Brownie Hiker Badge

**Steps**

1. Decide where to go
2. Try out a hiking skill
3. Pick the right gear
4. Pack a snack for energy
5. Go on your hike!

When you’ve earned this badge, you’ll know how to hit the trail for a hike!
Girl Scouts love to sing hiking songs, pack tasty snacks and hear the sounds of birds and animals. After earning this important badge, girls are knowledgeable and prepared to hike on a trail.

**STEP 1: DECIDE WHERE TO GO**
*Find out where you can hike in your area. Some distances look short on a map, but they are actually quite long.*

Team up with an adult and find out where you can hike in your area. With adult supervision you can look up different trails and parks online. You can even contact your local park(s) and see what trails they have. Make note if there are lots of hills or if there are places you need to cross the street. Also, check to see the length of the trail. Being prepared is always important.

**STEP 2: TRY OUT A HIKING SKILL**
*Get ready before you hit the trail. The more hiking skills you have, the more fun it will be.*

With the help of an adult, research and learn different trail signs. Take what your learn and put it to use. You can use your backyard, park, school or playground and set up a mini trail and make your own signs. See if others can follow the signs and if they don’t know what it means, teach them.

When out on trails, you will see markers, at Girl Scout camp you will usually see paint on the trees. These are called blazes. Blazes let you know that you are on the trail, so always look for those blazes!

Here are some common blazes that you might see and what they are telling you!

![Blaze Diagram](image)

At Girl Scout camp, you may not see the Turn left, turn right blazes, but if you see two blazes on top of one another, that means that our trail is turning, so look around until you can see a new blaze!
**STEP 3: PICK THE RIGHT GEAR**

*Just like you can’t play sports without the right equipment, you can’t hike without the right gear. By the end of this step, you should have your hiker backpack ready.*

Having the right gear is important before you venture out. If there is an older Girl Scout you know who has hiking experience, invite her to a meeting to go over what she does to prepare for a hike and what gear she makes sure to always have. If you don’t have an older Girl Scout, ask an adult to take you to a local outdoor store and speak to a staff member. Have them teach you about the hiking gear they offer and why it is needed.

**Some Tips for Gear for a Day Hike**

**Boots**
You could wear hiking boots, make sure they fit well and don’t allow your feet to slide around a lot. Also, do not wear brand new hiking boots when you are going on a long hike. That’s just asking for blisters! Wear them around the house a couple days or on a couple short hikes before hitting the trail for the entire day!

**Socks**
Make sure you wear thick, long socks. This will help you with sliding around in your hiking boots, and keep ticks from nesting into your boots. Pro tip: wearing a thin sock or even better panty hose under your thick socks, will help you not get blisters!

**Backpack**
Should fit well and be big enough to hold all of your supplies.

**Supplies**
- First Aid Kit
- Trash bag
- Whistle
- Compass
- Matches in a waterproof container
- Food- Lunch and a couple snacks for energy (See Step 4)

**STEP 4: PACK A SNACK FOR ENERGY**

*You’ll need to keep up your energy on your hike. Pick your favorite healthy snack to take with you on the trail.*

Going out for a hike takes energy! It’s important to make sure we fuel our bodies to keep our energy up.

**Let’s Make GORP!!!**
(Good Old Raisins and Peanuts)

You don’t have to stick to just Raisins and Peanuts in a trail mix! Choose your own ingredients! Some good ideas are:
- Nuts
- Dried fruit
- Chocolate chips
- Pretzels
- Yogurt chips
- Cereal
- Cheese crackers
- Bite-sized candy bars

The possibilities are endless!

Once you have your ingredients, take a sandwich bag, and put in the ingredients that you think work well together. What’s great about GORP is that everyone in their troop can get exactly what they want!

**STEP 5: GO ON YOUR HIKE!**

*You have your map, your backpack, and your new hiking skills. You’re ready to go!*

Now that you have done all your prep work, it’s time to go on your hike. To add a little fun to your hike, create a scavenger hunt. Make a list of at least 10 things you might find on your hike like rocks, a red leaf, sticks, an animal, pinecone and more.