

# Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.

## Meet Out

**Step outside to look, listen, feel, and smell.**

Attend an outdoor program with GSSC. We offer archery, hiking, canoeing, corcls, cooking and more!

Try a backyard sleepover. Think sleeping bags and pizza delivery. It's a simple way to get girls acclimated to sleeping out in the open air.

## Move Out

**Plan and take a short walk outside.**

Discuss being prepared for the weather in a variety of outdoor activities.

Plan and carry out an indoor sleepover. Need help? Try one of GSSC's Camp-Ins. It's a fun filled evening of activities including an exciting night hike on camp!

## Explore Out

**Spend some time hiking outdoors.**

Dress for the weather and discuss ways to stay safe.

Try a Getaway Weekend, GSSC's overnight camping program, which includes campfire songs, hiking and s'mores.

Leaders, once you try a Getaway Weekend, it's time to take Troop Camp Certification Training, which will teach you the skills necessary to go Traditional Camping.

## Cook Out

**Plan and cook a simple meal outdoors.**

Leaders, now that you are Troop Camp Certified, put your training to the test!

Work with girls to make a list of gear and food supplies, practice cooking skills, create a kaper chart and review safety rules.

Try Day Camping at GSSC's Camp Edey or Sobaco. Spend the day with your troop at one of our beautiful sites to cook a meal over a open campfire.

## Sleep Out

**Plan and carry out an overnight in a cabin, tent, or tent-a-low.**

Discuss what to pack; learn to use and care for gear.

Learn and practice new outdoor skills.

Discuss campsite organization.

Take your first Traditional Camping trip to GSSC's Camp Edey or Camp Sobaco.

Not ready for a tent? Try winter camping inside one of our cabins. It has some of the comforts of home, while still boosting girls' outdoor skills.

## Camp Out

**Plan and take a 2-night camping trip.**

Share your knowledge and love of camping with others. Work with your Service Unit Coordinator to plan an Encampment for your area. An Encampment allows you to share outdoor skills and spend time with Girl Scouts in your community.

Learn and practice a new outdoor skill.

Learn a new outdoor cooking skill.

Plan a food budget, buy and pack food.

Practice campsite set up.

Plan an agenda that includes fun activities.

Explore/protect the surrounding environment.

## Adventure Out

**Plan and take an outdoor trip for several days.**

Research possible camping locations. Learn and practice a new outdoor and cooking skill.

Develop first-aid skills and use safety check points.

Budget, schedule, and make arrangements.

Participate in an environmental service project.

Teach others about the outdoors.

Imagine new experiences to be had outdoors.

Practice all Leave No Trace principles.

With the help of GSSC and your leader, you are ready to take your camping experience to a whole new level!

### LEAVE NO TRACE PRINCIPLES:

Plan Ahead & Prepare

Leave What You Find

Respect Wildlife

Minimize Campfire Impacts

Travel & Camp on Durable Surfaces

Dispose of Waste Properly

Be Considerate of Other Visitors