

Girl Scout Trailblazer Pin

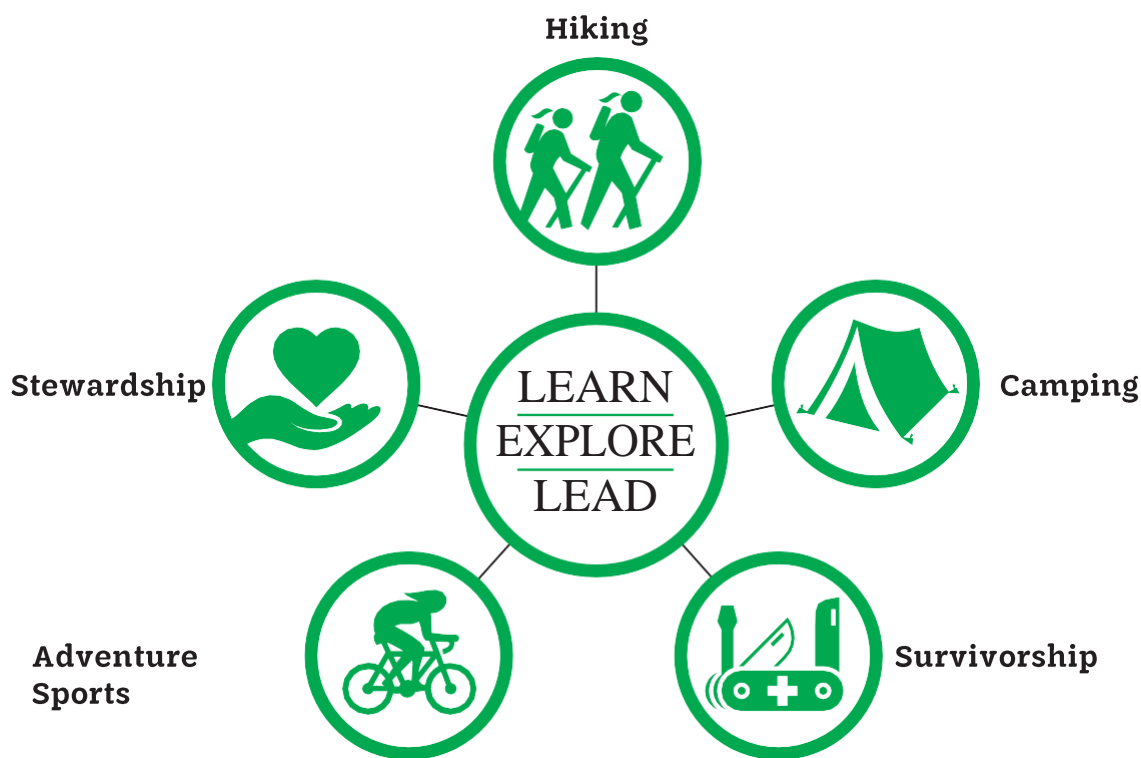
To become a Girl Scout Trailblazer, girls will complete the requirements for the Trailblazer pin:

- Know and recite the Girl Scout Promise;
- Know and recite the Girl Scout Law; and
- Complete the first level of three concentrations described below.



Trailblazer Concentrations

There are five suggested concentration areas for Trailblazer troops to explore. Practicing outdoor skills while working on badges, Journeys, highest awards, and Take Action projects, girls can learn the skills they need to accomplish the steps for each concentration area listed below. Girls can focus on one concentration area or all of them. The choice is theirs!



1. Hiking: Girls may do the following steps.

- a. Learn about trail safety, how to choose routes that fit their abilities, and how to plan, prepare, and pack for hikes of minimal to moderate lengths and durations.
- b. Learn a variety of orienteering methods, including GPS, map and compass and/or star navigation; discover different hiking styles, such as snowshoeing or backpacking; and demonstrate proper gear maintenance and storage.
- c. Individually, each plan and lead a hike for her troop of moderate length that includes elevation changes and varied terrain, if possible. Before the hike, she will explain trail safety, how to pack appropriately, and proper nutrition planning, and she will describe the intended route, highlighting notable conditions. She should advise her troop on how to avoid and prepare for poor conditions that may arise. She should take the lead on the hike, ensuring that there are sufficient times to rehydrate and eat, that everyone is obeying trail regulations, and that they understand the route and navigation strategy. She may choose to have a focus for the hike that includes flora and fauna identification or wind pattern and cloud identification. After the hike she should lead her group in cleaning, repairing, and properly storing all gear used and debrief the experience.

2. Stewardship: Girls may do the following steps.

- a. Learn about well-known or professional environmental stewards, the principles of Leave No Trace, and primary environmental conservation needs and efforts in their area.
- b. Participate in a trail cleanup, an environmental demonstration, or another environmentally focused event in their area.
- c. Individually, each plan and lead her own outdoor/environmental/high-adventure event. She may choose to identify an environmental issue, an opportunity to showcase, or another topic of her choosing. She should create a dynamic event that engages the local community and leaders. She should share her Trailblazer experience with younger Girl Scouts to support their learning of environmental stewardship.

3. Adventure Sport: Girls may do the following steps.

- a. Learn about safety, regulations, and gear and connect with professional or local athletes or leaders in an adventure sport of their choosing. They should compare it to two other adventure sports to consider what is similar and different about the sports. They may also consider interviewing someone who is knowledgeable in the sport. Different types of adventure sports may include rock climbing, trail running, mountain biking, snowboarding, dog sledding, and cross-country skiing.
- b. Try at least two adventure sports. As a troop, girls try these sports together or separately depending on their interest levels. If possible, they should schedule group or individual lessons. The troop should debrief on their collective experiences.

- c. Individually, each set a goal in an adventure sport to achieve within a year. She should develop a plan for achieving the goal that potentially includes meeting with a coach, ongoing training, and advancement of skills. Upon achieving the goal, she should host events or opportunities to introduce the sport (and Trailblazers!) to younger girls.

4. Camping: Girls may do the following steps.

- a. Learn about camping styles, such as car camping, backpacking, horseback camping, and canoe camping. They will learn about gear options for two styles that they'd like to explore. They should consider how the experiences and gear vary in different seasons or climates. They should learn about camping safety and regulations, how to obtain permits, and how to locate good camping sites.
- b. Learn about camp kitchens and cooking methods, food safety (including keeping it safe from animals), and best meal types for the various camping styles. They may build their own camp kitchen item and identify for which camping style(s) it is appropriate. Or, they may choose to learn about different camping shelter options, including tent types, maintained trail shelters, private or public cabins, pop-up trailers, natural shelters, hammocks with bug net and rain fly attachments, or conditions in which sleeping under the stars can be appropriate. They should be able to identify different styles and the intended uses for at least three important camping items, such as tents, sleeping bags, sleeping pads, packs, hydration containers, and footwear.
- c. Individually, each plan and lead at least two nights of camping (consecutive nights or separate trips) using different camping styles. She should designate duties for set up, meal prep, cleanup, and break down and plan and shop for all meals. Prior to the adventure, she should review safety, regulations, site selection, and forecasted weather. She may need to notify local park rangers or other authorities of their plans. After the trip, debrief and reflect on what she learned and how she wants to improve her adventure next time.

5. Survivorship: Girls may do the following steps.

- a. Learn first aid and basic trail safety. This may include how to use natural resources as substitutes for splints, salves, food, or even shelter. They should learn about backcountry camping and interview someone knowledgeable in this activity.
- b. Learn about surviving in the wilderness in difficult conditions. This may include learning about local edible plants; how to prepare for exposure to extreme weather conditions, including heatstroke, hypothermia, and dehydration; how to build a natural shelter and other forms of emergency shelter; how to locate water; and ways to call for help without cell phone service.
- c. Individually, each plan and lead a backcountry camping trip. On this trip they may

build natural shelters, try techniques for no-match fire building, demonstrate and explain proper use of emergency shelters, supplement their diets with well-researched edible plants, practice techniques for locating water sources and filtering/purifying the water; and explore natural/ minimal equipment navigational techniques.

Learning by Doing

As girls are working on one or more of the Trailblazer concentration areas (listed previously), they will be developing outdoor skills and may be earning badges and highest awards or completing Journeys and Take Action projects.

Badges: Badges appropriate and relevant to the Trailblazer program will depend on the girls' level and the focus of the troop's programs and activities. Below is a suggested list of badges by Girl Scout grade level for Trailblazing troops to use as starting points.

Cadettes

- Badges for the **Explore Out** step (GSUSA Outdoor Progression Model):
 - Eco Trekker: Learn the skills for minimizing impact on the environment while planning and taking an outdoor trek.
 - Cadette Trail Adventure: Plan and learn the skills to do a long-distance trail run or take three separate challenging trail hikes.
 - Cadette Snow or Climbing Adventure: Plan, learn the skills, and experience a snowboarding or ski trip or an outdoor climbing adventure.
 - Outdoor Art Apprentice: Be inspired by the outdoors and create nature-themed art.
 - Trees: Get to the root of what trees are all about and branch out as a naturalist.
 - Night Owl: Uncover the mysteries of the world after dark.
 - Archery: Know how to take aim outdoors with archery skill.
- Badges for the **Camp Out** and **Adventure Out** steps (GSUSA Outdoor Progression Model):
 - Primitive Camper: Plan and go on a primitive camping trip with a group of Girl Scouts or family members.
 - Trailblazing: Take a safe and fun overnight backpacking trip (minimum of one night).
- Badges to include that are not directly connected to outdoors but could be through a Trailblazer's eyes:

- STEM: Digital Movie Maker, Robotics badge series, Science of Happiness
- Group/Community Building: Finding Common Ground, Girl Scout Way, Good Sportsmanship
- Art: Book Artist, Comic Artist
- Other Skills: First Aid, Public Speaker

Seniors

●Badges for the **Explore Out** step (GSUSA Outdoor Progression Model):

- Eco Explorer: Research different environmental issues and take at least one trip to see how an area is impacted.
- Senior Trail Adventure (Trail Running): Plan and learn the skills to compete in a trail race.
- Outdoor Art Expert: Learn how to create art outdoors with a focus on the environment.
- Sky: Understand the sky—from science to stars to stories.
- Space Science Expert: Understand more about the universe—your place in it and how light is used to make discoveries about it.
- Paddling: Learn paddling skills and know how to be safe—and have fun—on the water. (Explore Out or Camp Out).

●Badges for the **Camp Out** and **Adventure Out** Steps (GSUSA Outdoor Progression Model):

- Adventure Camper: Plan and go on a camping trip that includes adventure activities with a group of Girl Scouts or family members—e.g., kayaking, mountain biking, rock climbing, or similar activity combined with overnight camping).
- Paddling: Learn paddling skills and know how to be safe—and have fun—on the water. (Explore Out or Camp Out).
- Adventurer: Go on a multiday outdoor adventure trip with friends and Girl Scout sisters—e.g., rock climbing, spelunking, skiing, canoeing, or similar activity combined with overnight camping for a minimum of two nights).
- Senior Trail Adventure (hiking): Plan and learn the skills to take a three-day, two-night backpacking trip.
- Senior Snow or Climbing Adventure: Plan and learn the skills to take an overnight snow camping trip or a two-day outdoor climbing trip.

- Traveler: Plan a great trip of at least one night—whether it's around the corner or across the globe.
- Badges to include that are not directly connected to outdoors but could be completed through a Trailblazer lens:
 - STEM: Website Designer, Robotics badge series
 - Group/Community Building: Girl Scout Way
 - Other Skills: Cross-Training, First Aid

Ambassadors

- Badges for the Explore Out Step (GSUSA Outdoor Progression Model):
 - Eco Advocate: Learn how to advocate for environmental issues concerning nature.
 - Trail Adventure (Trail Running): Plan and learn the skills to help coach another girl in trail running.
 - Outdoor Art Master: Bring art and the outdoors together and get inspired by the beauty in nature.
 - Water: Dive deep into water—from its scientific origins to the joy of splashing around.
 - Ultimate Recreation Challenge: Plan and take five outdoor adventures that challenge and transform you (Explore Out, Camp Out, and/or Adventure Out).
- Badges for the **Camp Out** and **Adventure Out** steps (GSUSA Outdoor Progression Model):
 - Survival Camper: Plan and go on a survival camping trip with a group of Girl Scouts or family members.
 - Ambassador Trail Adventure (Hiking): Plan, prepare, and complete a five-day, four-night backpacking trip.
 - Ambassador Snow or Climbing Adventure: Plan, prepare, and complete a three-day winter backpacking trip or a three-day outdoor climbing trip.
 - Ultimate Recreation Challenge: Plan and take five outdoor adventures that challenge and transform you (Explore Out, Camp Out, and/or Adventure Out).
- Badges to include that are not directly connected to outdoors but could be completed through a Trailblazer lens:
 - STEM: Robotics badge series
 - Group/Community Building: Girl Scout Way
 - Art: Photographer



Other Skills: First Aid, Coaching

Journeys: Below is a suggested list of Journeys by Girl Scout grade level for Trailblazer troops to use as starting points with their troops.

Cadette

- Outdoor Journey: badges (Night Owl, Trailblazing, Primitive Camper), Take Action project (make your favorite park, beach, or forest a better place for everyone)
- Other Journeys to consider: aMAZE!, Breathe

Seniors

- Outdoor Journey: badges (Adventurer, First Aid, and Adventure Camper), Take Action project
- Other Journeys to consider: Sow What?, MISSION: SISTERHOOD!

Ambassador

- Outdoor Journey: badges (Outdoor Art Master, Water, Survival Camper), Take Action project
- Other Journeys to consider: Your Voice, Your World, BLISS: Live It! Give It!