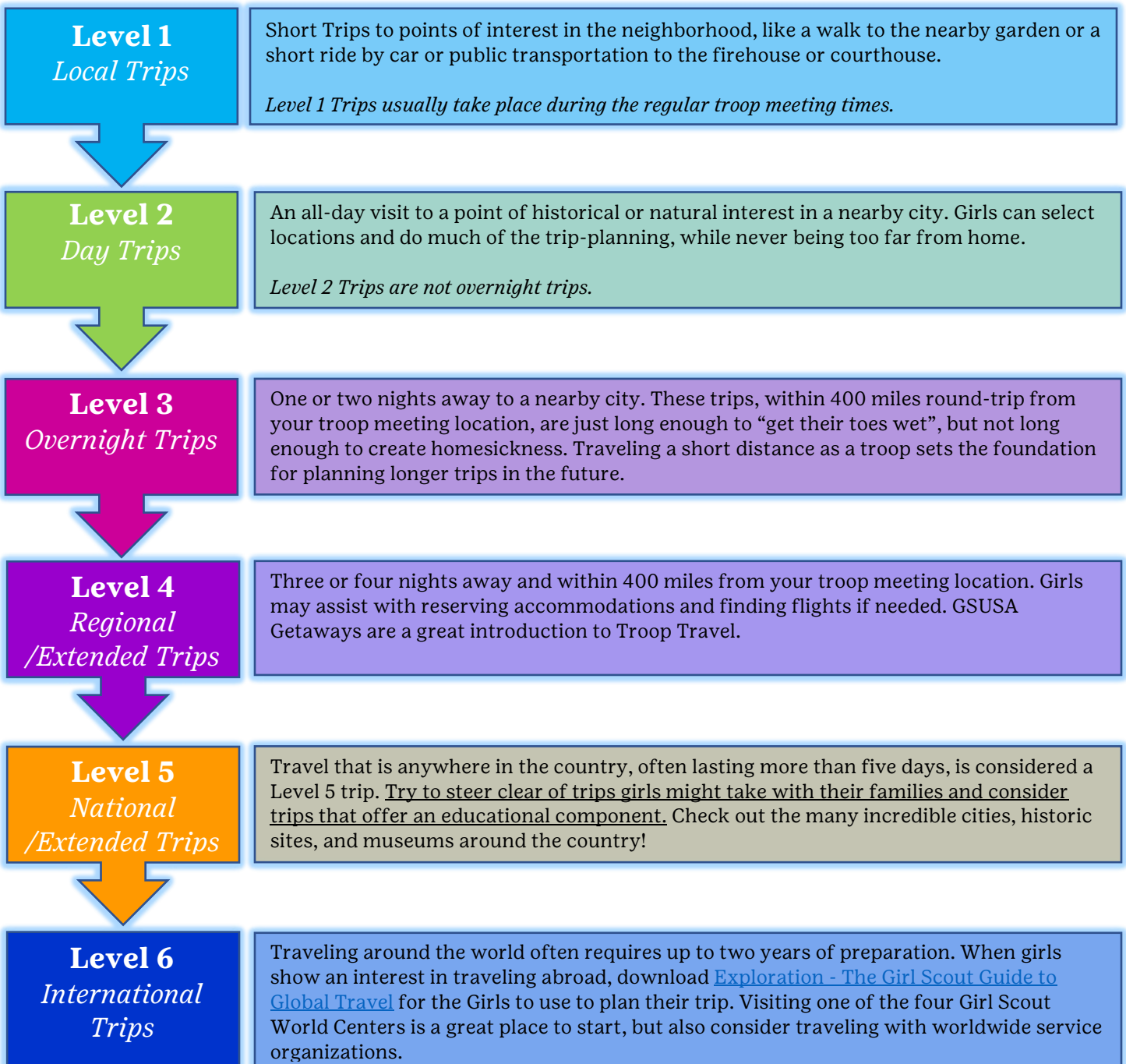


# Traveling with Girl Scouts

**Traveling offers vast opportunities for girls to develop leadership skills. Whether you travel around the world or around the block, some of the most memorable moments in a Girl Scout's life happen while taking trips!**

Girl Scouts is a great place to learn how to plan and take trips! Traveling is built upon a progression of activities and girl-led processes. Girl Scout Daisies, for example, can begin with a discovery walk planned by the leaders. By the time the girls are Cadettes or older, they can start planning their own national and international travel!

Troops are strongly encouraged to go through the progression process together.



# Travel Progression

**Progression allows girls to learn the skills they need to become competent travelers, including how to plan and organize trips. Travel fund can be endless when girls lead.**

Girl Scout troops should be completing each troop trip level progressively. For example, troops should not be trying to go on a Level 2 trip if they have not been on a Level 1 trip. When moving up to each level of the progression, consider girls' independence, flexibility, decision making, group skills, and cross-cultural skills.

## **Trip Levels: What it looks like when you *Keep it GIRL-LED!***

**Local Trips:** Get Your travel feet wet! Walk to a nearby garden or take short ride to a firehouse, or another local spot.

- **Keep it girl-led:** girls choose the location.

**Day Trips:** Take an all-day trip! Maybe take a trip to a museum.

- **Keep it girl-led:** girls choose the location and activity (perhaps working toward a badge) and make plans for lunch.

**Overnights:** Start with one night, maybe at a camp (Camp Arnaz). Progress to a weekend trip in a nearby city or state park.

- **Keep it girl-led:** girls plan the location, activity, and meals, create travel games, and pack their own overnight bags.

**Regional/Extended Trips:** Spend three to four nights away somewhere a few hours from home, but within 400 miles from your troop meeting location. NOTE: This trip is for Juniors and older.

- **Keep it girl-led:** girls plan key details of the trip, such as the location, activities, the budget, the route, and lodging.

**National Trips/Extended Trips:** Travel the country! Trips often last a week or more. Girls should think beyond a typical vacation location and consider historical sites, museums, or national parks! NOTE: This trip is for Cadettes and older.

- **Keep it girl-led:** girls lead the entire planning process and might add a community service or Take Action Project. Extended trip insurance required.

**International Trips:** Travel the world! These life-changing trips usually take one to three years to prepare. Consider visiting a WAGGGS World Centre! NOTE: This trip is for Cadettes and older.

- **Keep it girl-led:** girls download the [Exploration - The Girl Scout Guide to Global Travel](#) and plan their entire trip (including learning about the language, culture, passports and visas, exchange rates, etc.). Extended insurance required.

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**Independent Travel:** Cadette, Senior, and Ambassador girls with travel experience can travel nationally or internationally independently through council-offered travel opportunities or GSUSA's Destinations program. Check with GSCCC, or visit the [Girl Scout Destinations](#). A girl scout wanting to participate in an Independent Travel trip must have gone through levels 1-4 of the troop travel progression.

- Girls should have experience at every level of the progression before moving on to the next level. For regional travel, girls must be Juniors or older.



# Trip Level Paperwork

The table below gives a timeline of when travel paperwork is due. The levels correspond to the Travel Progression Levels on the front of this document and in the Troop/Group Travel Guidelines.

<b>Troop Trip Level Type</b>	<b>GSCCC Approval</b>	<b>Travel Update</b>	<b>Itinerary</b>	<b>Insurance Required</b>	<b>Training Required</b>
<b>Level 1</b>	Not required*	Not required	Not Required	Not Required	Stepping Out, CPR/First Aid
<b>Level 2</b>	Required 2 weeks prior	Not required	Basic	Not Required	Stepping Out, CPR/First Aid, Outdoor Training**
<b>Level 3</b>	Required 2 weeks prior	Not required	Basic	Not Required	Stepping Out, CPR/First Aid, Outdoor Training**
<b>Level 4</b>	Required 3 weeks prior; SU Managers will be informed	Not Required	Detailed	Plan 3P***	Stepping Out, CPR/First Aid, Outdoor Training**
<b>Level 5</b>	Required 6 months prior; SU Managers will be informed	Required 3 months prior and 30 days prior	Detailed	Plan 3P***	Stepping Out, CPR/First Aid, Outdoor Training**, GS Travel Progression
<b>Level 6</b>	Required 1 year prior; SU Managers will be informed	Required 6 months, 3 months, and 30 days prior	Detailed	Plan 3PI***	Stepping Out, CPR/First Aid, Outdoor Training**, GS Travel Progression

Safety Activity Checkpoints must be followed with all Girl Scout events. These may require additional paperwork or training. Please make sure to follow all guidelines. Safety Activity Checkpoints are found on the Girl Scouts of California's Central Coast website, [here](#).

*\*If there is a High-Risk activity involved, then a Troop Travel Application is required.*

*\*\*Outdoor Training is required whenever there are outdoor activities happening in a troop activity/event.*

*\*\*\*Insurance is required for the entire event and for all participants.*

# Training Level Requirements

**All troops going on a trip are required to have at least one leader/volunteer meet the following training requirements:**

- ❖ New Leader Training (NLT)
  - All leaders must be New Leader Trained.
- ❖ Stepping Out Certified
  - All leaders should be Stepping Out Certified.
- ❖ CPR/First Aid Certified
  - This includes anyone who is a physician, physician's assistant, nurse practitioner, registered nurse, licensed practical nurse, paramedic, military medic, and emergency medical technician.

**All troops who will be camping are required to have at least one volunteer meet the following training requirements:**

- ❖ Outdoor Trained (ODT)
  - Required for any troop wanting to do outdoor cooking (over open fire) or tent camping.

**With Extended Distance:**

- ❖ Wilderness First Aid (WFA)
  - Required if you will be over 30 minutes away from emergency medical services or camping for more than 2 nights and 3 days.
- ❖ Backpack Trained (BP)
  - Required if you will be over 30 minutes away from emergency medical services or camping for more than 2 nights and 3 days.
  - Required if the troop will be backpacking while on the camping trip.
  - This includes Wilderness First Aid

# Personal Conduct and Equipment

- Girls and adults know what clothing and equipment to take and how to use and pack the equipment.
- When the group travels in uniform, all travelers have a Girl Scout uniform and wear it correctly. Girls and adults are encouraged to be in uniform at World Centers and at other Girl Guide/Girl Scout activities or events.
- Girls understand their responsibilities as travelers. Everyone is briefed on appropriate conduct and safety precautions in public places, restrooms, escalators, and elevators, as well as on stairs and while in transit.
- Groups staying in hotels are prepared to take special precautions to protect their own safety and know what to do in case of fire.
- Girls and adults are prepared for new experiences and are open to appreciating local customs and foods. When traveling internationally, groups learn about local customs and behaviors in advance so that they are culturally sensitive travelers.
- Individual limits on luggage and equipment are set and adhered to. Each person can carry her own individually identified belongings except when a special consideration, such as a disability, warrants alternative plans. All valuables are left at home.

# Adult Training

## Stepping Out

Stepping Out is designed to prepare adult volunteers with the necessary skills to safely and effectively lead girls to step out into the world through field trips and travel. This information is required for leaders to know before venturing out of their regular meeting space. This certification is valid for three years and will be granted after passing the Stepping Out Test.

Stepping Out completion is required before you can complete Outdoor Training.

After reading through the Stepping Out Manual, and by completing the Stepping Out Test, a leader will be able to:

1. Understand the purpose of stepping out of the regular meeting location.
2. Identify the possibilities and limits in travel, cooking, and overnight programs.
3. Assess and choose appropriate activities in the progression of outdoor activities.
4. Find and use these resources when planning activities: Safety Activity Checkpoints and Volunteer Essentials.
5. Utilize the appropriate additional permission forms for activities outside of troop meetings.
6. Coordinate with other troop leaders to ensure adequate and sufficiently trained adult supervision.
7. Take the next step to Outdoor Training.

FYI: Stepping Out is also required to cook over an indoor heat source (ovens, stoves, etc.).

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## High-Risk Activities

High-Risk permission is needed for any activity involving height, speed, helmets, or water. All high-risk activities require troops to complete a Troop Travel Application form and a High-Risk Parent Permission Form. Review the SACs to see which activities are considered high-risk, the age limits for various activities, and activities that are not permitted by GSUSA.

Visit the council's [Safety Activity Checkpoints \(SAC\)](#) before planning your troop's activity.

Example of activities that are high-risk:

- Roller Skating/Skating
- Hot air ballooning
- Bungee jumping
- Flying in small private planes, helicopters, or blimps
- Hang gliding
- Stunt skiing
- Motor biking
- Parachuting
- Riding all-terrain vehicles
- Riding motorized personal watercraft like jet-skis
- Trampolining
- Hunting
- Simulated skydiving and zero-gravity rooms
- Parasailing

Health and safety must be a priority in every Girl Scout activity. Safety should be planned, respected, and practiced by all, but this does not necessarily imply burdens or cumbersome restrictions. When a troop learns about safety, more activities are at its command, and participants can feel relaxed and confident.

The SACs are created by GSUSA and are for leaders who work with girls. It serves as a resource for those adults who provide direct assistance or supporting service to leaders and councils. When planning an outing or trip, begin by reviewing Adult Supervision and First Aid requirements. Then, review the activity for further guidance.

# Adult Training

## Outdoor Training

Outdoor Training is designed to give adult volunteers the tools and knowledge to safely take their troop on outdoor overnights. Outdoor Training is a two-part training and is required for any activity involving sleeping in soft sided structures such as tents, outdoor cooking, and outdoor overnights.

Part A covers the basics such as trip planning, an overview of outdoor cooking methods, and the eight basic outdoor skills. Part B involves setting up a campsite, practicing outdoor cooking, and learning the outdoor skills necessary for camping and other outdoor activities.

You must have successfully passed the Stepping Out Test before you are allowed to take the Outdoor Training.

## Backpack Training

To lead girls on a backpacking trip independently, leaders must become complete Backpack Trained (BP) by taking this course and participating in one or more council beginner trips. Prior backpacking experience is not required. All training is available through council. This course is open to Girl Scout adults who may be troop leaders or other troop adults age of 21 or older.

### Prerequisites:

- Prior experience taking a troop on overnight campouts (non-backpacking)
- Passed Outdoor Training (ODT)
- Up to date on all courses required below the level of ODT – *Stepping Out*
- Passed a *Live Scan* with our council.
- Active Girl Scout membership
- Age 21 or older

After completing the classroom course, adult trainees attend a Council lead hands-on backpacking trip of beginner level. A beginner trip for skills certification has a hiking distance of 3 to 5 miles (one-way) from services and a duration of one weekend. Approval of skills and certification at the conclusion of the beginner trip is at the discretion of the council learning facilitator present. Please be aware that due to the level of risk involved in backpacking, adult trip leader certification may require more than one council led beginner trip in order to complete certification.

Once BP certified, leaders are approved to lead girls on beginner trips defined as a hiking distance of no more than 5 miles from services and not longer than three nights in length.

## Wilderness Training

Any activity that is more than 30 minutes from emergency medical services requires the presence of a Wilderness First Aid trained adult. Therefore, both beginner and advanced backpacking trips must have at least one adult with Wilderness First Aid (WFA) certification. For advanced trips, a second adult or girl age 16+ should also have WFA (recommended) or alternatively a second adult may have First Aid and CPR.

Wilderness First Aid Certification may be obtained through our council, nearby girl scout councils, the groups below, or other equivalent programs. WFA certification typically must be renewed every two years. If in doubt about whether a certain course is acceptable, ask council. **Courses taken through our girl scout council will be the least costly – check the [Adult Trainings](#) on our website to see if any WFA trainings are scheduled.**

[www.nols.edu/wmi/](http://www.nols.edu/wmi/)

[www.rei.com/outdoorschool/wilderness-medicine-classes.html](http://www.rei.com/outdoorschool/wilderness-medicine-classes.html)

[www.wildmed.com](http://www.wildmed.com)

# Transportation

## Transporting Girls

Girls are naturally curious about the world around them. As girls begin to experience adventures in Girl Scouts and see the possibilities, they want to explore their world, which requires transporting them in personal vehicles. Girl/adult safety is our highest priority. When transporting girls, there are specific guidelines that must be followed to ensure a safe and fun trip. Please consider the following:

### Girl Scout Driver Requirements

- You are currently a registered and background checked/live scanned
- You are 21 years or older
- You have a current and valid driver's license, with good driving record
- You have auto insurance that is compliant with state law
- Girls do not transport other girls
- Group traveling consists of at least two unrelated approved adults (one female), whether you're driving one or more vehicles
- You do not transport girls in the bed of a truck
- You have working seat belts and they are worn by every person in the vehicle
- Girls under 12 years old sit in the back seat
- Avoid driving when tired or taking medications that make you drowsy
- Follow all state laws when driving, including but not limited to following the speed limit, not using electronic devices, and having headlights on while using windshield wipers

### Girl Scout Driver Tips and Expectations

- Please make sure you have access to a copy of the basic forms for all girls in your vehicle, as well as the driver information: Annual Permission Form, Girl/Adult Health History Form, Medication Permission Form, Permission to Release Girl Scout to Other Adult, Troop Driver Information.
- Make sure to have destination address, road map/GPS, first-aid kit, and a flashlight in the car.
- Ensure your vehicle is in good working condition. Check your lights, signals, tires, windshield wipers, horn, and fluid levels before each trip and periodically through long trips.
- Make sure necessary documents are up to date, including but not limited to driver's license, vehicle registration, any state/local inspections, and insurance coverage. In each vehicle girls and adults are traveling in, ensure you have Girl Medical Health History and Release Form and Permission Slip.
- Plan rest stops every few hours. When driving with multiple cars, pre-arrange stop locations. On long trips, arrange for relief drivers and avoid driving for extended periods at night.

# Ratios and Rooming

- A minimum of two registered and background checked adults who are at least 21 years of age must accompany girls on any trip, one of whom must be female.
- Avoid having parents tag along on your regional, national, and international trips. If girls are not ready to travel without a parent, they are not yet ready to step up to a more intensive trip.
- All adults accompanying the girls on any trip must be registered Girl Scout members with a current background check (Live Scan/Sterling). For further details, click [here](#).
- Airbnb's are now permitted. Ensure you review the [Safety Activity Checkpoints](#).
- When determining the rooming specifications, please follow these guidelines:
  - Each participant has her own bed. Parent/guardian permission must be obtained if girls are to share a bed.
  - Adults and girls never share a bed.
  - It is not mandatory for an adult to sleep in the sleeping area (tent, cabin, hotel room, or designated area) with the girls.
  - If an adult female does share the sleeping area, there should always be two unrelated adult females present.
  - Men may participate only if separate sleeping quarters and bathrooms are available for their use.

# Insurance and Paperwork

Every [Troop Travel Application](#) must be turned in by the designated due dates. Any changes made to the trip after the final itinerary has been turned in must email [info@girlscoutsccc.org](mailto:info@girlscoutsccc.org). A copy of the final itinerary should be shared with parents/guardians of all girls attending and given to the home emergency contact.

Troops who fail to turn in a Troop Travel Application or purchase the required supplemental insurance for their trips will not be considered participating in a Girl Scout activity and will not be covered under Girl Scout insurance. If extenuating circumstances make these deadlines difficult to meet, please contact Customer Care at [info@girlscoutsccc.org](mailto:info@girlscoutsccc.org).

A [Specific Event/Trip Permission Form](#) should be collected, and retained, by the leader before the trip.

A [High-Risk Activity Permission Form](#) should be collected, and retained, by the leader before any trip involving a High-Risk activity.

If required, health examinations and immunizations need to be completed, and parents/guardians have a means of updating these health histories when girls' health situations change. An adult has possession of health records, permission forms, insurance forms and medical waivers, necessary medications, eyeglass and contact lens prescriptions, and/or extra eyeglasses.

**Domestic trips lasting longer than 2 nights and 3 days require the following additional steps:**

[Plan 3P Insurance](#) for all days on the trip (make sure to include the day you depart and the day that you return).

[Click here](#) to see details on International Trips.

# Budgets & Money Management

Your initial trip budget should be as complete as possible. Depending on the program level, your girls will be completing a budget worksheet to come up with the basics for the trip. The most missed items in trip budgets are:

- Traveling around your destination
- Gratuities
- Snacks
- Activity Fees
- Parking Fees
- Gas Fees
- Airport charges (baggage fees, etc.)
- Traveling to and from the airport
- WiFi availability or Internet Access

If your trip will require a parent contribution, many troops have found it helpful to set up a monthly payment plan – *Troop Dues*. This can be done amongst your troop and does not require council approval.

Reminder: Troop funds can be spent on anything that is related to a Girl Scout learning experience.





# Troop Travel Application

## BRIEF SUMMATION:

Troop Travel Application forms are submitted to Girl Scouts of California's Central Coast. Once submitted you and your emergency contact will get an email with a copy of your form. A case will be created, which is then assigned to a Volunteer Support Manager in your area. The Volunteer Support Manager will review it and share a copy with your local Service Unit (if Level 4-6). You do not need to also notify your Service Unit; we will do it for you!

If you are missing any items on your trip application, you may hear from a Volunteer Support Manager with any questions or requests of additional documents.

Final approval is given once a Volunteer Support Manager has determined all required information is attached to the Troop Travel Application form. Upon approval, your application will be kept on file, and an electronic copy will be sent to you with confirmation of approval along with any further information needed.

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**Reminder: All leaders must complete the New Leader Training (NLT) with a Volunteer Support Manager (VSM) before taking the Stepping Out Test. All leaders need to complete the Stepping Out Test. If you are not a leader, but only a volunteer, you do not need to complete the Stepping Out Test. There needs to be at least one leader/volunteer at the troop meeting/event/trip that has a certificate in Stepping Out and Adult CPR/First Aid – it may be separate individuals for each certificate.**

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## Trip Levels Covered by Annual Permission Form

Level 1 Local Trips: trips that are less than 6 hours long and closer than 60 miles from your troop meeting location.

- This trip does not involve a High-Risk activity.

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## Trip Levels Requiring a Council Approved Trip Application

Level 1 High-Risk: Trips that are less than 6 hours long and closer than 60 miles from your troop meeting location, but they involve a High-Risk activity.

Level 2 Day Trips: Trips that last longer than 6 hours and/or more than 60 miles from your troop meeting location.

Level 3 Overnights: Trips that involve staying overnight somewhere, which lasts less than 2 nights and 3 days.

Level 4 Regional Trips: Trips that last 3 to 4 nights away and within 400 miles from your troop meeting location.

NOTE: This trip is for Juniors and older.

Level 5 National Trips: Trips that last more than 5 days or over 400 miles away from your troop meeting place.

NOTE: This trip is for Cadettes and older.

Level 6 International Trips: Trips that involve girls leaving the USA at any point in the trip. **This includes cruises.**

NOTE: This trip is for Cadettes and older.

**All these trips need a Troop Travel Application submitted and approved.**

**All Level 4-6 trips need additional insurance, either Plan 3P or Plan 3PI (for International).**

# Council's Trip Approval Process

## **Volunteer Support Manager Checklist:**

- Verify all Girl Members attending are registered.
- Verify that adult members attending are currently registered and live scanned/background checked.
- Verify Mandated Reporter Training completed by all volunteers.
- Verify CPR/First Aid
- Verify Outdoor Training (if needed)
- Verify Itinerary: Basic (Lv. 1-3) or Specific (Lv. 4-6) – leaders and parents should be retaining a copy.
- Verify Emergency Contact that is *not* someone traveling with the group.
- In the troop roster, confirm each girl has an emergency contact who is *not* attending the activity or trip.
- Verify nearby hospitals are included on trip application for each area they will be visiting.
- Verify Sleeping arrangements. (*If adults are sharing a room with girls, there must be two non-related female adults in room.*)
- All specific transportation information must be included (i.e., seating arrangements, flight numbers, airports, time, and train route).
- Verify additional insurance requirements, if applicable.
- Verify High-Risk Activity Forms have been provided to parents when applicable.
- Verify Specific Event/Trip Permission Forms have been provided to parents.

## **Important Reminders for International Trips:**

- ❖ The troop must purchase Plan 3PI for their trip for all individuals attending the trip.
- ❖ The troop must complete a detailed Itinerary by the first submission.
- ❖ The troop leaders must communicate with council efficiently.

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## **High-Risk Activity Involved**

- ❖ Check the Safety Activity Checkpoints to see if any activities on your trip are considered High-Risk activities.
- ❖ If you are planning on swimming and/or boating, a currently certified lifeguard who is over 18 years of age and not a girl member with the traveling troop/group must be present. Public pools, beaches, lakes, or rivers may be used if the site provides lifeguards who are on duty. All safety rules must be followed at all times. (See “Swimming” in the Safety Activity Checkpoints)

## Important Links

- ❖ [Safety Activity Checkpoints](#)
- ❖ [Troop Travel Application](#)
- ❖ [Specific Event/Trip Permission Form](#)
- ❖ [High-Risk Activity Permission Form](#)
- ❖ [Volunteer Essentials](#)
- ❖ [Short and Snappy: Troop Trips](#)
- ❖ [Exploration – The Girl Scout Guide to Global Travel](#)
- ❖ [S.T.E.P. – U.S. Department of State Travel Registry](#)

# International Trips

## Planning Your International Trip:

1. **The troop should download the [Exploration – The Girl Scout Guide to Global Travel](#) and plan their entire trip.**
2. If an international trip is your troop's ultimate goal, please make sure you plan out your travel progression! Every girl must have completed the trip level types 1-5.

## International trips of any length require the following additional steps:

1. Plan 3PI Insurance for all days on the trip (make sure to include the day that you depart and the day that you return)
2. A current health examination form for girls and adults filled out by a licensed physician, qualified nurse practitioner, physician's assistant, or registered nurse working in cooperation with a licensed physician within the preceding 24 months is required. Paperwork is to be always kept by the leader.
3. The health examination paperwork also includes a list of over-the-counter medications for the parents to sign off on. This will allow them to take things like Tylenol and Pepto Bismol throughout the duration of the trip.

## Trip volunteers must bring:

1. Citizenship documents, such as passports or copies of documentation of each traveler's legal status to reenter the United States. Check the U.S. State Department for individual countries' entry requirements (such as a visa)
2. A copy of the group itinerary with all contact numbers
3. A card for making international phone calls.
4. Personal medications to be administered in case of emergency, such as bee-sting kits and asthma inhalers (girls need a doctor's note to always keep the medication with them)
5. Two individually signed and notarized Permission to Travel with Minor and Authorization for Medical Treatment for Minors forms for each girl signed by both parents/guardians. If a single parent or guardian has custody, attach documentation stating that the minor is in the sole custody of the signer of the Permission to Travel with Minor and Permission to Authorize Treatment for Minor forms.
6. Health histories (for every member of the group), insurance information, and emergency contact information
7. Copies of reservations/confirmations for transport, lodging, activities, and so on.

## Each girl must carry:

1. Citizenship documents, such as her passport, or documentation of her legal status to reenter the United States. Check the U.S. State Department for requirements for individual countries' entry requirements (such as a visa).
2. A copy of her health history and insurance information
3. A copy of the group's itinerary, with all contact numbers
4. A card for making international phone calls.
5. Personal medications to be administered in case of emergency, such as a bee sting kit or asthma inhaler (Girls' health histories indicate which medications they are allowed to take on their own, which need to be monitored by the troop first-aider, and which over-the-counter medications they are allowed to take in case of illness or emergency. Girls also need a doctor's note to keep medication with them.

## Resources:

- [WAGGGS World Centers](#)
- [Girl Scout Guide to U.S. Travel](#)
- [International events through Girl Scouts](#)
- [Girl Scouts Destinations Program](#)
- U.S. passports and international travel: [U.S. Department of State](#)
- Travelers' health (vaccines, medicine, advice): [Centers for Disease Control](#)
- [Girl Scout Guide to Global Travel](#)

# Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. **Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out!** Outdoor fun can be endless when girls lead. Please look at this sample progression to get an idea on how to progressively introduce your girls to the outdoors!

<b>Look Out</b>	Share past experiences in the outdoors. Talk about favorite outdoor places and why they're special. Wonder what else can be seen in the outdoors.
<b>Meet Out</b>	Step outside to look, listen, feel, and smell. Share what was observed. Learn more about what was discovered.
<b>Move Out</b>	Plan and take a short walk outside. Discuss being prepared for the weather. Plan and carry out an indoor sleepover.
<b>Explore Out</b>	Plan and take a short and easy hike. Discuss what to take in a day pack. Dress for the weather. Plan a healthy snack or lunch. Learn how to stay safe in the outdoor.
<b>Cook Out</b>	Plan and cook a simple meal outdoors. Make a list of gear and food supplies needed. Learn and practice skills needed to cook a meal. Review outdoor cooking safety. Practice hand and dish sanitation. Create a Kaper Chart for the cookout.
<b>Sleep Out</b>	Plan and carry out an overnight in a cabin/backyard. Discuss what to pack for the sleep out. Learn to use and care for camping gear. Learn and practice new outdoor skills. Plan a menu with a new cooking skill. Discuss campsite organization. Plan time for fun activities.
<b>Camp Out</b>	Plan and take a 1-2-night camping trip. Take more responsibility for planning. Learn and practice a new outdoor skill. Learn a new outdoor cooking skill. Plan a food budget, then a buy and pack food. Practice campsite set up. Plan an agenda that includes fun activities. Explore/protect the surrounding environment.
<b>Adventure Out</b>	Learn and practice a new outdoor skill. Learn a new outdoor cooking skill. Develop first-aid skills and use safety check points. Budget, schedule, and decide arrangements. Participate in an environmental service project. Teach and inspire others about the outdoors. Imagine new experiences to be had outdoors. Practice all Leave No Trace principles.

## Leave No Trace Principles:

**Plan Ahead & Prepare**

**Leave What You Find**

**Respect Wildlife**

**Minimize Campfire Impacts**

**Travel & Camp on Durable Surfaces**

**Dispose of Waster Property**

**Be considerate of Other Visitors**