

# Badge Blueprints

## Trail Adventure Badge

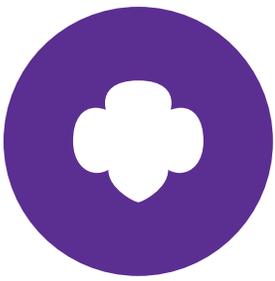
Junior-Ambassador | Grades 4-12

Earning badges is a great way for Girl Scouts to explore their interests and learn new skills. Badge Blueprints takes volunteers and Girl Scouts step-by-step through all the requirements to earn the badge. This resource covers badges for Girl Scout Juniors through Ambassadors.

Each month, the Emerson Resource Center will offer a new lineup of Badge Blueprints. For this month, check out these badges centered around Trail Adventure! After completing all required steps, make sure to check out the Girl Scouts of Eastern Missouri Shop to purchase the grade-level specific Trail Adventure Badge.

**Note to Adult:** This Badge Blueprint is intended for use by the Girl Scout adult leading the activity. The tone and information provided helps the adult speak to the Girl Scouts who are participating in this Badge Blueprint.





# Junior Trail Adventure

Junior | Grades 4-5

**Purpose:** Plan an adventure where you learn new skills for trail running and hiking on at least three separate days.

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## Step 1: Run a Trail at a Girl Scouts of Eastern Missouri Camp

Visit [girlscoutsem.org/camp](https://girlscoutsem.org/camp).

- Explore the camp maps and identify trails suitable for hiking or trail running
- Talk with an experienced trail runner about your plan to run **at least one mile** on a camp trail
- Ask for tips on training, pacing, and preparing for your first trail run

## Step 2: Create Your Trail Expert Question List

After identifying your trail expert, make a list of questions you'd like to ask. Consider topics such as:

- How to stay safe on uneven ground
- How to pace yourself on hills
- What to bring on a short trail run
- How to know when you're ready

## Step 3: Gather and Test Your Gear

Review the basics of trail-running essentials. Which of these items do you already have?

- Proper clothing and footwear
- Sun protection
- Water
- Food/snacks
- First aid kit
- Navigational tools
- Lightweight portable shelter
- Light source
- Firestarter
- Repair kit

Take a **test run in your neighborhood** with a trusted adult. Notice what worked well and what you want to adjust before your trail adventure.

## Step 4: Prepare Your Mindset

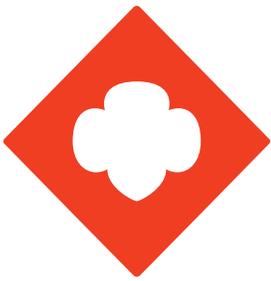
Learn about ways athletes prepare mentally for outdoor challenges. Discuss:

- How long you plan to run
- What success looks like for your adventure
- How you'll **"stay the course"** when the trail gets tough—like running up hills or staying positive on a long stretch

## Step 5: Document and Share Your Adventure

Capture your trail adventure with photos or video clips. Create a short highlight reel or slideshow to share with friends or other Girl Scouts. Include:

- What you learned
- Whether the run felt energizing
- What made the experience fun
- What you'd like to try next time



# Cadette Trail Adventure

Cadette | Grades 6-8

**Purpose:** Plan and complete a challenge hike at each of the three GSEM camps. You'll learn how to research trails, identify appropriate challenge routes, prepare for a hike, and complete your adventure safely.

## Step 1: Explore the Trails at Each GSEM Camp

Review trail maps for **Camp Cedarledge**, **Camp Fiddlecreek**, and **Camp Tuckaho**. Talk with a Girl Scout staff member—such as the Camp Ranger—about your plan to complete one challenge hike per camp, totaling six hours of hiking across all three locations. Ask for tips identifying the most challenging—but safe—trail at each camp.

## Step 2: Share Your Research with Your Group

Meet with your group to share the trail options you found. Together, decide which trail at each camp best meets your challenge goals. Consider:

- Is the trail challenging?
- Is the location safe?
- Are there any hazards to avoid?

## Step 3: Gather the Right Gear

Make a list of the gear you need to safely complete your hikes. Decide whether to gather or borrow the equipment so it is available for each challenge hike.

## Step 4: Prepare Yourself Mentally and Physically

Create a list of skills and knowledge you need to be hiking-ready. Choose 2–3 practice activities to build those skills (ex: practice pacing, map reading, hydration planning). Rate your readiness and discuss what you learned after each activity.

## Step 5: Make Your Hiking Plan

Create a checklist that includes:

**Parent/guardian permission**      **Gear condition**      **Weather monitoring**      **Emergency planning**

Prepare a journal to document your adventure. Write down questions you want to answer and goals you want to accomplish on each hike.

### Suggested Challenge Trails

#### Camp Cedarledge

- Sunnytop Mountain via the Green Cathedral Trail
- Stop at Angada, then visit the lake and Boat House
- Continue on the Elephant Rocks Trail through the Terraces to the Equestrian Center

#### Camp Fiddlecreek

- Trail of the Rising Sun around camp
- Challenge Hill to Broken Tree Trail
- Woodland Wonders Interpretive Trail

#### Camp Tuckaho

- Owl Hollow Trail to the Giant Sycamore
- Connect with Deer Run Trail
- Finish on the Mystery Pond Loop

#### Cedarledge Accessible Option:

- The Kiamecia Trail is an accessible creekside route suitable for hikers walking, using a chair, or using assistive devices.



# Senior Trail Adventure

Senior | Grades 9-10

**Purpose:** When you complete all steps, you will have taken the lead in planning a three-day, two-night backpacking trip, including research, route selection, budgeting, gear planning, training, safety preparations, and a full practice run.

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## Step 1: Research Backpacking Trip Options

Research different types of three-day backpacking trips where you will sleep outdoors for two nights and hike at least **10 miles** total. Compare route type, terrain, mileage, difficulty, permits, water, and campsite options. Record at least three possible trip options.

## Step 2: Choose Your Trip Location & Create a Budget

Choose your backpacking destination. Explore campsites, trail highlights, water sources, and logistics. Create a **full budget** including transportation, permits, food, equipment, safety needs, and training. Identify money needed to raise or request from the troop treasury.

## Step 3: Determine Needed Equipment

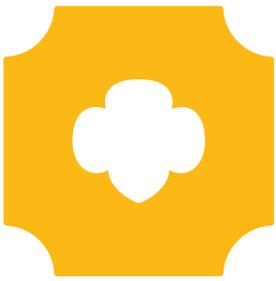
List all equipment needed: backpack, tent, sleeping bag, stove, fuel, filtration, food storage, clothing layers, rain gear, first aid, navigation tools, lighting, and personal gear. Decide whether to borrow, rent, or purchase each item and note costs.

## Step 4: Connect With a Training Organization

Select an organization to support training—outdoor clubs, backpacking groups, trail associations, stores, or online training. Hold **at least one planning session** with a mentor or group to review itinerary, skills, and safety.

## Step 5: Final Preparation & Safety Review

Review all safety needs, permission forms, gear check, weather review, and permits. Complete a **full trial run** testing tents, water systems, stoves, lighting, and gear weight before the actual trip.



# Ambassador Trail Adventure

Ambassador | Grades 11-12

**Purpose:** Learn how to plan an outdoor adventure that provides an opportunity to coach another Girl Scout in trail running, with an emphasis on preparation, safety, and encouragement.

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## Step 1: Learn from an Experienced Trail-Running Coach

Talk with someone who is an experienced trail-running coach and who has trained runners on different terrains and in varying conditions. In addition, find and watch at least one video featuring a trail-running coach to help you prepare for working with the Girl Scout.

## Step 2: Research Trail-Running Events

With the Girl Scout participating in the Trail Run, research trail-running events using an online race directory (i.e., searching for trail runs in the St. Louis, Missouri area). As you research, consider the fitness level required, whether the event supports new trail runners, and whether the sponsoring organization meets appropriate health and safety standards. Be sure you understand what a trail run event involves and how a Girl Scout can participate safely.

## Step 3: Explore Gear and Inventory Resources

Visit an **outdoor adventure retailer** and speak with an employee knowledgeable about trail-running gear. Learn about appropriate footwear, clothing for terrain and weather, hydration, and basic safety tools. Inventory equipment available through local Girl Scout equipment sheds to determine what is available and what may need to be purchased.

## Step 4: Learn by Doing

Participate in a trail run with an experienced trail-running coach. Observe what a trail-running coach does and learn coaching tips related to training, goal-setting, and supporting runners on the trail.

## Step 5: Create a Risk Management Plan

Work with the Girl Scout and an adult volunteer to develop a **Risk Management Plan**. The plan should include where you will be running, with whom, a timeline, emergency and contact information, and relevant medical details. Practice before the trail run by using a compass and GPS with the trail map.

## Bonus Activities

- Create a short quiz with the Girl Scouts that includes key trail-running terms and concepts.
- Practice coaching by having the Girl Scout explain trail safety rules back to you.



# How to Get Your Girl Scout Badge

When you finish the steps to earn a badge, it's time to celebrate your hard work by getting the badge for your uniform! There are two easy ways to get your badge:

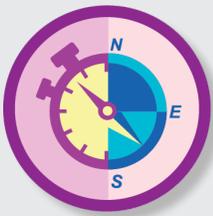
## 1. Stop by the Girl Scout Shop

Visit the Girl Scout Shop at **2300 Ball Dr., St. Louis 63146**. You'll find badges, uniforms, fun Girl Scout gear, and more!

## 2. Shop Online

Go to [girlscoutsem.org](http://girlscoutsem.org) and click the **Shop** button at the top of the page. You'll see links to the Shop hours, location, and **email orders** (includes instructions for placing an online order through the GSEM Shop).

**Tip for Leaders and Families:** You can purchase badges individually, or leaders can place a troop order to celebrate all the Girl Scouts at once.



**Junior Trail  
Adventure Badge**



**Cadette Trail  
Adventure Badge**



**Senior Trail  
Adventure Badge**



**Ambassador Trail  
Adventure Badge**



# Emerson Resource Center

The Emerson Resource Center (ERC), located in the Girl Scout Service Center, is dedicated to supporting volunteers and leaders, offering a variety of resources from outdoor equipment to program essentials and everything in between. The ERC is a lending library with items available to borrow such as books, kits, equipment for ceremonies, songs on CD, badge activity kits, and programs-in-a-box.

For more information on the ERC or assistance with resources, contact Kathy Dabrowski, Senior Manager, Archives and Special Collections, at 314.592.2324 or [kdabrowski@girlscoutsem.org](mailto:kdabrowski@girlscoutsem.org).

## GSEM Shop and Build-A-Bear Workshop®

Make sure to stop by the Girl Scouts of Eastern Missouri Shop to get all the essentials, explore the latest in uniforms and apparel, and everything else Girl Scouts needs to express themselves!

And, located within the Shop, the new Build-A-Bear Workshop® is now open—providing a hands-on opportunity for the community to build plush companions while fostering creativity, confidence, and joy!

### Book Your Party Today!

Celebrate birthdays, team milestones, or any special occasion with us. Our expert staff will guide your group step-by-step through the bear-making process and ensure every guest leaves with smiles (and a new cuddly companion!).

### Shop & Play

Not hosting a party? No problem! The store is open for walk-in customers to purchase bears and accessories. Stop by anytime to bring a new furry friend home.

To learn more or reserve your party, visit [girlscoutsem.org/buildabear](http://girlscoutsem.org/buildabear).

### Shop and Build-A-Bear Workshop® Hours

Monday-Wednesday: 10 am-5 pm

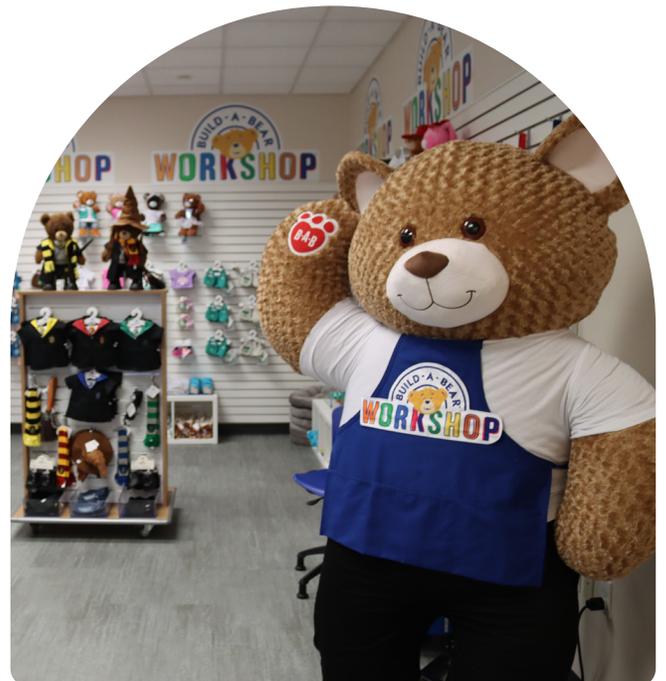
Thursday-Saturday: 10 am-7 pm

Sunday: noon-5 pm

*\*Hours subject to change*

### Shop Location

2300 Ball Drive  
St. Louis, MO 63146



girl scouts   
of eastern missouri

2300 Ball Drive | [girlscoutsem.org](http://girlscoutsem.org) | 314.592.2300

