

Outdoor



Explorer

Purpose: To encourage Girl Scouts to utilize the Girl Scouts Carolinas Peaks to Piedmont owned properties, expand their camping skills and explore new outdoor opportunities.

Requirements:

- Complete the starred (*) activities and at least **two** additional activities to earn that specific patch piece (unless otherwise noted).
- Follow Council protocol in regards to travel or extended trips.
- Purchase the earned patch segments from a GSCP2P Council Shop
- Get outdoors and have fun!

Campfire Segment



1. To earn the campfire segment, the troop leader or lead volunteer must be a currently registered Girl Scout, have a current background check on file and have completed the following trainings:
 - Overnight License (Be Safe, Be Ready Online Courses)
 - Cookout License—optional, required if cooking outdoors
 - Tent License—optional, required if sleeping in tents

KPC - Keyauwee Program Center Flame

(Complete the starred (*) requirements plus two (2) others)



Discover:

1. *Research information online about the camp you will be going to.
 - o How far away is the camp?
 - o How long will it take you to get there?
 - o What supplies will be needed for your stay?
 - o What is the cost involved for your trip?
 - o What is the minimum number of adults needed for your trip?
2. *Arrange to talk to the Ranger or Program Directors about the history of the camp and special characteristics of the property and buildings. Contact staff prior to arriving at the camp to arrange a time for the meeting to make sure they are available
3. Identify on the site (use reference book for assistance if needed): the flower called Spiked Lobelia, Adder's Tongue, Hepatica, Wild Iris, Wild Ginger, Running Cedar, Pipsissewa (Spotted Wintergreen), Bloodroot, May Apple, Queen Anne's Lace, Solomon Seal, Jewelweed, Chicory, and Ox Eye Daisy. **PLEASE** do not pick any plants or flowers. Reference books are available on site, see Ranger or program staff for assistance.

Connect:

1. * Camp overnight at Keyauwee Program Center. Date of scheduled overnight: _____
2. Participate in one or more of these fun outdoor activities: parachute, earthball, basketball, volleyball, cooperative games, nature hike, night hike, etc. Some equipment is on site and some programs require certified facilitators. See Ranger or program staff for location of available equipment.
 - o What activity did you choose? _____
3. Participate in one or more of the following controlled risk programs: archery, alpine tower, boating, climbing wall, fishing, horseback riding, swimming (seasonal), and/or creek hike. Remember that controlled risk activities require advanced Council approval and qualified facilitators.
 - o What activity did you choose? _____

Take Action:

1. *Introduce and practice Leave No Trace principles. (<https://lnt.org/learn/7-principles>)
2. *Develop your own activity or service project using girl/adult planning. If a service project is selected, contact the Ranger prior to arriving at the site for assistance and approval.

Check current availability of activities at: <http://www.camplikeagirl.org/>

CGC - Camp Ginger Cascades Flame

(Complete the starred (*) requirements plus two (2) others)



Discover:

1. *Research information online about the camp you will be going to.
 - o How far away is the camp?
 - o How long will it take you to get there?
 - o What supplies will be needed for your stay?
 - o What is the cost involved for your trip?
 - o What is the minimum number of adults needed for your trip?
2. *Arrange to talk to the Ranger or Program Directors about the history of the camp and special characteristics of the property and buildings. Contact staff prior to arriving at the camp to arrange a time for the meeting to make sure they are available.
3. Identify on the site (use reference book for assistance if needed): Sugar Maple, Tulip Poplar, White Oak, Red Oak, Lady's Slipper, Jack-in-the-Pulpit, Phlox, Mountain Laurel, Rhododendron, Black Walnut, Persimmon, Holly, and Frasier Magnolia. **PLEASE** do not pick any plants or flowers. Reference books are available on site, see Ranger or program staff for assistance.

Connect:

1. *Camp overnight at Camp Ginger Cascades. Date of scheduled overnight: _____
2. Participate in one or more of these fun outdoor activities: parachute, earthball, basketball, geocaching, volleyball, cooperative games, nature hike, night hike, etc. Some equipment is on site and some programs require certified facilitators. See Ranger or program staff for location of available equipment.
 - o What activity did you choose? _____
3. Participate in one or more of the following controlled risk programs: archery, boating, climbing wall, fishing, cascading (seasonal), swimming (seasonal), and/or creek hike. Remember that controlled risk activities require advanced Council approval and qualified facilitators.
 - o What activity did you choose? _____

Take Action:

1. *Introduce and Practice Leave No Trace principles. (<https://lnt.org/learn/7-principles>)
2. *Develop your own activity or service project using girl/adult planning. If a service project is selected, contact the Ranger prior to arriving at the site for assistance and approval.

Check current availability of activities at: <http://www.camlikeagirl.org/>

CP - Camp Pisgah Flame

(Complete the starred (*) requirements plus two (2) others)



Discover:

1. *Research information online about the camp you will be going to.
 - o How far away is the camp?
 - o How long will it take you to get there?
 - o What supplies will be needed for your stay?
 - o What is the cost involved for your trip?
 - o What is the minimum number of adults needed for your trip?
2. *Arrange to talk to the Ranger or Program Directors about the history of the camp and special characteristics of the property and buildings. Contact staff prior to arriving at the camp to arrange a time for the meeting to make sure they are available.
3. Identify on the site (use reference book if needed): Trillium, Jack-in-the-Pulpits, Ginger, Galax, Pipsissewa, Indian Cucumber Root, Solomon's Seal, False Solomon's Seal, Christmas Fern, Cinnamon Fern, Queen Anne's Lace, Yarrow, Ox Eye Daisy, Chicory, Jewelweed, May Apples, Ground Pine, Running Cedar, Chickweed, Rattlesnake Plantain, Mountain Laurel, Rhododendron, Flame Azalea, Frasier Magnolia, and Dogwood. **PLEASE** do not pick any plants or flowers. Reference books are available on site, see Ranger or program staff for assistance.

Connect:

1. *Camp overnight.
2. Participate in one or more of these fun outdoor activities: parachute, earthball, basketball, geocaching, volleyball, cooperative games, nature hike, night hike, etc. Some equipment is on site and some programs require certified facilitators. See Ranger or program staff for location of available equipment.
 - a. What activity did you choose? _____
3. Participate in one or more of the following controlled risk programs: archery, boating, climbing wall, fishing, petting farm, swimming (seasonal), and/or creek hike. Remember that controlled risk activities require advanced Council approval and qualified facilitators.
 - a. What activity did you choose? _____

Take Action:

1. *Introduce and Practice Leave No Trace principles. (<https://lnt.org/learn/7-principles>)
2. *Develop your own activity or service project using girl/adult planning. If a service project is selected, contact the Ranger prior to arriving at the site for assistance and approval.

Check current availability of activities at: <http://www.camplikeagirl.org/>

STATE - State Park Flame

(Complete the starred (*) requirements plus two (2) others)



Discover:

- *Research information online about the park you will be going to.
 - How many parks are there in your area, your state, surrounding states?
 - How far away is the park of your choice?
 - How long will it take you to get there?
 - What supplies will be needed for your stay?
 - What is the cost involved for your trip?
 - What is the minimum number of adults needed for your trip?
- *(Daisy, Brownie, Junior) Complete the North Carolina Junior Ranger Program. <http://www.ncparks.gov/sites/default/files/ncparks/37/Junior-Ranger-Booklet-2015.pdf>
- Learn about and hike a NC State Park TRACK Trail. <http://www.ncparks.gov/track-trails>
- Visit a state park museum or exhibit.
- Identify birds that are specific to the park by color, sound, bill, shape and size.
- Be able to identify animal tracks.

Connect:

- *Visit a State Park (camp if possible). Can be outside of NC.
- *(Cadette, Senior, Ambassador) Interview a Park Ranger. Make a list of interview questions that include but are not limited to career related questions.
- Participate in a program offered by a state park. <http://www.ncparks.gov/education-parks>
- Create a matching game of nature (plants and/or animals) for that specific park that can be shared with younger girls.
- (Cadette, Senior, Ambassador) Help a younger group of students complete the North Carolina Junior Ranger Program.
- Make digital connections using a camera. Take photos of you and your friends at a State Park documenting your trip. With appropriate parent permission, post your photos online with the hashtag, *#p2poutdoors #girlscoutsoutdoors*

Take Action:

- *Practice Leave No Trace. (<https://lnt.org/learn/7-principles>)
- *Complete a stewardship/service project (check with the Park Ranger for ideas and approval).
- Share your story. Write a press release or story about your trip to a state park and share it with others. Send your press release or story and photos of your trip to your Girl Scout council, state park or local newspaper.

Resources:

- NC State Parks, <http://ncparks.gov>
- Virginia State Parks, <http://www.dcr.virginia.gov/state-parks/>
- SC State Parks, <http://southcarolinaparks.com>
- Tennessee State Parks, <http://tnstateparks.com/>
- Georgia State Parks, <http://gastateparks.org/>

NATIONAL - National Park - Flame

(Complete the starred (*) requirements plus two (2) others)



Discover:

- *Research information online about the park you will be going to.
 - How many parks are there in your area, your state, surrounding states?
 - How far away is the park of your choice?
 - How long will it take you to get there?
 - What supplies will be needed for your stay?
 - What is the cost involved for your trip?
 - What is the minimum number of adults needed for your trip?
- * (Daisy, Brownie, Junior) Complete one of the Junior Ranger Programs.
 - <http://www.nps.gov/kids/jrRangers.cfm>
 - Centennial
 - Topic Specific
 - Park Specific
 - Let's Move Outside
- Identify birds that are specific to the park by color, sound, bill, shape and size.
- Be able to identify animal tracks specific to the park.
- Complete two additional Junior Ranger Programs

Connect:

- *Visit a National Park (camp if possible).
- *Interview a Park Ranger or attend an educational program at a park.
- Hike a trail at the National Park
- Make digital connections using a camera. Take photos of you and your friends at a National Park documenting your trip. With appropriate parent permission, post your photos online with the hashtag, *#p2poutdoors #girlscoutsooutdoors*
- Create a matching game of nature (plants and/or animals) for that specific park that can be shared with younger girls.
- Help a group of younger girls complete a different Junior Ranger Program then you completed.

Take Action:

- * Practice Leave No Trace. (<https://lnt.org/learn/7-principles>)
- *Complete a stewardship/service project (check with the Park Ranger for ideas and approval)

OR

*Earn the National Park Girl Scout Ranger **Certificate** (minimum five (5) hours at one or more National Parks) or **Badge** (minimum of ten (10) hours at one or more National Parks).

www.nps.gov/subjects/youthprograms/girlscoutranger.htm

- Share your story. Write a press release or story about your trip to a national park and share it with others. Send your press release or story and photos of your trip to your Girl Scout council, national park or local newspaper.

TROOP - Troop Choice Flame

(Complete the starred (*) requirements plus two (2) others)



This flame can be earned at any camping or outdoor Council-approved location and during any season.

Discover:

1. *Research information online about the locale you will be going to.
 - How far away is the locale?
 - How long will it take you to get there?
 - What supplies will be needed for your stay?
 - What is the cost involved for your trip?
 - What is the minimum number of adults needed for your trip?
2. Take a nature hike and look for signs of animals. Using references from home or the library try to identify what animals might be in your selected locale.
3. Learn more about the history and unique qualities of the site you are staying at.
4. Work on an outdoor related Girl Scout skill building badge.

Connect:

1. *Camp overnight.
2. Prior to the camping trip, learn about necessary skills, equipment and supplies which you might need.
3. Make digital connections using a camera. Take photos of you and your friends at a chosen location documenting your trip. With appropriate parent permission, post your photos online with the hashtag, *#p2poutdoors #girlscoutsoutdoors*
4. Create a matching game of nature (plants and/or animals) that can be shared with younger girls.

Take Action:

1. *Practice Leave No Trace. (<https://lnt.org/learn/7-principles>)
2. *Develop your own outdoor related service project or take action activity using girl/adult planning. If a service project is selected, contact the Ranger/Staff prior to arriving at the site for assistance and approval.
3. Develop an outdoor related video or photo slideshow using girl/adult planning, to promote outdoor related Girl Scout activities. Share your video with Girl Scout Carolinas Peaks to Piedmont to post on their social media sites.
4. Share your story. Write a press release or story about your trip and share it with others. Send your press release or story and photos of your trip to your Girl Scout council or local newspaper.

URBAN - Urban Flame

(Complete the starred (*) requirements plus two (2) others)



Discover:

1. *Research information online about the town/city you will be going to.
 - How far away is the town/city?
 - How long will it take you to get there?
 - What supplies will be needed for your trip?
 - What is the cost involved for your trip?
 - What is the minimum number of adults needed for your trip?
2. Locate and learn about five (5) historical markers that are in your selected town/city.
3. Learn about the architecture of three (3) different buildings in your selected town/city.
4. Locate any green areas (parks, greenways, botanical gardens, arboretum's, etc.) in your selected town/city. Visit at least one.
5. Locate sculptures in your selected area. Learn the history of at least one (1) sculpture that you find.

Connect:

1. *Take a walk around your selected town/city.
2. Visit a historical museum.
3. Interview a local historian who can share stories, history and insight into your selected town/city.

Take Action:

1. *Practice Leave No Trace. (<https://lnt.org/learn/7-principles>)
2. *Develop your own outdoor related service project or take action activity using girl/adult planning. If a service project is selected, contact the Ranger/Staff prior to arriving at the site for assistance and approval.
3. Share your story. Write a press release or story about your trip and share it with others. Send your press release or story and photos of your trip to your Girl Scout council or local newspaper.

HIKE - Hike Flame

(Complete the starred (*) requirements plus two (2) others)



Discover:

1. *Research information online about the locale you will be going to.
 - How far away is the locale?
 - How long will it take you to get there?
 - What supplies will be needed for your stay?
 - What is the cost involved for your trip?
 - What is the minimum number of adults needed for your trip?
2. *Prior to the trip learn about necessary skills and equipment and supplies that are needed.
3. Go on a bug hike. Don't touch but take pictures and create an insect video or slide show.

Connect:

1. *Hiking Trip (1/4 – 1/2 day trip for Daisy, Brownie, and Junior; Full day trip for Cadette, Senior, and Ambassador).
- 2.*Create an itinerary of the trip and leave with someone who will be the emergency contact person.
- 3.Go on a nature scavenger hunt.
- 4.Prepare and eat a snack or meal outside.
5. **If you have already completed several full day trips, challenge yourself and prepare for and participate in a Backpacking Overnight Trip

Take Action:

1. *Practice Leave No Trace. (<https://Int.org/learn/7-principles>)
2. *If needed, obtain any necessary permits for the hiking trip.
3. *Complete all council required paperwork.
4. Develop a game for others to learn outdoor skills.
5. Share your story. Write a press release or story about your hiking trip and share it with others. Send your press release or story and photos of your trip to your Girl Scout council, local newspaper.

Examples of Hiking Trails:

- Hiking trails in NC, <http://www.alltrails.com/us/north-carolina>
- Appalachian Trail, <https://www.appalachiantrail.org/>
- Mountains to Sea Trail, <http://www.ncmst.org/>

BIKE - Bike Flame

(Complete the starred (*) requirements plus two (2) others)



Discover:

1.*Research information online about the locale you will be going to.

- How far away is the locale?
- How long will it take you to get there?
- What supplies will be needed for your stay?
- What is the cost involved for your trip?
- What is the minimum number of adults needed for your trip?

2.*Prior to the trip learn about necessary skills and equipment and supplies that are needed.

3. Visit a bike shop or outdoor store to learn about recreational biking.

Connect:

1.*Bike trip.

- Bike Rodeo or Local Trail for Daisy, Brownie, Juniors
- Full Day trip for Cadette, Senior, and Ambassadors

2.*Create an itinerary of the trip and leave with someone who will be the emergency contact person.

3.Learn about specific rules associated with the trail you are riding.

4.Visit a bike shop to learn about bike maintenance.

Take Action:

1.*Practice Leave No Trace. (<https://lnt.org/learn/7-principles>)

2.*If needed, obtain any necessary permits for the bike trip.

3.*Complete all Council required paperwork.

4.Develop a game to help others learn about recreational biking

5.Share your story. Write a press release or story about your hiking trip and share it with others. Send your press release or story and photos of your trip to your Girl Scout council, local newspaper.

Bike Trails in NC, <http://www.trailink.com/stateactivity/nc-bike-trails.aspx>

Unique Bike Trails in the region:

- Virginia Creeper Trail, <http://www.vacrepertrail.org/>
- Swamp Rabbit Trail, <http://greenvillerec.com/swamprabbit/>

Outdoor Explorer Patch Program Report

Patches are available to purchase at your local GSCP2P council shop. Please submit this form each time you purchase patches.

Date of Purchase _____ **Troop #** _____ **SU #** _____

Grade Level (circle) Daisy Brownie Junior Cadette Senior Ambassador

Troop Volunteer Name _____

Indicate number of patches purchased.

_____ # of Campfire Segments	_____ # TROOP	_____ # HIKE
_____ # of KPC	_____ # NATIONAL	_____ # BIKE
_____ # of CGC	_____ # STATE	
_____ # of CP	_____ # URBAN	

Thank you for submitting this patch report. Get outdoors and have fun!

Attention GSCP2P Shops – Please forward to the Girl Experience Team



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Grade Level (circle) Daisy Brownie Junior Cadette Senior Ambassador

Troop Volunteer Name _____

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_____ # of Campfire Segments	_____ # TROOP	_____ # HIKE
_____ # of KPC	_____ # NATIONAL	_____ # BIKE
_____ # of CGC	_____ # STATE	
_____ # of CP	_____ # URBAN	

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