



# Badge in a Booklet:

## Earning Your Snow or Climbing Adventure Badge

# Snow or Climbing Adventure Badge

## AWARD/BADGE

## DESCRIPTION



### Daisy Snow or Climbing Adventure

Daisy (Grades K-1)  
Outdoors

Choose your adventure: Be active outside in the snow, or boulder on a rock-climbing wall using just your arms and legs-no rope or harness!

1. Choose your outdoor adventure
2. Prepare for your adventure
3. Go on your outdoor adventure

When you've earned this badge, you'll know how to do active and fun things in the snow, or boulder up a rock-climbing wall in an indoor gym without a rope or harness.



### Brownie Snow or Climbing Adventure

Brownie (Grades 2-3)  
Outdoors

Choose your adventure: Ski along trails on a cross-country winter adventure, or learn climbing skills on an artificial wall, indoors or outdoors.

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

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



### Junior Snow or Climbing Adventure

Junior (Grades 4-5)  
Outdoors

Choose your adventure: Go downhill skiing/snowboarding, or recreational tree climbing.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have learned the skills-and experienced-downhill skiing, snowboarding, or recreational tree climbing.

# Snow or Climbing Adventure Badge

## AWARD/BADGE

## DESCRIPTION



### **Cadette Snow or Climbing Adventure**

Cadette (Grades 6-8)  
Outdoors

Choose your adventure: Go on a skiing/snowboarding trip, or have an outdoor climbing adventure.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have planned, learned the skills, and experienced a snowboarding or ski trip or an outdoor climbing adventure.



### **Senior Snow or Climbing Adventure**

Senior (Grades 9-10)  
Outdoors

Choose your adventure: Camp in the snow, or advance your rock-climbing skills on an outdoor climbing trip.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have planned and learned the skills to take an overnight snow camping trip or a two-day outdoor climbing trip.



### **Ambassador Snow or Climbing Adventure**

Ambassador (Grades 11-12)  
Outdoors

Choose your adventure: Go on a 3-day winter backpacking trip or a 3-day outdoor climbing trip.

1. Choose your outdoor adventure
2. Plan and prepare
3. Gather your gear
4. Set a goal and train for your adventure
5. Go on your outdoor adventure

When you've earned this badge, you'll have planned, prepared, and completed a 3-day winter backpacking trip or a 3-day outdoor climbing trip.

# Earning your badge.

In this resource packet you will find ideas and inspiration for you to complete all the steps of your Snow or Climbing Adventure Badge. Remember that you can design and create your own ideas for winter or climbing fun as well! Don't forget to take pictures of your adventures and send them to us here at Badgerland!

## Table of Contents:

### Step One: Choosing Your Outdoor Adventure

Ideas for your Winter Wonderland Adventure

Nature Scavenger Hunt Options

### Step 2: Plan and Prepare

Using the Girl Scout Safety Checkpoints

Checkfront Information

### Step 3: Gather Your Gear

Winter Gear Matching Game

### Step 4: Set a Goal and Train for Your Adventure

Goal Setting and Planning Template

### Step 5: GO ON YOUR ADVENTURE!

Additional Links and Resources



# **Step 1: Choosing Your Outdoor Adventure**

# Winter Activity Ideas!

Below you will find a list of ideas to try to complete your Snow or Climbing Adventure Badge! Remember to come up with a plan, and always make sure that you have adult supervision and support when needed. Try a new winter sport such as:

- cross-country skiing
- downhill skiing
- snowboarding
- ice skating
- snowshoeing
- sledding, or tubing

Or, try these creative alternatives to your standard winter sports:

## **Snow Bowling**

Set up your own bowling lanes with ice or snow bowling! For longer lasting fun, fill 10 bottles and a balloon with water, placing outside or in your freezer (no need to add lids to the bottles). Once frozen solid, set up your bowling lane and get rolling!

## **Winter Hike**

A winter hike is a great activity to explore the outdoors. Walk your neighborhood or favorite trails to see how different the land looks. This is a great time to look for nests in trees, frozen waters, animal tracks, and more!

## **Evergreen Identification**

Use the Wisconsin Urban Tree Key to identify evergreens. All Wisconsin evergreen trees are conifers – trees with needles or scales as leaves and pine cones as their fruit! Take pictures, notes, or sketches to remember what you found.

## **Colored Ice Globes**

Snow or no snow, decorate your outdoor space with colored ice globes. Fill a balloon with water and add some food coloring, then leave them to freeze outdoors. Once frozen, pop the balloons and you have a colored globe! Make sure to responsibly throw away the leftover balloons.

# Winter Activity Ideas!

## **Snow Painting**

Start this activity by mixing water with food coloring or watercolor paints in a spray or squirt bottle. Then head outdoors to color the snow and create your own art.

## **Build a Nest**

On your nature walk, collect items a bird or squirrel might use to build their home! Look for items like twigs, feathers, leaves, dried grass, and pine needles. Twist and weave twigs and grass together and add the softer materials for warmth and comfort. Think about how birds make these without hands!

## **Ice Suncatcher**

Frozen suncatchers are an easy, beautiful activity for outdoor fun. Pick out a mold first, something like a paper plate, pie plate, plastic lid, or silicone mold. Gather items from nature for your decorations like twigs, leaves, and berries! Fill your mold with water and use your nature finds to design your suncatcher; next, leave outside to freeze then gently remove from your mold. Finally, find a place outside to display your art!

## **Make a Snow Person/Animal**

Time to get creative, head outside to create a person or animal out of snowballs or mounds of snow! Use found objects like sticks or leaves to add to your new friend.

## **Study Snowflakes**

Did you know every snowflake is different? Ice crystals fall and float through clouds and stick together to form unique shapes. Use dark fabric to try and catch snowflakes so you can study them yourself!

## **Fly a Kite**

Do you have a kite at home? Winter weather often comes with strong winds! Try flying your kite outside this snow-day to add some color to the white skies.

## **Shoveling Sidewalk/Walkway**

Grab your shovels and clear pathways for your community! Shoveling sidewalks and driveways can be a kind way to help your family and neighbors.



# Wintertime Nature Bingo

Tire Tracks	Ice	Thorns	Animal Shelter	Snowman
Scat	Ice	Dead Leaf	Something Awesome!	Acorn
Snow Drift	Animal Tracks	<i>Free</i>	Deciduous Tree	Squirrels Nest
Berry	Snow Angel	Winter Bird	Litter	Pinecone
Snow	Fallen Tree	Twig	Squirrel	Evergreen Tree

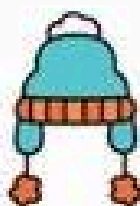


# Winter

## Scavenger Hunt

☐

Hat

☐

Snowman

☐

Igloo

☐

Animal Tracks

☐

Mittens

☐

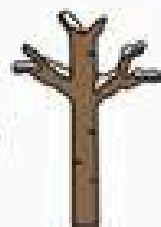
Snowball

☐

Snowflake

☐

Tree

☐

Shovel

☐

Boots

☐

Hot Chocolate

☐

Icicles



# Winter Wonderland



## A Snowy Scavenger Hunt

- ☐ A white pompom on a hat
- ☐ A home decorated with only blue lights
- ☐ Smoke curling from a chimney
- ☐ A red snow shovel
- ☐ Make a mini snowman
- ☐ A penguin, reindeer, or polar bear
- ☐ Kids playing in the snow
- ☐ An icicle the size of your hand
- ☐ One single snowflake
- ☐ A tobogganing leaning against a house
- ☐ Stomp your name in the snow
- ☐ Birds eating at a bird feeder
- ☐ A dog wearing booties or a sweater
- ☐ Pink winter boots
- ☐ A wreath hung on a door





# **Step 2: Plan and Prepare**

# Planning with Safety in Mind

All good adventures start with rule #1 of Leave No Trace: Plan ahead and prepare (AKA: Know Before You Go)! Winter activities are a fun way to get outside and experience the best of the season, but it is important to know what to look for and how to prepare to make sure to have a fun AND safe adventure!

Safety First with Girl Scouts:

**Check the Weather:** Part of being prepared is knowing ahead of time what the weather is going to be. Usually, you can get a good idea of the weather a week or two out, but sometimes it isn't until the last few days (or hours) before a program when you learn about inclement weather. Find your trusted weather station and keep an eye on it leading up to your adventure. For information on temperatures, you can reference [This Guide](#) by the Department of Children and Families.

**Prevent Hypothermia and Frostbite:** It doesn't have to be -10° to get hypothermia or frostbite! By checking the weather, you should have a pretty good idea of how to prepare for the temperatures. You can also check out the [CDC](#) for tips. It is important to wear layers, preferably waterproof, as staying dry is vital to staying warm. Gloves, hats, boots, and scarves are important for preserving body heat, and keeping good circulation. Exposure to the elements is one of the leading causes of these, so limiting outside time will reduce the risks. We encourage lots of breaks for fun and games inside to stay warm! Staying moving while outside will also help you not feel so cold, but even being active, limiting the exposure is the best preventative measure!

## Safety Responsibilities for Girls

Girls who learn about and practice safe and healthy behaviors are likely to establish lifelong habits of safety consciousness. For that reason, each Girl Scout is expected to:

- Assist you and other volunteers in safety planning.
- Listen to and follow your safety instructions and suggestions.
- Learn and practice safety skills.
- Learn to “think safety” at all times and to be prepared.
- Identify and evaluate an unsafe situation.
- Know how, when, and where to get help when needed.
- Practice the buddy method when participating in troop activities.

# Girl Scout

## Safety Activity Checkpoints

Safety Activity Checkpoints: While this serves to cover specific activities that you may or may not be doing on your snowy adventure, this document also offers plenty of helpful resources on planning, safety, and even winter gear you may want to use if you check winter-based activities.

As you design your snowy adventure, it is important to consider the safety of what you are doing. Girl Scouts use the Safety Activity Checkpoints to learn about activities, including resources and equipment, and some basic information. Some winter-based activities are listed in this resource, but we have listed a brief overview of some of the activities with checkpoints. Please refer to the Safety Activity Checkpoints for full information and resources. Each section has a “Where to learn more” section. In the Safety Activity Checkpoints, these are links to those organizations and pages.

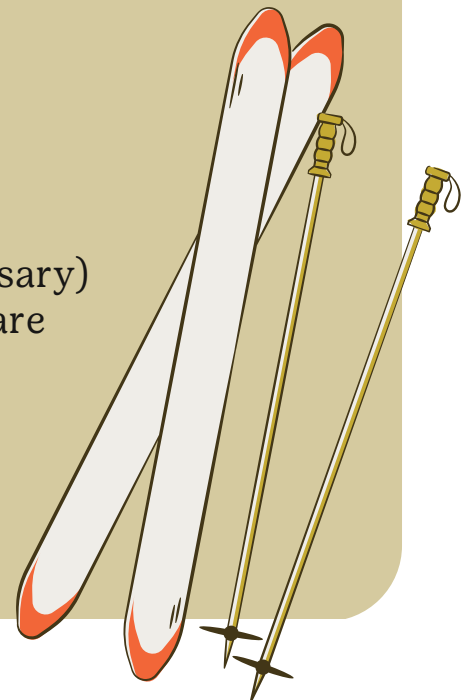
For Daisies and Brownies, we recommend discussing what to know before you go, and the basics of making sure you are following any laws or standards. For Juniors and Cadettes, we recommend discussing all of the above, as well as introducing how to plan for what you should know before you go, and getting their input on preparing for your adventure. For Seniors and Ambassadors, they should be involved in the planning, and making sure all the gear is acquired, and could explore the resources in the Safety Activity Checkpoints to learn more about the activity.

# Girl Scout

## Safety Activity Checkpoints

### Cross Country Skiing – Page 86

- Permitted for: All Levels, but not recommended for Daisies
- Where to learn more:
  - Cross Country Ski Areas Association
  - National Ski Patrol
- Know before you go
  - Have a knowledgeable and experienced instructor
  - Map where you will be
  - Learn how to get up if you fall on skis
- Follow cross country skiing standards
  - Girls should ski under control to avoid other skiers and objects.
  - Girls must yield the right-of-way to those already on the trail. They step to the side to let the faster skier pass. A descending skier has the right of way.
  - A faster skier should indicate her desire to pass by calling “track, please.”
  - Never ski close to the edge of an embankment or a cliff.
  - Girls must not walk on ski trails.
- Have the right gear
  - Skis and ski poles
  - Boots
  - Water-resistant gloves or mittens
  - Heavy insulating socks
  - Winter hat
  - Thermal underwear or long underwear (as necessary)
  - Sunglasses or ski goggles to protect eyes from glare
  - Water bottle
  - High-energy food (such as fruits and nuts)
  - A daypack to carry personal belongings





# Girl Scout

## Safety Activity Checkpoints

### Downhill Skiing and Snowboarding – Page 88

- Permitted for: All levels, but have to ensure age appropriate gear, instructors, and hills. Aerial tricks are not permitted by the Checkpoints.
- Where to learn more:
  - Professional Ski Instructors of America (PSIA) and American Association of Snowboard Instructors (AASI): The Snow Pros
  - National Ski Patrol
  - U.S. Ski and Snowboard
  - Locate ski resorts by region: ABC of Snowboarding
- Know before you go:
  - Have a knowledgeable and experienced instructor
  - Learn what to do if you fall
  - Know the slopes you will be on
  - Learn how to ride a ski lift
- Have the right gear:
  - Protective helmet with properly fitting safety harness that meets the Snell Memorial Foundation's RS-98 or S-98 standards or the American Society for Testing and Materials (ASTM) F2040 requirements (or both) and displays the Safety Equipment Institute (SEI) seal.
  - Ski or snowboarding boots.
  - Skis or snowboards with bindings.
  - Ski poles (not needed for snowboarding).
  - Sunglasses or ski goggles to protect eyes from glare.
  - Insulated water-resistant gloves or mittens.
  - Insulating socks and thermal underwear.
  - Sunscreen with an SPF of at least 15 and lip balm for snow glare protection.
  - Windproof and waterproof ski jacket and pants.

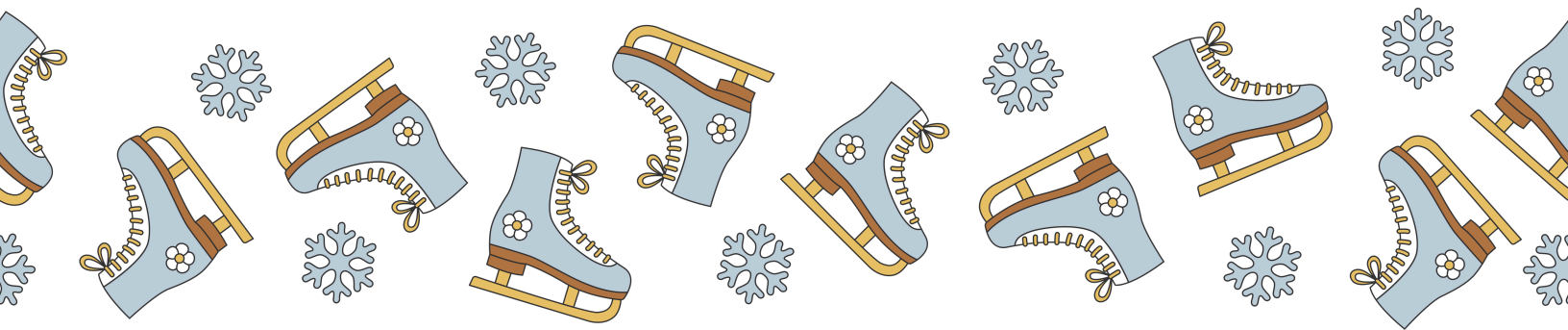


# Girl Scout

## Safety Activity Checkpoints

### Ice Skating (and Roller Skating) – Page 110

- Permitted for: All Levels
- Know before you go:
  - Find a suitable location
  - Have properly fitting skates
  - Ice Safety (for skating on a frozen lake)
- Follow safety standards:
  - Everyone skates in the same direction.
  - Do not stop in the main skating area (when skating in a rink).
  - Skaters yield the right-of-way to those already in the rink.
  - Skaters do not cut across the paths of other skaters.
  - Skaters do not push, shove, or race.
  - A falling skater does not grab hold of another skater.
  - A fallen skater rises quickly, unless injured.
  - Never skate faster than your ability to stop.
  - Skaters do not wear headphones while skating.
  - Loose or sharp articles, such as handbags, combs, and keys are not carried onto the rink.
  - Keep skates in top shape. Avoid water, sand, and debris, which damage wheel bearings.
  - Learn how to brake and stop. Before skating, read about the safest ways to stop, based on skating ability level, at Skating Techniques. Moves include the wall stop, the brake-pad, and the snowplow.



# Girl Scout

## Safety Activity Checkpoints

### Sledding and Tobogganing (And Snow Tubing) – Page 166

- Permitted for: All Levels
- Where to learn more:
  - Competitive and Olympic sledding: Team USA
  - More on sledding: Sled Riding
- Know before you go:
  - Check the weather
  - How to safely ride
- Have the right gear:
  - Hat, mittens, or warm gloves.
  - Waterproof winter boots.
  - Bicycle or ski helmets (may be required by some organized sledding facilities).
  - Heavy, wool insulating socks (avoid cotton socks).
  - Layered clothing.
  - Thermal underwear or long underwear.
  - Snow pants, snowsuit, or waterproof pants over warm layers.



# Girl Scout

## Safety Activity Checkpoints

### Snowshoeing - Page 171

- Permitted for: All Levels
- Where to learn more:
  - Snowshoeing Magazine
- Know before you go:
  - Have a knowledgeable and experienced instructor
  - Know your limits (this is hard work!)
  - Know your path
  - Recognize trail hazards
  - Learn how to recover from a fall
- Follow safety standards:
  - When sharing the trail with cross-country skiers, try to make your own trail whenever possible, staying out of the tracks other skiers have worked hard to set.
  - Skiers have the right-of-way on trails, since it is easier for a snowshoer to step off the trail safely than it is for a skier to stop or go around. Always be polite to the people you meet along the trail.
  - A skier indicates her desire to pass by calling “track, please.”
  - Do not snowshoe close to the edge of an embankment or a cliff.
- Have the right gear:
  - Snowshoes are sized and adjusted for each person and strapped securely around the shoe or boot.
  - Poles sized to each person’s height.
  - Winter boots.
  - Thick, water-resistant gloves or mittens.
  - A winter hat.
  - Heavy insulating socks.
  - Thermal underwear or winter underwear.
  - A water bottle.
  - High-energy food (such as fruits and nuts).
  - A daypack to carry personal belongings.
  - A windproof, waterproof jacket.





# Step 3: Gather Your Gear

# Outdoor Gear Matching Game

## Outdoor Gear Matching Game

### Directions:

1. Print off the words and descriptions on the following pages and cut into strips. Do the same with the photos of the outdoor gear.
2. Ask Girl Scouts to match the photos with the name of the item.
3. Match the name and photo with the description.
4. Lead a discussion on why each of these items is important to pack on an outdoor excursion.

Gathering winter gear is a very important part of an outdoor winter adventure. Play the game below to learn more about different types of winter gear, and how it can help keep you safe as you adventure into the frozen world around you!

**a metal plate with spikes fixed to a boot for walking on ice or rock climbing**

---

**a flat device resembling a racket which is attached to the sole of a boot and used for walking on snow**

---

**a tool used by climbers for cutting footholds in ice, having a head with one pointed and one flattened end, and a spike at the foot**

---

**a piece of equipment used by backcountry skiers and mountaineers that helps aid in locating someone that needs rescuing in the snow**

---

**an instrument used for measuring the angle and elevation of a slope**

---

**a tool designed to cut through snow, often used for shelter building.**

---

**a shaped covering for the head worn for warmth**

---

**a garment for the upper body made of cotton or a similar fabric, with a collar, sleeves, and buttons down the front**

---

**a tool with a broad flat blade and typically upturned sides, used for moving coal, earth, snow or other material**

**a small portable stove for cooking or heating used especially by campers or picnickers**

---

**a protective layer placed between ones body and the sleeping bag to provide extra protection.**

---

**a set of items used for preparing and consuming food at camp**

---

**thin, flexible string or rope made from several twisted strands**

---

**soap that is able to be broken down by the environment within six months of being disposed of.**

---

**a small box containing items such as bandages, plasters, and antiseptic wipes for use in giving help to a sick or injured person until full medical treatment is available**

---

**a document issued by a land management agency that grants permission to be in a park.**

---

**a permit that is required on certain trails that allow biking, horseback riding, and cross-country skiing.**

---

**a temporary place or covering used in instances of emergency to provide adequate safety and coverage**



**waterproof or water-resistant clothes suitable for wearing  
in the rain**

---

**leg coverings that provide extra protection from the outdoor  
elements.**

---

**each of a pair of long narrow pieces of hard flexible  
material, typically pointed and turned up at the front,  
fastened under the feet for gliding over snow**

---

**a jacket with additional protection from the outdoor  
elements.**

---

**either of two lightweight poles held by a skier to assist in  
balance or propulsion.**

---

**a covering for the hand worn for protection against cold or  
dirt and typically having separate parts for each finger and  
the thumb**

---

**a pack traditionally used to carry outdoor sporting gear or  
camping gear.**

---

**a style of two piece underwear with long legs and long  
sleeves that is normally worn during cold weather.**

---

**a bag with shoulder straps that allow it to be carried on  
one's back.**

**a foam pad or air-filled cushion that provides comfortable seating on various outdoor surfaces.**

---

**an optical instrument with a lens for each eye, used for viewing distant objects**

---

**a portable light source worn on the head, used for hands-free illumination during nighttime**

---

**a lightweight and small pillow that is used to make camping more comfortable**

---

**a warm-lined padded bag to sleep in, especially when camping**

---

**an instrument containing a magnetized pointer which shows the direction of magnetic north and bearings from it**

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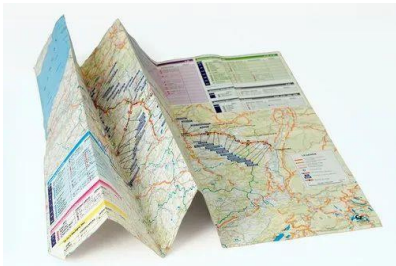
**a diagrammatic representation of an area of land or sea showing physical features, cities, roads, etc**

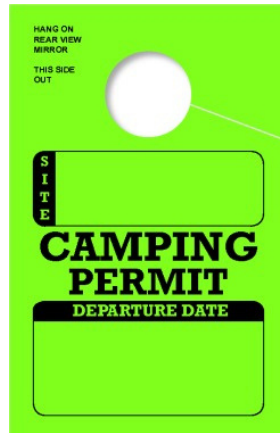
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**a garment for the foot and lower part of the leg, typically knitted from wool, cotton, or nylon**

---

**a sturdy item of footwear covering the foot, the ankle, and sometimes the leg below the knee**











**Step 4:  
Set a Goal and  
Train for your  
Adventure**

# Setting Your Adventure Goals



## SPECIFIC:

Define your goals in detail.

Tip: answer "W" questions (who, where, when, what, which)



## MEASURABLE:

It means you can measure your goal and know when you have achieved it.

Tip: answer "how much" or "how many" questions



## ACHIEVABLE:

It means you are setting goals that you can accomplish.



## RELEVANT:

It means your goal makes sense, it is worth your effort, it benefits you and meets your needs.



## TIME-BOUND:

It means there is a time frame for your goal. Tip: answer "when" questions (one week, every week...)



Setting goals helps us achieve more during our adventure. Goals are outcomes we want to achieve through a certain task or timeframe. Using the template on the next page, and the information on SMART goals, plan your activities and make sure to include a goal that will challenge you to learn and grow. Check out the example below for ideas!

## GOAL ACTION *plan*







<b>GOAL</b> I will snow shoe the 2 mile nature trail by my house.	<b>WHY</b> To learn a new skill and observe the natural habitats of winter animals.	<b>MOTIVATION</b> Girl Scout Adventures!
<b>START DATE</b> January 11, 2024	<b>DEADLINE</b> February 11, 2024	<b>REWARD</b> my Snow or climbing adventure badge
<b>OBSTACLES TO OVERCOME</b> <ul style="list-style-type: none"> <li>- Planning for the weather</li> <li>- Safe and warm winter gear</li> </ul>		<b>RESOURCES</b> <ul style="list-style-type: none"> <li>- Badgerland Girl Scouts Resource rental</li> <li>- Girl Scouts Safety Activity Check Points.</li> </ul>
<b>BIG STEPS</b> <ul style="list-style-type: none"> <li>- rent snow shoes and poles</li> <li>- plan my snow adventure</li> </ul>	<b>LITTLE STEPS</b> <ul style="list-style-type: none"> <li>- learn the trail.</li> <li>- Find a friend to go with me.</li> </ul>	<b>NOTES</b>





# GOAL ACTION *plan*

## Setting Your Adventure Goals

 <div>GOAL</div>	<div>WHY</div>	<div>MOTIVATION</div> 
<div>START DATE</div>	<div>DEADLINE</div>	<div>REWARD</div>
 <div>OBSTACLES TO OVERCOME</div>	<div>RESOURCES</div> 	
 <div>BIG STEPS</div> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<div>LITTLE STEPS</div> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<div>NOTES</div> 

# Additional Links and Resources

## Animal Tracks

<https://www.gatewayscouting.org/files/38024/wi-dnr-mammal-tracks-guide>

## Tree Identification Guide

<https://www.uwsp.edu/wp-content/uploads/2023/11/leaf-wisconsin-urban-tree-key.pdf>

## Frozen Suncatchers

<https://runwildmychild.com/frozen-suncatchers/>

## Badgerland Check Out Resources & Property Rentals

<https://gsbadgerland.checkfront.com/reserve/>

## Safety Activity Checkpoints

<https://www.girlscouts.org/content/dam/girlscouts-gsmists/documents/volunteer-essentials/Safety-Activity-Checkpoints.pdf>

## Weather Advisories in Effect in Wisconsin

<https://alerts.weather.gov/cap/wi.php?x=1>

## DCF Child Care Weather Watch

<https://dcf.wisconsin.gov/files/ccic/pdf/child-care-weather-watch-wi.pdf>

## CDC Hypothermia and Frostbite Prevention Tips

<https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html#:~:text=W hat%20is%20hypothermia%3F,leads%20to%20lower%20body%20temperature.>

## How to snowshoe for beginners

<https://www.rei.com/learn/expert-advice/snowshoeing-first-steps.html>

## Best sledding hills in WI in 2024

<https://www.crazyfamilyadventure.com/sledding-hills-in-wisconsin/>



# Step 5: GO ON YOUR ADVENTURE!

## WE WANT TO HEAR FROM YOU!

Send us pictures and stories from earning your  
Snow or Climbing Adventure Badge!

Scan the QR Code Below to Share your fun with  
us at Badgerland!

