spaces, except in approved fire pits, so be sure to check ahead of time and ensure your troop understands the seriousness and responsibility of carrying matches as part of their 10 Essentials. Plan ahead to ensure adults and girls know what to do in case of emergency, such as whether they'll have reception to use cell phones to call 911, or will need to hike out to a road or trailhead to seek help. Never light a signal fire in Southern California, due to wildfire danger.

As time passes, new technology (GPS, cell phones, etc.) have redefined what items people consider essential. The 10 Essentials are still the best presentation of the base items every hiker should carry.



## Games to learn the 10 Essentials

- **Relay race:**  
Identify all essentials mixed up in bucket of outdoorsy “stuff.”
- **What’s in my daypack?**  
Girls guess what essentials are in leader’s fully loaded pack.
- **Pack check relay:**  
Teams of two take turns checking each other’s pack for accuracy.
- **For Your Protection/In An Emergency/To find Your Way/+2:**  
Bring a pile of “outdoorsy” items and separate them into these four categories.





## Be prepared

Even Daisies and Brownies can carry some of the items they need. As you begin to take longer hikes, add a map and other essential items.

Each girl carries:	Each adult carries:	Adult training and preparation:
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### Short walk (5-15 minute walk from the car)

Sweatshirt, hat, sunscreen, sunglasses Water and snack	Sweatshirt, hat, sunscreen, sunglasses Water and snack First-aid kit Permission slips, girl medications, Health Histories Cellphone Optional: camera!	Training: First Aid and CPR, Core Leadership Training “Dress rehearsal” hike to the trailhead and area
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### Add for 15-minute to hour-long hikes

Map (learning to read) Adhesive bandages in a resealable bag (mini first-aid kit) Toilet paper and bag (pack out all bathroom trash) Whistle	Map (and ability to read it) Toilet paper and disposal bag Whistle	Training: Ability to read your map Recommended: Wilderness Hiking Course to increase outdoor skills and knowledge
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### Add for longer hikes (more than an hour’s walk)

Map (improving skills) Compass Pocket knife (with knowledge to use it properly)	All 10+2 Essentials	Training: Wilderness First Aid, if 30+ minutes from emergency medical services Recommended: Wilderness Hiking Course
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### Starter First Aid kit

- Any necessary medications
- Adhesive bandages, various sizes
- Adhesive tape
- A few gauze bandages
- Non-latex gloves
- Anti-bacterial ointment
- Safety pins
- Feminine supplies (one or two pads)
- Cotton swabs
- Moist towelettes

Put all items in a quart-sized resealable bag.

## Be aware

### Poison oak

Poison oak is common along the creeks and canyons of San Diego County. Contact with the plant and its irritating oil (urushiol) causes a contact dermatitis, or rash. The oil is present even when the plant is dormant.

**Prevent:** “Leaves of three, let it be.” Or, if you don’t know what it is, don’t touch it!

**Recognize:** If you’re not sure, don’t touch plants with leaves of three. In winter, avoid leafless vines along creeks and under oaks.

**Poison oak treatment:** Wash skin as soon as possible with poison oak outdoor skin cleanser and cool water rinse. Wash clothes to avoid recontamination.



**Trail scout:** Many plants have leaves of three. Poison oak distinguishes itself by the two opposing leaves “kissing,” and the center leaf “running away” on its long stem. Poison oak does not have thorns.

### Snakes

Rattlesnakes are the only poisonous snake in California. Fortunately, snakes make an effort to avoid us, so a sighting can prompt more of a point of interest and a privilege, rather than fear.

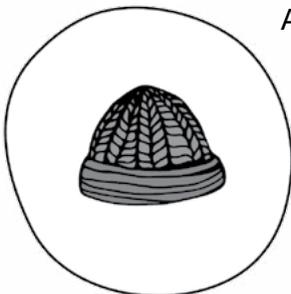
**Prevent:** The most important precaution is to watch where you put your hands, feet and seat. Look where you put your hands (when climbing or picking up sticks), your feet (when walking), and your seat (when sitting). Wear closed-toed shoes, long pants, and stay on trails.

Teach girls to respect snakes, leave them alone and always give snakes the right of way!

**Treatment:** If bitten, keep victim (and group) calm, gently wash area with soap and water, and transport to nearest emergency facility.

**Trail scout:** Know that gopher and bull snakes (non-poisonous) have similar markings to rattlers. Rattlesnakes have thick, powerful bodies, skinny necks and triangular heads. Their pupils are oval, not round — but you shouldn’t be close enough to see that! Non-poisonous snakes have round pupils, and their body, neck and head are all about the same diameter. If girls spot a snake, stop, back up slowly and quietly, and give a wide area to pass.

### Weather



Always start your adventure by checking the weather forecast. Be prepared with the proper extra clothing.

**Prevent:** Bring sweatshirt, hat and sunscreen, to protect you from cold and heat, and allow you to be flexible as the weather changes during the day.

**Trail scout:** Put sunscreen on before you leave the car, wear the hat, and always carry your own gear. Your sweatshirt can be tied around your waist if you don’t have a big daypack. A 45-gallon plastic trash bag makes a classic Girl Scout poncho; it doesn’t weigh very much at all, and is practically free!



## Nearby nature walks

Almost every neighborhood in San Diego has parks, canyons and trails that are ideal for a local nature walk. Ask your neighbors, colleagues or friends where they hike or walk. Or look at the online resources and books listed on the last page of Get Up and Go Outside. Here is a short list of a few natural areas in each region:

### East County

Crestridge Ecological Reserve, east of El Cajon

Hollenbeck Canyon, in Jamul

Mission Trails Regional Park, trailheads off Mission Gorge Rd and Mast Blvd.

Steltzer County Park and Silverwood Wildlife Sanctuary, in Lakeside

### Mid-City

Cabrillo National Monument, in Point Loma (Junior Ranger program available)

Florida Canyon, at eastern edge of Balboa Park

Maple Canyon, with two suspension bridges

Sunset Cliffs, in Ocean Beach

Tecolote Canyon, Rose Canyon, and San Clemente Canyon

### North County Inland

Kit Carson Park, areas west of Girl Scouts' Escondido Program Center

Daley Ranch and Dixon Lake, north of Escondido

Blue Sky Ecological Reserve and Lake Poway, in Poway

Peñasquitos Canyon and Black Mountain Open Space, in Rancho Peñasquitos

### North Coastal

Agua Hedionda Lagoon and Batiquitos Lagoon, in Carlsbad

San Elijo Lagoon and San Dieguito River Park, in Solana Beach

Torrey Pines State Reserve and State Beach (and many other beaches!)

### South County

Chollas Lake Park and Living Coast Discovery Center, in Chula Vista

Otay Valley Regional Park, east of Chula Vista

Tijuana River Estuary and Visitor's Center, in Imperial Beach

# Badges, Journeys, and Volunteer Toolkit ... oh my!

## Brownies

### Bugs (Naturalist)

When I've earned this badge, I'll know all about bugs.



### Hiker (Outdoors)

When I've earned this badge, I'll know how to hit the trail for a hike.



### Outdoor Adventure (Girls' Choice)

When I've earned this badge, I'll have tried a lot of new things outdoors and learned which activities I want to do again.



### Outdoor Art Creator (Girls' Choice)

When I've earned this badge, I'll know how to do different kinds of fun art projects outdoors.



### Cabin Camper (Girls' Choice)

When I've earned this badge, I will know how to plan a camping trip and stay overnight in a cabin with my friends or family.



## Juniors

### Animal Habitats (Animals)

When I've earned this badge, I will know more about wild animals and how to protect their homes.

### Gardener (Do It Yourself)

When I've earned this badge, I'll know how to help plants and flowers grow.

### Flowers (Naturalist)

When I've earned this badge, I'll know all that's wonderful about flowers.

### Outdoor Art Explorer (Girls' Choice)

When I've earned this badge, I will know how to find the art in nature and create my own outdoor artwork.

### Eco Camper (Girls' Choice)

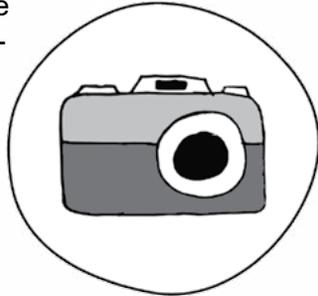
When I've earned this badge, I'll have learned skills for minimal impact camping and know how to protect the environment when I go outdoors.



# Hiking games and themes

## Camera hike

Each hiker brings her camera (phone), or shares with a buddy, and takes pictures along the way. Walk for 5 minutes, then take one photo, so girls take time to notice the nature around them. Take a photo of something on the ground ... something waist-high ... something green ... something moving ... something weird ... you get the idea! Hold a picture contest or a picture swap.



## Full moon hike

Look at the calendar and schedule your hike for the evening of a full moon. Choose a trail or route you've hiked in the daylight. Dress warmly. Take your flashlights, but turn them off and let your eyes adjust to the moonlight. Walk slowly and quietly, giving girls time to absorb the wonder and magic of the night. Stand quietly looking at the moon and the shadows on its face. Notice the shadows the moonlight casts from tree branches or girls walking with you. Don't hurry back indoors.

## Listening hike

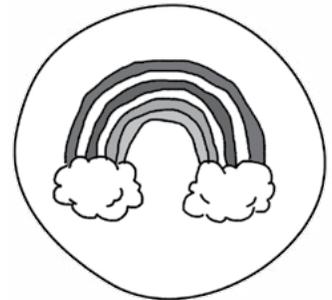
Sit quietly in the shade (if it's a hot day) or in the sun (if it's cool). Close your eyes, or use a bandanna to make a blindfold. Notice the sounds around you; simply allow them to come to you. Girls can point out sounds, using a "clock face,"

such as the airplane at 3:00 or the bird at 11:00. After about five minutes, take time to share the sounds: birds, insects, wind, leaves rustling, water flowing, people talking, vehicles, airplanes.



## Rainbow hike

Notice the colors of objects in nature. The leader brings 30-40 paint cards from a paint store (OK to have duplicates). Get colors that are common in nature: many greens and tans, some pastels (for flowers), ivory, dark browns and grays. Give four to five paint color sample cards to each girl. Girls walk along the trail or in an open area looking for natural materials that match the colors on the card as closely as possible. Call "stop" occasionally and ask girls to show a match. Notice that one leaf, plant or rock may have several colors. Notice how many different greens there are, how many different browns. Ask how the colors may be important in attracting or hiding from an animal.



## Silent hike

Take five minutes to walk without talking. It gets easier every time you do it! Start by agreeing as a troop to walk silently and communicate only non-verbally, such as by pointing or facial expressions. In later hikes or with older girls, take more silent time. Agree on how long you'll walk before turning back (10-15 minutes), and that once you pass a certain place (a tree or rock), you will begin the silence, continuing for the entire walk. Turn around after the designated time and walk back to the starting place. Take time for each girl to share her thoughts during the silent time.

## Stop, look, listen hike

Bring index cards (or scraps of paper) and pencils for each two girls. Hike for five minutes or a designated number of steps. Stop for one minute and write down all the objects you see or all the sounds you hear. Five stops are enough for this hike.

# Scavenger hunts

A scavenger hunt will give a girl awareness of her environment. Search online for additional scavenger hunts. Some items are common in many other states, but not in southern California, so ask a neighbor or naturalist to modify the lists before using them.

Copy and cut out these scavenger hunt cards.

## SOUNDS

- Bee buzzing
- Birds singing
- Laughter
- Leaves under your feet
- Airplane
- Vehicles
- Wind
- \_\_\_\_\_  
(describe)

## SIZES AND SHAPES

- Something tiny
- Something huge
- Something round
- Something square
- Something long
- Something pointed
- Something the size of a Girl Scout Brownie

## TOUCHY-FEELY

- Something soft
- Something hard
- Something hairy
- Something sharp
- Something rounded
- Something squishy
- Something smooth
- Something rough

## ANIMAL SIGNS

- Animal trail
- Bird droppings
- Bird singing
- Feather
- Footprints
- Leaf with holes chewed
- Scat (poop)
- Seeds or berries

## LEAVES

- Small leaf
- Large leaf
- Shiny surface
- Hairy or fuzzy underside
- Compound leaf
- Leaf with "teeth" at edges (serrated)
- Leaves under your feet

## NEIGHBORHOOD WALK

- Bench
- Handicap ramp
- Manhole
- Sculpture
- Solar energy panels
- Traffic sign
- Trash bin
- Utility pole



## Outdoor resources

There are hundreds of local places to walk and take your girls on outdoor adventures. These include state, county and city parks and natural areas. Start by looking at your community on Google Earth to find the big green or brown spaces. Ask your neighbors, colleagues or friends where they hike or walk nearby. Or look at the online resources and books listed here.

### Videos

Preview some hiking destinations by watching one of these videos about local parks and nature areas in San Diego County. Jim Karnik Films has produced many wonderful five-minute videos, posted at [jimkarnikfilms.com/videos.html](http://jimkarnikfilms.com/videos.html).

On that website, look for videos about birdwatching, City of San Diego Parks, Los Peñasquitos Canyon Preserve, Mission Trails Regional Park, Rose Canyon, San Dieguito River Park, South San Diego County Parks, Torrey Pines State Natural Reserve, and more.

### Online resources

Check out our website for links and or more information: [sdgirlscouts.org/camphikes](http://sdgirlscouts.org/camphikes).

### Guided nature walks and outdoor activities

Many parks and nature centers offer public programs troops can register for, or just attend. They are often free or have a small fee.

Canyoneer Walks, hosted by the Natural History Museum docents, require no fee: [sdnhm.org/calendar/public-programs/canyoneer-hikes](http://sdnhm.org/calendar/public-programs/canyoneer-hikes)

Badge workshops come in many forms. You may find them offered by local nature education organizations and naturalists, at a troop meeting, at a service-unit-sponsored workshop, or as a program led by a Girl Scouts San Diego community partner (listed at [sdgirlscouts.org/partners](http://sdgirlscouts.org/partners)). Ask about earning the Brownie Hiker badge, Junior Flowers badge (adapted for native plants) and Junior Animal Habitats badge.

### Books

*Coast to Cactus: The Canyoneer Trail Guide to San Diego Outdoors*, 2016. More than 250 hikes and extensive natural history information.

*Afoot and Afield in San Diego*, by Jerry Schad, 2007. 250 hikes.

*Take a Hike: A Guide to 260 Trails in San Diego County*, by Priscilla Lister, 2016.

*60 Hikes Within 60 miles of San Diego*, by Sheri McGregor, 2016.



## Our Mission

Girl Scouting builds girls of courage, confidence, and character,  
who make the world a better place.

## Girl Scout Promise

On my honor, I will try:  
To serve God\* and my country,  
To help people at all times,  
And to live by the Girl Scout Law.

## Girl Scout Law

I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong, and  
responsible for what I say and do,  
and to  
respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and  
be a sister to every Girl Scout.

## Outdoor Education Mission

We aim to inspire positive and challenging experiences  
in the outdoors, building interpersonal connections  
between people and the natural environment  
while sharing life changing adventures.



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### Girl Scouts San Diego

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