



2025 Get Outdoors Challenge

Sept. 14, 2024 — May 31, 2025

How to use your Outdoor Challenge Activity sheet:

- This is a group -or- individual activity. Girls have the opportunity to complete this individually or with other Girl Scouts.
- Complete the required number of activities for your Girl Scout level. The number of activities required per level can be found below.
- The last day to turn in your Get Outdoors Challenge Activity Sheet is May 31, 2025.
- Patches will be mailed from Girl Scouts in the Heart of Pennsylvania on a monthly basis. All participants will receive their Outdoor Adventure patch by June 30, 2025.
- When you submit the activity sheet, you will be asked to provide information for your Girl Scout. This includes name, troop number, Service Unit, mailing address, and parent/guardian information.
- Submit a photo or scan of your completed activity sheet by [CLICKING HERE](#).

The service unit with the highest percentage of participants within a service unit will win a free council-led Girl Scout Adventure Day for up to 60 girls! Girl Scout Adventure Day will be held at Camp Small Valley on Friday, June 27, 2025. The winning service unit will be expected to maintain girl/adult ratios as outlined in Volunteer Essentials. Girl Scouts in the Heart of Pennsylvania will provide all activity supplies for this event. Activities will be determined by Girl Scout level and weather.

Number of activities required per Girl Scout level:

Daisy	Brownie	Junior	Cadette	Senior	Ambassador
25	35	45	55	65	75

2025 GET OUTDOORS CHALLENGE | ACTIVITY SHEET

<input type="checkbox"/> LEARN THE 7 PRINCIPLES OF LEAVE NO TRACE AND DISCUSS WAYS TO PRACTICE IN YOUR COMMUNITY	<input type="checkbox"/> EXPLORE A CAVE	<input type="checkbox"/> TRACE SHADOWS WITH CHALK	<input type="checkbox"/> TRY SLEDDING
<input type="checkbox"/> IDENTIFY 5 ANIMAL TRACKS	<input type="checkbox"/> GO CAMPING	<input type="checkbox"/> PLANT DAISIES IN HONOR OF GIRL SCOUT FOUNDER JULIETTE "DAISY" GORDON LOW	<input type="checkbox"/> PRACTICE PITCHING A TENT
<input type="checkbox"/> BUILD A PLANTER BOX AND CREATE A MINI POLLINATOR GARDEN	<input type="checkbox"/> BUILD A FORT	<input type="checkbox"/> HELP WITH AN OUTDOOR CHORE	<input type="checkbox"/> START A GARDEN (VEGETABLE, HERB OR FAIRY)
<input type="checkbox"/> LEARN ABOUT MACROINVERT-ERBRATES AND TRY TO FIND ONE	<input type="checkbox"/> STUDY SNOWFLAKES	<input type="checkbox"/> IDENTIFY 5 CONSTELLATIONS	<input type="checkbox"/> BIKE A TRAIL PATCH AT A STATE PARK
<input type="checkbox"/> VISIT A WATERFALL	<input type="checkbox"/> MAKE A NATURE WIND CHIME	<input type="checkbox"/> TRY TO FLY A KITE	<input type="checkbox"/> START A NATURE JOURNAL
<input type="checkbox"/> WATCH FIREFLIES AT NIGHT	<input type="checkbox"/> LEARN ABOUT INVASIVE SPECIES IN THE AREA	<input type="checkbox"/> TOUR THE LITTLE LIBRARIES IN YOUR AREA	<input type="checkbox"/> ROLL DOWN A HILL
<input type="checkbox"/> GO FOR A BIKE RIDE	<input type="checkbox"/> VISIT A NATIONAL FOREST	<input type="checkbox"/> CREATE RECYCLED NEWSPAPER SEED STARTER POTS	<input type="checkbox"/> TRY ARCHERY
<input type="checkbox"/> GO ON A SUNRISE HIKE	<input type="checkbox"/> LEARN 5 NEW KNOTS	<input type="checkbox"/> TAKE PART IN GIRL SCOUT TREE PROMISE BY PLANTING A TREE	<input type="checkbox"/> CAMP OUT IN THE YARD FOR THE NIGHT
<input type="checkbox"/> MAKE A FROZEN SUNCATCHER	<input type="checkbox"/> VOLUNTEER AT A LOCAL PARK TO HELP WITH TRAIL MAINTENANCE	<input type="checkbox"/> SET UP A NATURE SCAVENGER HUNT	<input type="checkbox"/> SING WITH BIRDS BY LEARNING THE CALLS OF DIFFERENT BIRDS IN YOUR NEIGHBORHOOD
<input type="checkbox"/> TRY GEOCACHING	<input type="checkbox"/> MAKE KINDNESS ROCKS	<input type="checkbox"/> DO NATURE-THEMED YOGA	<input type="checkbox"/> RESEARCH THE HISTORY OF A NEARBY STATE PARK BEFORE VISITING
<input type="checkbox"/> VISIT A NATIONAL PARK	<input type="checkbox"/> MAKE A MAP OF YOUR FAVORITE OUTDOOR LOCATION	<input type="checkbox"/> PLAY FLASHLIGHT TAG AT NIGHT	<input type="checkbox"/> VISIT A LOCAL FARM OR ORCHARD
<input type="checkbox"/> GO ON A NIGHT HIKE	<input type="checkbox"/> PARTICIPATE IN GIRL SCOUTS IN THE HEART OF PENNSYLVANIA OUTDOOR PROGRAM	<input type="checkbox"/> RESEARCH EDIBLE PLANTS AND SEARCH YOUR NEIGHBORHOOD FOR SOME	<input type="checkbox"/> FEEL THREE TYPES OF SOIL: SAND, SILT, AND CLAY
<input type="checkbox"/> VISIT THE ARBORETUM AT PENN STATE	<input type="checkbox"/> TRY A CLIMBING WALL OR ROPES COURSE	<input type="checkbox"/> VISIT A HISTORICALLY SIGNIFICANT OUTDOOR LOCATION	<input type="checkbox"/> READ YOUR FAVORITE BOOK OUTDOORS
<input type="checkbox"/> VISIT THE HERSHEY GARDENS AND BUTTERFLY ATRIUM	<input type="checkbox"/> DRAW/PAINT A NATURAL SCENE	<input type="checkbox"/> TRY POSITIVE MEDITATION OUTSIDE. FOCUS ON THE SOUNDS IN NATURE	<input type="checkbox"/> DESIGN A TREEHOUSE THAT WOULD FIT PERFECTLY IN YOUR FAVORITE TREE
<input type="checkbox"/> MAKE A SNOWMAN	<input type="checkbox"/> LEARN TO CARTWHEEL	<input type="checkbox"/> HOST A CAMPFIRE AND MAKE S'MORES	<input type="checkbox"/> BLOW BUBBLES OUTSIDE AND TRY TO CATCH THEM
<input type="checkbox"/> VISIT A ZOO	<input type="checkbox"/> COOK OVER A CAMPFIRE	<input type="checkbox"/> LEARN ABOUT THE APPALACHIAN TRAIL AND HIKE A SECTION AT A STATE PARK	<input type="checkbox"/> MAKE WINDCHIMES
<input type="checkbox"/> MAKE SNOW ANGELS	<input type="checkbox"/> LEARN ABOUT AND GO FOR A TRAIL RUN	<input type="checkbox"/> NATURALLY TYE-DYE AN OLD T-SHIRT USING TURMERIC OR PAPIKA	<input type="checkbox"/> PLACE A JAR OUTSIDE TO MEASURE THE RAIN DURING A RAIN SHOWER
<input type="checkbox"/> MAKE SNOW ICE CREAM	<input type="checkbox"/> COLLECT DATA FOR A CITIZEN SCIENCE PROJECT ON SCISTARTER.COM	<input type="checkbox"/> BUILD AND PUT UP A BAT HOUSE	<input type="checkbox"/> MAKE A SUNDIAL
<input type="checkbox"/> PICK UP TRASH IN YOUR LOCAL PARK	<input type="checkbox"/> LEARN WHAT TO DO IF YOU ENCOUNTER A BLACK BEAR	<input type="checkbox"/> COUNT HOW MANY BIRDS YOU CAN FIND IN ONE DAY	<input type="checkbox"/> MAKE AN OUTDOORS FIRST AID KIT
<input type="checkbox"/> SPEND TIME IN A HAMMOCK	<input type="checkbox"/> GO ZIPLINING	<input type="checkbox"/> BUILD AN OUTDOOR SHELTER OR FORT	<input type="checkbox"/> MAKE A BIRD FEEDER OUT OF RECYCLED MATERIALS
<input type="checkbox"/> LIGHT A CAMPFIRE WITHOUT MATCHES	<input type="checkbox"/> VISIT A PA STATE PARK	<input type="checkbox"/> IDENTIFY 8 INSECTS	<input type="checkbox"/> CREATE A STORY OR COMIC ABOUT ANIMALS YOU MIGHT FIND IN THE FOREST
<input type="checkbox"/> TRY SLACKLINING	<input type="checkbox"/> SING SONGS AT A CAMPFIRE	<input type="checkbox"/> HAVE A PICNIC	<input type="checkbox"/> MAKE A PLAYLIST OF OUTDOOR-INSPIRED SOUNDS
<input type="checkbox"/> GO BACKPACKING	<input type="checkbox"/> WATCH THE SUNSET OR SUNRISE	<input type="checkbox"/> PARTICIPATE IN A NATIONAL SERVICE PROJECT TO HELP YOUR COMMUNITY	<input type="checkbox"/> LOOK AT THE CLOUDS AND DESCRIBE THE SHAPES YOU SEE
<input type="checkbox"/> FIND YOUR WAY WITH A MAP AND COMPASS	<input type="checkbox"/> TRACK THE PHASES OF THE MOON FOR A WEEK	<input type="checkbox"/> VISIT A ZOO	<input type="checkbox"/> PRACTICE DEEP BREATHING OUTDOORS FOR THREE MINUTES
<input type="checkbox"/> IDENTIFY 8 FLOWERS IN YOUR NEIGHBORHOOD OR LOCAL PARK	<input type="checkbox"/> TAKE 5 NATURE PHOTOS	<input type="checkbox"/> VISIT A BOTANICAL GARDEN	<input type="checkbox"/> LEARN ABOUT THE HISTORY OF INDIGENOUS PEOPLE IN YOUR AREA