



Health • Brownie

Badge Blueprint



Hiker Badge

Purpose: Girl Scouts love to sing hiking songs, pack tasty snacks and hear the sounds of birds and animals. After earning this important badge, girls are knowledgeable and prepared to hike on a trail.

Step 1: Decide where to go

Team up with an adult and find out where you can hike in your area. With adult supervision you can look up different trails and parks online. You can even contact your local park(s) and see what trails they have. Look up virtual tours that are available of parks.

Try out a hiking skills

Step 2: With the help of an adult, research and learn different trail signs. Take what you learn and put it to use. You can use your backyard, park, school or playground and set up a mini trail and make your own signs. See if others can follow the signs and if they don't know what it means, teach them.

Step 3: Pick the right gear

Having the right gear is important before you venture out. If there is an older Girl Scout you know who has hiking experience, invite her to a meeting to go over what she does to prepare for a hike and what gear she makes sure to always have. If you don't have an older Girl Scout, ask an adult to take you to a local outdoor store and speak to a staff member. Have them teach you about the hiking gear they offer and why it is needed.

Step 4: Pack a snack for energy

Going out for a hike takes energy! It's important to make sure we fuel our bodies to keep our energy up. Have a little fun and make your own walking salad. All you need is a Ziploc bag and your favorite ingredients, like apple slices, raisins, celery, carrots sticks and more. You are your own chef! Don't forget a filled water bottle for your hiking trip.

Remember, girls gain confidence and leadership skills through girl-led activities. Whenever possible, let the girls take charge when completing activities. Adult help is necessary for guidance, support and safety.

Health • Brownie Badge Blueprint



Step 5: Go on a hike

Now that you have done all your prep work, it's time to go on your hike. To add a little fun to your hike, create a scavenger hunt. Make a list of at least 10 things you might find on your hike like rocks, a red leaf, sticks, an animal, pinecone and more.

If you are doing a virtual tour use your list as you explore online.

Congratulations! You have now earned the Hiker Badge!

Remember, girls gain confidence and leadership skills through girl-led activities. Whenever possible, let the girls take charge when completing activities. Adult help is necessary for guidance, support and safety.